

Reversing Chronic Diseases in 14 days or less (Without Modern Medicine)



Nalin Nirula

"Healing the Mind Body Spirit complex"



The True North Health Center

A -14, Anand Niketan, New Delhi -110021

The wise man rejects pleasures to secure other
greater pleasures, or else he endures pains to avoid
worse pains

Reversing Chronic Diseases in 14 Days or Less

Cardiovascular disease, Diabetes, Cancer
Thyroid dysfunction, Arthritis, Lupus, Psoriasis, Allergies &
other auto-immune diseases
Polycystic ovary syndrome, Hormonal disorders
Neurological disorders, Ataxia, Alzheimer's Parkinson's
*Children's chronic diseases of
digestion, failure to thrive*

Appointments & information

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Seminars & Speaking engagement Bookings: 8527-90-2345

Monday through Saturday, 10 am to 6 pm

www.nalinnirula.com

www.getting-positive-karma-now.com

***"He that takes medicine and neglects diet,
wastes the skills and the time of the
physician." — Chinese proverb***

Introduction

Here is a quick start program for how to reverse chronic degenerative diseases through our Eating Cure program.

While this method may appear to be too simple and easy, we stress that this is a science and research based program, the references for which follow this section. The more strictly you comply with the protocol, the better and quicker would you experience disease reversal conditions.

All conditions may not be curable or fully reversible, but in our experience and that of others following similar programs upon which ours is based, (Drs. McDougall, Dean Ornish, Esselystyn, T. Colin Campbell *et al*), very significant relief is obtainable at any stage of the disease progression over time. In 14 days or less, of following the protocol, you can expect significant clinical improvement of health parameters, and also experience relief from disease symptoms.

At the True North Health Center in New Delhi, we are available for consultation and monitoring and advising clients through the Eating Cure Disease Reversal Program on an individualized basis. You may contact us at:



(011) 2411- 4694, (011) 2411- 3990/5990

📞 8527-67-2345

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The Quick Start Guide to the Disease Reversal Program

The key 'Eating Cure' (EC) protocol identifies and removes food poisons from the diet, and adds foods needed to arrest and reverse chronic diseases.

While you can boost the benefits of this plan as described in our [Accelerated Disease Reversal Program](#), you can make a great start by following the Eating Cure and Lifestyle Plan given below.

Reversing Chronic Diseases in 14 Days or Less – (without Modern Medicine)

The Eating Cure & Lifestyle Plan

- **Eat a whole plant food based diet**, with an emphasis on starchy vegetables. Drink plenty of plain water.
- **Eliminate all processed foods**, added oils and fats, milk and dairy, all non-vegetarian items and their derivatives in foods either at home, at restaurants, at functions, or store-bought foods. Avoid excessive coffee and tea which create acidity. (2 to 3 cups a day of green tea/herbal teas are fine.) Essentially, this is a starch based vegan diet.
- **Eliminate all high sugar foods and drinks**, chocolates.
- **Your whole foods plant based diet** should be 50-60% starchy food (cereals and tubers like potato, sweet potato), 30-40% green and yellow and orange vegetables, and 10% fruits.
- **Follow this diet strictly until you clinically reverse all signs of your disease** ; on this plan you don't have to count calories, *nor is there a restriction on quantities of food and frequency of eating within the specified food groups.*

