Laws of Health – Dr Saurabh Ranjan

1. First most Factor of Health is Food/ Nutrition.

Have Right Vegan or, Vegetarian Fresh Satvic Vaat-Pitta-Kapha Food. Take plenty of Fruits in the morning.

1. Consume Food in Right nostril breathing.
2. Drink Water 40-60 min. before in left nostril breathing. Bless Water before putting it into your body.
3. Sit in MEDITATION daily, to Keep mind relaxed and harness cosmic energy.
4. Listen Classical Music or, If possible, Learn it. Do Riyaz daily. It’s perfect, Healthy entertainment.
5. Positive Thinking-n-Speaking – Practice Writing Affirmation. Or, Speaking in front of the Mirror.
6. Being with 5 Most Healthy People you know in your city. Go in morning walk, communicate with most charming person.

Watch Ramdev Baba, Biswaroop Roy Choudhary, Rajiv Dixit, Mantak Chia, Zhi Ghang Sha, Joe Dispenza, Jasmuheen on YouTube.

1. Do Acupressure of Li4, 11, Lv3, Sp6, PC6, PC3.5, St36, GB 38 daily esp. of tender points.

 9. Sun Gazing (Must for kapha people or, whose BMI is in upper range) – during Safe hours (first 2 hours after the sunrise). In winter, anytime is ok.

 10. Sleep on Time, Have Sex only with one partner +- Learn Tantra. Sleep as per body need.