

# SPIRITUAL FOOD



- VIPIN CHAND BOMB



Cover page: The bamboo plant on the cover page is one of the fastest growing and strongest of plant varieties. Plants and the human body have striking parallels. It resembles the spinal cord which is literally the backbone of the human body. The knotted structure of both, give them their load bearing capacity. (see after pg.76). The bamboo plant has fibres concentrated in its knots similar to nerves from the spine. Incidentally bamboo is also used to support broken bones. Some tribes are known to store and drink from containers made of bamboo for health and longevity and in Feng Shui for good luck.

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## Author's Note

Dear Reader, this book has been written and produced in just a couple of weeks, to be released in time for the upcoming Zero Therapy Mega Seminar III on Jan 24, 2010. You thus have a snapshot presentation of the subject rather than as a continuous story or movie. The advantage - you can open the book on any page and start reading from there or read it from cover to cover. Two parallel thought streams in the book are on Spiritual Food and Nature. Both are connected in many ways, which you will realize as you read. My mother tongue being Hindi, the language at some places may not be very clear to you. The message however is too important to be stopped by these barriers and will reach you when you are ready to receive the same. Good Luck. Jai Prakriti.

- VIPIN CHAND BOMB

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## Press Article Nation

The Indian Express – Bangalore  
Wednesday  
January 14th 1998  
By Maya Ranganathan

An introduction of the subject and the author is well brought out in this newspaper article produced below.

The businessman with a mission turns away non-vegetarian customers

By any standards, Vipin Chand, 54, is a strange man. "Peculiar, that's the way I'd describe myself", he says. A Businessman who deals with thermometers, he turns away customers because they are smokers or Alcoholics! He disapproves of non-Vegetarianism (not non-vegetarians) and taken upon himself the task of converting more and more people to Vegetarianism.

Pressing a small silver coin into your hand, he says "that sums up my philosophy". The message reads : "Vegetarianism spreads peace and on the reverse" spread vegetarianism for world peace "I had this specially made as an incentive for those who switch over to vegetarianism and stay that way:.

Vipin`s passion for vegetarianism started early when he read up all the books possible on the subject- "not just books by Indian authors but also the latest research on the subject in the west". With just one handshake he can tell whether you are a vegetarian, a smoker or a drinker!"\* It is not just the skin temperature, but even the way you conduct yourself that gives away whether you are a vegetarian or not" says Vipin. "I was a member of Rotary club and being a pure vegetarian, a teetotaler and non- smoker I was at a disadvantage. I could not participate in any of the social gatherings. That was when I decided to start a club of my own with members who are like me. No easy task but then Vipin decided to take on people who are willing to change to his way of life.

Thus was born the Rotary club of Chennai mid city. All the members are strict vegetarians and make an effort to quit detestable addictions. But Vipin`s task hardly ends at the club. My work is at my shop. On any given day when he opens his shop at George Town at 6.45am till he winds up his day at 8.30a.m I meet any number of people. Some I advice and others outright command. And there is always a discount for the pure vegetarian.



Among the two score people he has persuaded to give up meat alcohol and cigarettes, some are his customers, some his acquaintances and others his employees. Gangadharan who works for Vipin says he used to feel drained, exhausted and complain frequently of body pain and lethargy. It was then that his employer ordered him to give up meat and eggs. Today I am much more alert and energetic and have managed to convert my family members too. Says he. Gurusamy a smoker for three years gave up cigarettes a year ago and has not thought of it ever since .

There are more interesting tales of a Muslim tailor who gave up meat about a year ago "I am waiting for Bakrid to see if he will to keep his vow of the Muslim girl who he converted to vegetarianism when she was betrothed, she went to her in-laws, told them that she would stay only a vegetarian and till this day remains that way says Vipin who keeps a constant watch on his patients and rewards them.