- **Eat every 3 hours or sooner if hungry.**
- **Take a 10 -15 minute walk anytime**, or go up and down stairs a few times at your own comfortable pace. If at your work desk, get up and walk around every 45 minutes.
- **Don't over-exercise** or stress your body if you are obese or unfit. As you get fitter and healthier, gradually add some stretching exercises and some safe exercises like stationary biking.
- **Swimming and water exercises** can be done at any stage of fitness, as this places the least stress on your joints, and exercises your entire body in a reduced weight state.
- **Expose bare skin to the sunlight at a UV Index of greater than 3** for a sufficient time to generate adequate vitamin D to maintain good cellular and hormonal health.
- **For more on the UV Index and sun exposure time**–If you are unable to get sunshine then take a vitamin D capsule (1000 to 2000 IU) per day until your 25(OH)D3 level in the blood test comes to a little more than **25 mg/dL**, (or more than **65 nmol/L**). ***Never take the 60,000 IU weekly doses of vitamin D supplements (calcitrol etc)***, as the body cannot metabolize this properly. High doses of vitamin D are toxic and build up in the body, leading to calcium deposits in tissues and organs, and especially the kidney and urinary system.
- **Take a vitamin B12 tablet** once a day if blood levels of B12 are low– as methylcobalamin 10 mcg. (Adults actually only need 5 micrograms a day). You may need larger dosages of B12 (500-1500mcg), take it once or twice a week. If you have been taking non-vegetarian food or B12 supplementation prior to this, and where your B12 levels are in the normal range, you may not need B12 supplementation for up to 3 years, except if you are pregnant where you would need B12 supplementation on a vegetarian

diet. (**Note: milk is not 'vegetarian', it is liquid meat with indigestible sugars and IGF-1 & IGF-2 hormones that are poisonous to human beings over the age of 2 years.**)

- **Sleep** 7-8 hours a day, take a short nap in the day.
- **Reduce stress by cleaning your room, workplace.** Seeing clutter keeps the brain guessing as what might be under the clutter and where something you need to locate might be—even if you don't need it right now, and this creates ongoing stress.
- **Get some social time,** off time from your regular routine.
- **Indulge in your creative instincts** and take up a craft or hobby that will engage you pleasurably.
- **Meditate** for 10-15 minutes a day if you like.
- **For karmic healers**—take 15-20 minutes a day minimum to run through a brief cycle of healing, bathing your mind and focused consciousness in the blissful healing energy stream.
- **Take a touch body healing periodically** from a healer and be cradled in the healing energy flow, regenerating and refreshing yourself (even if you are a healer).
- **Life is not all a serious matter!** If you follow these guidelines you will find your daily life most rewarding and fulfilling. This will also permit you to deal smoothly with any rough patches you come across.

"The Eating Cure" — *Reversing *Cardiovascular diseases *Diabetes *Arthritis, Lupus *Cancer, *Polycystic ovary syndrome, and other autoimmune inflammatory diseases, without medicine.*

20 common autoimmune diseases

(Also Reversible completely, or very significantly, with the Eating Cure, depending on individual current status)

1. Graves disease (hyperthyroidism)
2. Thyroiditis (hypothyroidism)
3. Rheumatoid arthritis
4. Type I & Type II diabetes
5. Vitiligo
6. Pernicious anemia
7. Glomerulonephritis
8. Multiple sclerosis
9. Systemic lupus erythematosus
10. Sjogren's disease
11. Myasthenia gravis
12. Polymyositis/ dermatomyositis
13. Addison's disease
14. Chronic active hepatitis
15. Primary biliary cirrhosis
16. Scleroderma
17. Inflammatory Psoriasis
18. Uveitis, macular degeneration
19. Phlebitis
20. Asthma



About Us & The Eating Cure Disease Reversal Program

The True North Health Center's Chronic Disease Reversal Program commences with healing the karma that lies behind all disease and instituting the *Eating Cure*, which is all about eating to cure diseases caused by eating.

The *Eating Cure* (EC) arrests and reverses non-communicable chronic diseases by stopping food poisons* that cause these diseases, replacing them with a restorative whole plant-foods based diet.

A key factor is the integration of karma-changing spiritual therapies in the program.

The EC type of whole plant-foods based diet has maintained healthy, long-lived, large successful populations throughout world history.¹

The EC Protocol was refined & developed by Nalin Nirula. The EC Protocol is at the core of the True North *Accelerated Disease Reversal Program* (page 3).

The True North *Accelerated Disease Reversal Program* (ADRP) incorporates the EC protocol and additional karmic methods in an integrated disease-reversing therapy package designed to restore wellness & health rapidly.

