



WHAT TO DO? WHY DO IT?



STATEMENT BY THE PUBLISHER:

The foundation of this material is dialectical science of Pure Nature Cure and does not coincide with medicinal theories of health. We at PSYsolution do not claim that any advice given, represents a "cure" for any diseases. If anyone has doubts regarding her or his health, it is the responsibility and right of the individual to consult a competent health practitioner of her/his choice. This material is not aimed at hurting anyone's beliefs or philosophy. We at PSYsolution understand that true health does not need any treatment, it needs education! It is an endeavour to educate that "The natural cure always happens from within"!

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ABOUT PURE NATURE CURE (PNC)

1. Pure Nature Cure (PNC) is a dialectic, materialistic, wholesome and observatory science, connecting causes and effects holistically.
2. The maintenance of balance (homeostasis) is a programmatic knack of all the organisms. In PNC, this knack is termed as the natural tendency of self-healing.
3. Symptoms/discomforts are natural evolutions in the body. If we suppress any symptom, another more critical symptom develops and appears. Further, if the suppression is continued, the criticality chronifies and we suffer from chronic ailments.
4. The cause of all the symptoms is the toxins which are not eliminated through regular eliminations of breathing, urination and sweating due to lack of conserved vitality (the energy within an organism).
5. In PNC, we work towards deconditioning our voice of the organism (recalibrating our senses and feelings), through curious, conscious, consistent conservation of vitality to enable the natural knack of healing and homeostasis.

BASIC PRINCIPLES OF PNC

THE VOICE OF THE ORGANISM

*THE INQUIRY OF ORIGIN OF
PHYSIOLOGICAL SENSATIONS.*

THE LAW OF UNITY

*THE UNDERSTANDING OF
CONNECTEDNESS .*



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FORMATION OF TOXAEMIA

**DENYING
THE VOICE OF THE ORGANISM &
THE LAW OF UNITY**



**OVER-ENGAGEMENT OF VITALITY
(ENERVATION)**



**REDUCTION OF ELIMINATION DUE TO LACK OF
CONSERVED VITALITY**



**RETENTION OF TOXIN IN THE BODY
(TOXAEMIA)**



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FEVER - FACTS

- Fever is **a natural response of the body** to eliminate uneliminated toxin.
- Temperature (fever), rises through the internally **conserved energy**.
- Fever **can't be caught externally**.
- Fever comes with **clear bodily indications of RESTING** (tiredness, loss of taste & smell, congestion etc), for more conservation of energy during the process.
- The effective management of fever is just **REST-FAST-RELAX**: i.e. *Rest physically, Fast physiologically (with water) and Relax psychologically*, as indicated in the body.
- When the fever is managed well and completes its spell, the **lost capabilities are restored, naturally**.
- **Suppression of fever, in any form, complicates health.**

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AIR RATIONALES

- Air is the primary food for the body.
- Without air we cannot survive even for a few moments.
- Like radiation, air also goes directly to the bloodstream bypassing digestion and thereby conserving energy.
- Breathing is inseparable from all other acts of life.
- Deeper the breathing, the better the absorption and elimination.
- Active deep breathing is conscious deep breathing along with other activities, not as a separate exercise.

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SPINECARE RATIONALES

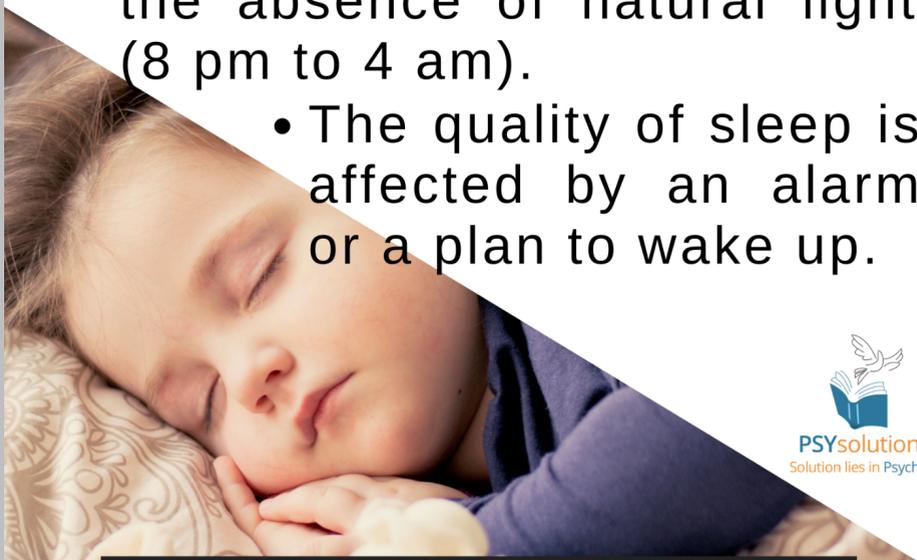
- The spine is the most important accessible organ of the body.
- The brain and the rest of the body is connected via the spine.
- Toxic sensitivity of any organ or part of the body is transmitted to the spine.
- If the spine is relaxed and balanced, energy is conserved.



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SLEEP RATIONALES

- Sleep is a natural response of the body.
- Major repairing of the body happens during sleep.
- Quality of sleep depends on the depth of sleep.
- Deep sleep happens during the absence of natural light (8 pm to 4 am).
- The quality of sleep is affected by an alarm or a plan to wake up.



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suppressing any taste or stimulating any taste through spices and condiments conserves energy. Skipping the process of chewing by **juicing** is a toll on our energy. In case of problems of teeth or weakness to chew, diluted juices, sipped slowly, can be opted.

SPELLS OF INTAKE

More the spells, the more the vitality-engagement for the processing of the food.

On the other hand, suppression of hunger also causes extra vitality-engagement.

Hence we need to streamline the spells of eating, mindfully, without suppressing our hunger and also reducing the spells of intake of food.

Improvement in the quality of food in terms of its natural taste with the least human modification, can bring down the number of spells of hunger and eating.

WHEN TO EAT?

During the day when the natural temperature of the surroundings is maximum we end up conserving a lot of vitality which is otherwise engaged in maintaining the body temperature at 37 deg C, always, irrespective of ambient temperature.

This time period is 12 noon to 8 pm, irrespective of geographic locations and seasons.

If we can bring down our eating spells in between this 8 hours slot, we end up conserving a lot of vitality.

Fasting of 16 hours per day is a byproduct which further conserves vitality.

Fasting without bodily indication is not recommended in Pure Nature Cure.

In case of fever, one senses loss of taste in the tongue. This is the bodily indication of fasting as the vitality is engaged in purification and healing.

Fermentation is a stage of the lifecycle of a natural substance.

From the seed to the soil back, there are stages of unripe, ripe, overripe, fermented, perished etc. which occur progressively.

Palatability of different organisms maps differently with the different stages of lifecycle of a natural substance.

If the fermented substance is palatable without any taste modification (in terms of additives like spices and salt) it qualifies to be a food.