It is a humbug that non-Vegetarians are stronger than vegetarians declares Vipin. There is more protein in groundnuts than eggs. Vegetarian diet gives you the

stamina and more memory power. And as you look at him incredulously he adds why are doves entrusted with taking mail and not a crow? Because a crow just doesn't have the capacity to think.

Vipin is full of such examples you may think a cheetah is more powerful, but it is the deer that can run faster.

Closer home Vipin has tried out his experiment on his German shepherd. Fed on Bananas, Rasgolla and Panner it is much more intelligent than an average Alsatian he says.

- COURTESY INDIAN EXPRESS

# Introduction

The whole universe is nothing but Hot and Cold effect (ie) Sun and Moon ,Paap and Punya, Male and Female (Expansion & Contraction). Sun and Moon are together because the entire Universe cannot separate these two.

Any local disturbance in the human body against the nature in this two (hot & cold) create pressure in the body which results in gas, which is known as disease .We balance this with out any external help which is known as health. If you go against the nature it is disease and if you are with the nature it is health. The remedy lies in your body which has built in mechanism for cure. When Heat and cold in the body is balanced with respect to neutral food, it is harmony of body, mind and soul- that is complete health.

The proof: Zero Therapy is the theory which will be accepted by medical science after 100 years as we are 100 years ahead of Medical Science. This Theory is beyond stem cells theory which is currently popular. In stem cells they take out you cells, bank it and use it later when required for curing, but in Zero Therapy we energize the same cells with out removing it from body and use it when ever required by the body .The large army / band of dedicated volunteers is a testimony to the growing influence of Zero Therapy as a lifestyle.

# Food

## The meaning of food as per Encyclopedia

Food is any substance, usually composed of carbohydrates, fats, proteins and water, that can be eaten or drunk by an animal, including humans, for nutrition or pleasure.

## My Disagreement

The Author does not agree with any of this. The reason of disagreement is that the encyclopedia does not speak about the food needed by the plants which are basic part of the whole world (discussed later). In fact plants are the oldest living things on this earth arriving 3 billion years ago. They are also the largest of living things with the great Sequoia trees of California growing to almost 90 feet in height and 30 feet in width. The basic food for plants is carbon dioxide. Plants take carbon-di-oxide in the day time and release oxygen, which is like any machine releasing waste at the completion of a process. Plants generally do not prepare food in the night. This is the effect and the cause is food.

So the food for plant is carbon dioxide which is not a substance. Encyclopedia says food means substances like carbohydrates, fats, proteins and water.

Food is necessary for both plants and animals.

The food eaten by plant is neither meat, nor plant food, nor carbohydrates, nor proteins, nor substance. ***Thus our present accepted definition of food as per the Encyclopedia's is incorrect.*** To prove this point, the necessity of this book arose.

I personally cannot digest what I feel is not correct. May be I am wrong, but the fact remains that if I am fully convinced that I am right, I feel it a duty to prove the truth from my view point.

Foundation for new definition of food...

Scientists divide the world into two parts – Plants and Animals – with human beings also covered under animals. In a way we can see it more simply as mobile and immobile. As per zero therapy the whole world can be seen as interplay of two – hot and cold, to maintain balance in the universe. Plants are cold. Animals are hot. Contraction and Expansion. This is so, because nature knows how to balance the universe. Animals cannot be without plants and plants also need animals. Each is dependent on the other.

Now coming to the point of food. Both need food as per modern literal meaning. Plants need air as food. Plants do not eat any thing physically\*, yet we all say plants need food in the form of air.



### My own definition of Food

***Food thus means the basic necessity for survival*** – may be air, may be matter which has weight, may be any thing and not just what we eat as modern people think. The basis is the necessity of survival, and that is known as food.

### My own Acronym for FOOD

F-Flowers & Fruits

O-Offered

O-Out of Devotion to

D-Deity

Animals can live with out Meat and flesh and eggs. They still survive. This clearly means there is no necessity of meat, flesh and egg. For example my pet German Shepherd dog was a vegetarian\* all his life ....