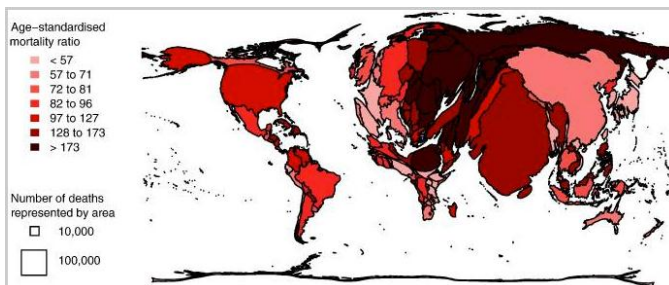
The Eating Cure nutrition protocol is based on the work of Vedic authorities, nutritional biochemists, scientists and doctors² using & recommending this type of protocol to reverse chronic diseases. The results for disease reversal with the ADRP for most cases are seen within 14 days or less. (Some conditions may not be reversible.)

¹The Starch Solution, Dr. John A. McDougall & Mary McDougall, Rodale, 2013.

² Doctors John A. McDougall, T. Colin Campbell, Caldwell B. Esselstyn, Neil Barnard, Dean Ornish and others.

*A poison is any substance that causes injury, illness, or death.

The results of a 'rich diet' — Western or Indian



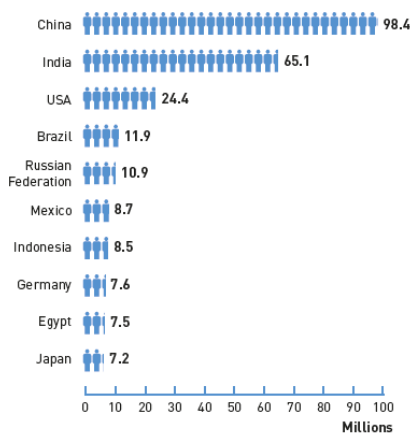
Cartogram of the mortality rate by ischemic heart disease for countries represented proportionately by size.

India is the world leader for this mortality rate.

(Nowbar, A.N. et al, Int J Cardiol. 2014 Jun 15; 174(2): 293–298. Data derived from WHO statistics, 2013-2014.)

India has the highest number of people with heart disease in the world

Top 10 countries/territories of number of people with diabetes (20-79 years), 2013



IDF Atlas 2013 : p. 13

The International Diabetes Federation estimates that 20% of all diabetics in the world live in South East Asia.³

India leads the world for deaths by ischemic heart disease,^{1,2} and is the second largest diabetic capital of the world, with China in first position.³

A rich diet, high in fats & oils, meats and dairy, is linked to & promotes cardiovascular disease, diabetes, cancer and other chronic degenerative diseases. The American Cancer Society (ACS) recommends a diet emphasizing whole unprocessed grains and plant foods as being health protective against cancer.*

*Kushi, L. H. et al, The American Cancer Society 2010 Nutrition and Physical Activity Guidelines Advisory Committee (2012), CA: A Cancer Journal for Clinicians, 62: 30-67. doi: 10.3322/caac.20140 – (Accessed on internet June 21, 2015.)

72.1 million adults in the South-East Asia region are estimated to have diabetes mellitus, and of these, **65.1** million live in India. India also accounts for the majority of children with type 1 diabetes mellitus in the South-East Asia region.³

T1DM occurs largely of severe dietary damage to the insulin making cells of the pancreas, mainly from dairy products.

Research studies note that, 'early introduction of cow's milk appears to be a risk factor for the development of Type 1 diabetes' in children and adolescents.⁴ There is an extremely high (0.96) positive correlation between T1DM & milk consumption.⁵ Over 60% of diabetic mortality is from heart disease. India's projected death by heart disease for adults (including diabetics) in 2015 is over 61.5 million⁶.

References:

¹ The Atlas of Heart Disease & Stroke, WHO, 2004, 14-49, 16-53

² Global Atlas on Cardiovascular Disease Prevention & Control, WHO, Geneva, 2011-2012

³ International Diabetes Federation Diabetes Atlas 6th Edition, 2013: 66.

⁴ Amutha A, Thai K, Viswanathan M, "Childhood and Adolescent Onset Type 1 Diabetes in India". *MGM J Med Sci*. 2013;1(1):46-53.

