

NATUROPATHY



Naturopathy is the treatment of illness by using diet, herbs, exercises, etc without using standard drugs or surgery. It includes:

ACCUPRESSURE: The human body has approximately 1000 acupressure points of which 90-100 are very useful in curing common ailments.

YOGA: Yoga means union of the individual consciousness or soul with the Universal Consciousness. Physical exercise is just one facet of Yoga.

SUJOK: In sujok therapy, palm & feet represent all the organs/meridians in the body. It produces no side effects.

COLOR THERAPY: It Therapy is helpful in reestablishing the balances of colors in human body. It can be used to treat a wide variety of problems.