One way of looking at the universe would be to see it comprised of Sentient and Non-Sentient beings. In the universe sentient and non sentient each product sends heat in the universe depending on the inherent property each has, and along with this it sends the feelings which can be called as aura. Dead body gives dead feelings and live like fruits and vegetables give live and fresh feeling.

A meat eater is a living, mobile grave yard.

\*vegetarian here and where ever used in this book means Lacto Vegetarian  
i.e plant food and milk but no Egg, no fish.

### Energy at the time of birth of a word

When the word food was born or for that matter when any word is born, it derives energy from the universe which gives its inherent feeling. This feeling gets strongly attached to the word.

The words Beauty ... Cold ... Hot... Idiot.. Love.. Friends ... all evoke different feelings.

When anyone thinks of food, one feels it is a must and a necessity, the thought of food brings happiness and a relaxed feeling to one and all.

A pure vegetarian will not feel happy or comfortable when he is facing a piece of meat on his dinner plate. But all human beings, whether vegetarians or meat eaters, find fresh vegetarian food like fruits or cereals refreshing.

Thus only such plant material (air we breathe also included as its provided by plants), which evoke same feelings as inherent to the word food in all human beings, can be called food. Consequently meat, flesh, eggs which do not evoke such feelings in all human beings cannot be food.

### Three cases of living things:

Animals are divided into carnivores and herbivores. Some people may argue that carnivorous animals cannot survive without flesh but it is a wrong notion, (example of my pet German Shepherd dog crazy). Ever since birth it had not tasted flesh/egg/meat. There are several instances where for some days, even animals like cheetah did not have meat, flesh and eggs. One such incident happened in Hinganghat village in Central India where stranded Lion cubs were kept in a house for a few days and they had only milk. The fact is that it all depends on how the animals are brought up.

Now thirdly, the case of human beings. This becomes a sub-category within animals. Human beings, as we all know, live comfortably without meat, flesh and eggs.

Thus we have seen all three cases of the living things known to us – Plants, Animals and Human beings (sub category within animals).

Plants need animals for their supply of Carbon dioxide, without which the plants cannot survive.

Now lets hypothetically imagine that suddenly there are no plants on the earth. If such a thing were to happen, all the animals including human beings would collapse within a few hours. So for our survival all animals including human beings need plants. And since this is basic requirement for our survival, it becomes food common to all animals, and this is again vegetarian.

The conclusion is that vegetation or plants are necessity for survival of animals.

### Our definition of Food for animals

We can now conclude that food has to be that which a living being requires for its survival, provided naturally by Nature. For animals it is plant food (vegetation) grown naturally by the nature, besides Air.

### Why no Non Vegetarians ?

We have seen Dictionaries where you find the word Non Christian, Non Starter, Non Union, Non striker, Non sense, Non striker but not the word Non Vegetarian. This is because there cannot be a non vegetarian human being as no human being can survive only on meat and flesh from birth. Hence there is no such word as non vegetarian. This again proves that meat, egg, flesh are not required for survival.

### Food for human beings

Let's compare the structure of herbivores, carnivores and human beings as shown in the chart on the following page.

From the chart we find that the structure of herbivorous animals and human beings is almost the same. This means necessity of vegetation is common to herbivores and human beings.