⁵ Dahl-Jorgensen K, Joner G, & Hanssen KF. "Relationship between cow's milk consumption and incidence of IDDM in childhood". *Diabetes Care* 14 (1991): 1081-1085.

⁶ S. Chauhan & Bani T. Aeri, *International Journal of Scientific & Research Publications* 1 (10); Oct. 2013, ISSN 2250-3153.

"If someone wishes for good health, they must first be agreeable to doing away with the cause of their illness. Only then is it possible to help them." – Hippocrates

The Accelerated Disease Reversal Program

The key 'Eating Cure' (EC) protocol identifies and removes food poisons from the diet, and adds foods needed to arrest and reverse chronic diseases.



The Spiritual Karmic healing therapies of Reiki & the KQ Force at our Center create positive karma for wellness, and remove karmic poisons from life-patterns that promote and perpetuate disease.

Energy medicines like Bach flower remedies and others remove gross and subtle energy poisons from the body, helping to restore the immune system and health rapidly.

Together, these three integrated therapies constitute the Accelerated Disease Reversal Program (ADRP) *that show remarkably rapid disease arrest and reversal results in practice.*



Some Frequently Asked Questions

Questioner: *Are my chronic diseases reversible and curable?*

Nalin Nirula: With our *Eating Cure* integrated *Accelerated Disease Reversal Program* (ADRP) we treat and reverse chronic degenerative diseases caused by dietary poisons and karmic inheritance factors. These diseases include heart disease, diabetes, arthritis, some cancers, neurological disease, and many others. Most people who follow this protocol improve very significantly in health in a relatively short period of time.

Q: *Is it required to stop taking medications under your program? Or in the case of cancer, to stop the therapies?*

NN: No. Whatever medicines and therapies you are on may be continued. These would be tapered off or adjusted by your physician as you feel better and improve in health according to functional and clinical parameters.

Q: *How soon would I start feeling better?*

NN: You can expect to feel better within 24 hours to a few days or weeks, depending upon the severity of your condition and the degree of your compliance with the ADRP. Where there is good, say 90% to 95% compliance, some clinical test reports may show a significant improvement in health parameters within 7 to 14 days.

Q: *I am now moderate in my diet and take less oil, meat, fish, eggs & dairy. Can I remain well, or cure my disease by following this path of dietary moderation?*

NN: I don't know what is 'moderation'. The individual idea of 'moderation' is highly subjective and variable and therefore it is not measurable. If it is not measurable it is not doable. Our measurable method is, "zero added food poisons" in diet for arresting and reversing chronic degenerative diseases.

Progressive, chronic degenerative disease destroys the body and its organs because of the food poisons such as you just named. Taking these food poisons 'moderately' can't help you become healthy. Moderation kills.



Testimonials



Reversal of known genetic Ataxia (Male, Age: 72)

Dear Sir,

I am a patient of Cerebellar Ataxia and was taking allopathic medicines, at times it was difficult to walk. Thereafter I met you and after you advised to continue with the allopathic medicines and was prescribed some ayurvedic and Homeopathic medicines given by you particularly the Healing treatment at your clinic (and diet plan). I can now walk in my own house and go for my essential day to day course on my own.

I hope you will be able to treat me like this in future also.

Thanking n Regards,

Yours faithfully,

R. K. Aggarwal, LLB, New Delhi



Effortless Weight Loss, Diabetes reversal, Female, Age: 29)

Please find attached herewith my picture - left one is of January 2015 and right one is of October 2015, as they say, pictures speak louder than words....I have lost about 18 kgs in 9 months from your health and healing program and there has been considerable inch loss as well.

Through my diet and your guidance, I have gotten rid of most of the medicines I was taking for insulin control, vitamin supplements etc. I now only take Thyroid medicine and am sure in due time even that would get eliminated.

I some times cannot recognize myself Sir and no words can express my gratitude for this on going transformation (internal and external)...

Kshipra Pavithran, Dubai, UAE



Cured - Hypertension & Arthritis reversed (Female, Age: 65, no medicine)



I attended the Eating Cure Seminar and I followed it strictly for 3 weeks:

- (1) I felt light,
- (2) more active &
- (3) increased sense of wellbeing.

All this after being on medication for hypertension for the last 11 years and also for Rheumatoid Arthritis for the last 7 years...Miracles followed: Within 3 months my blood pressure came down to the much lower side till it became 90/60. I was confident I could stop all my medicines now.

Now another 3 months have passed and I am getting my BP monitored regularly and it is within normal limits, & the 3 benefits mentioned remain.

Gratefully yours,

Dr. Mrs. Rumi Maltare, New Delhi



Endometriosis & post-surgical adhesion pain relief (Female, Age: 33, no medicine)

I am Megha Goel and was suffering from Endometriosis disease. I took the 'Eating Cure' treatment of Sir and it really helped me a lot.

Right now I am having very little pain and my weight is also reduced just by following the correct diet.

Thank you!

“Patients with cancer are not afraid to suffer. Patients with cancer are not afraid to die. Patients with cancer are afraid of being abandoned by their physicians or by their family.”
— Dr. Caldwell B. Esselstyn, Oncologist-Surgeon, previously head of the Cleveland Clinic's Oncology division, and an advocate of the whole plant-foods based diets for disease reversal.

Some More Frequently Asked Questions

Questioner: *Can I try the Eating Cure protocol on my own?*

NN: Absolutely! We have given the summarized information of our protocol on our website on the *Eating Cure* page at www.nalinnirula.com. You can also attend our One-Day, Eating Cure Seminar where we give an easy to understand scientific and research based presentation on the subject.

The Eating Cure seminar includes the latest information and content-rich video lectures by international authorities on various aspects of this protocol. We also show video demonstrations on how to cook favorite Indian foods according to the *Eating Cure* protocol, without added oils and fats.

Q: *Why are you making all this information available for free and so easily?*

NN: We want to help as many people as we can to get well, and there is a limit to how many people we can guide personally. At True North we aim to reverse serious progressions of diseases in patients who are highly motivated to get better, who greatly benefit from our personal attention. We see great motivation specially in those who have tried all other measures like modern medicine and surgery, and who have experienced those measures failing in preventing or reversing chronic disease.

Q: *Is it necessary to go through your ADR Program to reverse my disease?*

NN: That depends on three major factors—**first**, your present state of health; **next**, your ability to follow the program on your own; and **thirdly**, whether you have adequate support for following this protocol to reverse and cure your disease. If you are able to follow on your own you can certainly reverse your diseases. If your condition is unresponsive, then you would most likely benefit from our ADRP.

Q: *What kind of state of health state may I expect by following your program if have no chronic disease condition—or, a recently developed chronic disease condition?*

NN: By following the program with a high degree of compliance of 90-95%, you should become free of chronic degenerative disease relatively quickly—depending upon your disease condition. The reversal trend shows up in a few days. If you are well, then keeping to the maintenance dietary health plan, you should live long, strong and joyful and free of chronic degenerative disease. Under those latter conditions, you would usually need to consult a doctor only for infectious diseases and surgical conditions.

Q: *Is there any guarantee I will be cured with the ADR Program?*

NN: Everyone is not curable, but most can be cured. The result depends entirely on your choices. You need to apply the Eating Cure protocols in practice, as advised. “Eating to cure diseases caused by what you have been eating.” This is a scientific, research-driven, results-validated protocol.

- To this we add powerful detoxification measures for your karma and body through karmic healing and energy medicines like Bach flower remedies, homeopathy, etc. Finally, your decisions and choices will govern the outcome for your health. Whatever you decide to do, we wish you success on your journey to wellness and health.

Q: *Thank you, Sir.*



Support Consultation

For Accelerated Disease Reversal of
Chronic Degenerative Diseases

The True North Health Center

A-14, An and Niketan, New Delhi – 110 021



8527-67-2345

Appointments & Information

10:00 AM – 6:00 PM (Mon-Sat)



(011) 2411-4694,

2411-3990, 2411-5990



www.nalinnirula.com, www.getting-positive-karma-now.com

Book a 2-week support consultation for Accelerated Disease Reversal (ADR) with Mr. Nalin Nirula. Call **8527-90-2345** (*mobile*) or **2411-4694, 2411-3990** between 10:00 am and 6:00 pm Monday through Saturday.

Your **First** ADR appointment is an all inclusive 2 week support protocol with Mr. Nirula and the True North Health Center staff, to work on your Disease Reversal Protocol. For your first appointment, do bring your medical history, prescriptions and therapy records as may be available.

The 2 week support period is usually sufficient to experience and demonstrate significant disease reversal for most people who comply with the ADR Program.

During this 2-week Accelerated Disease Reversal Program you will receive a **3-Level** health support in the form of **(i)** in-person consultations with Mr. Nirula and the Wellness Center staff, along with telephonic/SMS/e-mail support, **(ii)** distance karmic healing, and **(iii)** energy-based Bach Flowers and other medicines, as may be required, to detoxify and rejuvenate.

After the first 2-weeks, you will receive further ongoing appointments, guidance and medicine support only through the 3-Level 3-month Accelerated Disease Reversal Program Packages (ADR-PP).

The renewable 3-month packages are convenient to book and not an indicator that you will reverse or cure your disease in 3 months. You can expect to get cured of chronic disease as much as you follow and continue with the protocol as advised. Some conditions may not be reversible.

The small print: Results vary from individual to individual depending on compliance with the protocol and the degree of advancement of their disease among other factors. Notwithstanding anything stated herein, there is no guarantee, specific or implied, for reversal/degree of reversal of disease, or a time-frame in which this may take place for a specific individual disease condition.

The True North Health Center, New Delhi

"There is no one who loves pain itself, who seeks after it and wants to have it, simply because it is pain. No one rejects, dislikes, or avoids pleasure itself, because it is pleasure, but because those who do not know how to pursue pleasure rationally, encounter consequences that are extremely painful. The wise man therefore always holds in these matters to this principle of selection: he rejects pleasures to secure other greater pleasures, or else he endures pains to avoid worse pains."

— Cicero, 'de Finibus Bonorum et Malorum' (*The Extremes of Good and Evil*, 1.10.32-33), 45 BC



The True North
Health Center

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New Delhi 110021

www.nalinnirula.com



Dr. McDougall's Starch Solution Certificate

John McDougall, MD certifies that

Nalin Nirula

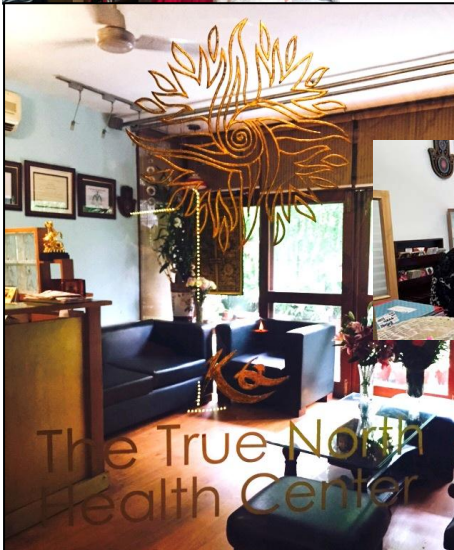
has successfully completed the Starch Solution Certification
Course and has learned the basic knowledge behind the
Starch Solution for preventing and treating common diseases



Inquiries

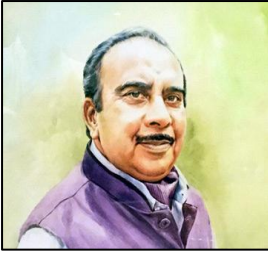
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2411-3990/5990



The True North
Health Center

About Nalin Nirula



Nalin Nirula brings to The True North Health Center his combined 45 years of experience in the food industry and the results of his research into spiritual solutions to ill health. Through this he was able to identify the karmic causes for chronic diseases and ill health. His chronic disease reversal program is based on practical application of these findings.

Mr. Nirula gained a unique perspective on the subject, coming from the well-known food enterprise Nirula family in New Delhi, and his pioneering of the ice-cream parlor business through the expansion of the family business to start 'Nirula's 21 Ice Creams' in India in 1977. His subsequent spiritual and scientific research led him to re-examine the impact of animal foods on health—dairy in particular.

His study into the nature of life from his early days led him to follow a spiritual, Vedic path in his twenties, which he continues to follow till this day in an eclectic manner. Having been initiated into spiritual healing modalities, he empowers others to heal their lives in all aspects of life and living.

A vegetarian for nearly 45 years, and now a vegan, Nalin Nirula researched and acquired scientific knowledge about how animal products adversely impacted all health conditions even when taken in moderation. What he found shocked him, because all that he had learned from the conventionally taught in schools, colleges and by health professionals was something quite far from the truth and reality.

Nalin Nirula's Chronic Disease Reversal program is an amalgamation of all the knowledge, skill, and experience he has acquired in his life, for the welfare and betterment of those who are suffering in body, mind and spirit.

"I reversed my own hypertension of more than 30 years' standing using this protocol. I use everything I know to help patients reverse their chronic degenerative diseases created by 'food poisoning' toxins, and karmic or genetic predisposition to a particular disease destiny," says Mr. Nirula. "Our radical wellness program incorporates spiritual science, food science, and physiological sciences for reversing chronic diseases.

"With our radical healing protocol, the gentle, almost effortless disease reversal results I see daily in patients considered hopeless or incurable are a constant validation to me for what we do here. It is also an inspiration for me to further improve results in a shorter period of time for those under my care."

The True North Disease Reversal Protocol
has many applications not only individually, but also in preventing and reversing chronic degenerative disease in the institutional and corporate workplace.

Our Disease reversal protocol has special significance in not only improving the quality of life and healthy longevity, but also improving and increasing productivity of individuals who follow the protocol. The protocol is presented in a lecture and video format by Mr. Nalin Nirula, specially oriented to the individual needs of the organization and their group—Children's diseases, Heart Disease, Cancer, Diabetes, Hormonal dysfunctions and Genetic diseases.

Specific benefits to commercial, educational and corporate organizations include:

- Education on causes of chronic diseases.
- Program for Prevention and Reversal of chronic degenerative diseases caused by dietary and lifestyle factors, resulting in significantly better health and quality of life.
- Reduced sick-days and absentee-ism.
- Reduced health insurance premiums.
- Greater productivity & efficiency. Increased cognitive functions.
- Better employer-employee and peer relationships.

The True North Health Center organizes workshops to educate management and employees, giving a scientific presentation that includes streaming video lectures from leading experts, research scientists, medical doctors and psychologists.

- Many of the commonly held myths about food and health perpetuated by commercial interests of big business are dispelled, giving clarity of vision and direction for the proper course of health-giving action.

Mr. Nirula offers additional follow-up meetings to progress the groups to better health, happiness and fulfillment in life.

Contact the Center at: 8527-90-2345, 2411-4694, 2411-3990, 2411-5990, to know more about the Institutional and Corporate program.

The True North Health Center

The wise man rejects pleasures to secure other greater pleasures, or else he endures pains to avoid worse pains





"It is no coincidence that the same diet that helps prevent or cure diabetes also causes effortless weight loss, lowers cholesterol and triglycerides, cleans out the arteries, and returns the body to excellent function. But no matter how much research appears saying the same thing over and over again, the tide is unlikely to change because of the economic incentives for the medical establishment of continued illness and profitable treatments."

— Dr. John McDougall, MD, on chronic disease reversal through a whole plant-foods based diet.



Nalin Nirula is the Founder-Director of The True North Health Center in New Delhi. He is a spiritual karmic energy healer and teacher, and Alternative Medicine practitioner with over 35 years of combined experience in these fields. Mr. Nirula is a published author on the subject of healing and health.

The True North Health Center specializes in arresting and reversing non-communicable chronic degenerative diseases caused by karmic, dietary and lifestyle factors.



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