# Comparison of Carnivores Herbivores and Human beings

FEATURES		
CARNIVORES	HERBIVORES	HUMAN BEINGS
Lick and drink	Suck and drink	Suck and drink
Have claws	No Claws	No claws
Kill prey without weapons	Do not kill to eat	Cannot kill prey without weapons
Can see in night	Cannot see in night	Cannot see in night
Move alone or in small groups.	Move in big herds.	Social animal. Developed sense of community life.
Prespire through Tongue.No skin pores.	Prespire through millions of skin pores.	Prespire through millions of skin pores.
Length of intestine is 3 to 4 times body length	Intestinal tract 10 to 12 times body length	Intestinal tract 12 times body length
Sharp front teeth to tear flesh.	No sharp pointed front teeth.	No sharp pointed front teeth.
No flat back Molar teeth to grind food.	Flat back molar teeth to grind plant food.	Flat back molar teeth to grind grains, plant food.
Small salivary glands, no predigestion reqd.	More Salivary glands to predigest	More Salivary glands to predigest.
Saliva is acidic. Enzyme Ptyalin not present.	Alkaline Saliva. Ptyalin to predigest.	Lots of Alkaline Saliva. Lots of Ptyalin to predigest.
Low E.Q. Easily excited	High E.Q. Friendly.	Lower E.Q on eating meat.
Meat eaters.	Do not eat meat.	Should they eat meat?



# Origin of words

## Vegetarian

The word vegetarian coined in the year 1842 by British itself is wrong, because for their selfish motive they included eggs under Vegetarian food. So let's try and understand the origin and roots of the word Vegetarian.

## Food

For that, let's first get to the origin of the word Food. The word food has its origin from the word 'Fodda' which is derived from the word fodder, a necessity for herbivorous animals.

## Vegetarian Root

The word Vegetarian again has its origin in the Latin word Vegatus meaning vigorous... vitality.

It is for certain that meat and flesh cannot give you vigor and vitality for human beings. In case of any sickness, the human beings are strictly advised against this diet. Carnivorous animals too have been documented to eat some grass and plants in time of sickness, to help them recuperate. Thus vegetarian food gives vitality is applicable to all animals.

Lets take example of some herbivorous and carnivorous animals and compare them.

# Herbivorous Vs Carnivorous Animals

## Strength - Tiger and Elephant.

It is needless to mention that elephant has the strength and hard disk memory compared to tiger and no one uses tiger in the war in olden days but liberally using elephant during war.

## Speed - Cheetah Vs Deer

Cheetah runs first 200 meters faster and later the deer runs faster than cheetah.

## Stamina - Horse Vs Tiger /Cheetah

For stamina science has not recognized any animal other than horse. For measuring the torque of machinery which does not means cheetah power not tiger power and means Horse Power.

## Memory - Pigeon Vs Crow

Earlier the messages in the world were carried by pigeon again this proves that memory of pigeon is stronger than crow.

## Intelligence and flexibility -Monkey Vs Bear

The most intelligent animal in copying and intellectual is Monkey (It is believed our immediate ancestors were monkey)

*Emotional balance in Herbivorous animals is much higher than in Carnivorous animals we have already seen this earlier.*

*This is the reason why through out the history only Herbivorous animals have been used during war and not Carnivorous animals and same is reflected in Game of Chess( Horse , Camel and Elephant are used and not Lion, Cheetah or Tiger)*

## Emotional Quotient (E.Q)

Emotional balance in Herbivorous animals is much higher than in Carnivorous animals. We have already seen this earlier.

This is the reason why through out history only Herbivorous animals have been used during war and not Carnivorous animals. The same is reflected in the Game of Chess (Horse, Camel and Elephant are used and not Lion, Cheetah or Tiger)

This high emotional balance is the reason why herbivorous animals are seen moving in big hordes. Sharing and caring come naturally to them. There is also a well developed community life with a leader and follower ship concept.

This high E.Q. also enables them to undergo training and 'learn' new tasks from each other and from humans.

## How Zero Therapy was born...?

I do not believe too much in reading or writing books for problem solving purposes, as I feel all borrowed knowledge is dangerous especially when applied to such uniquely individual things as human bodies.

Mankind has all required knowledge available before it in form of Nature. All we have to do is stop looking for readymade solutions, keep our mind and senses open and trust our natural wisdom and the wisdom in Nature. All systems of treatment are applicable at the given times under the prevailing set of conditions. My system of Zero therapy that you see successfully curing people and magically diagnosing their problems may also be wrong hundreds of years hence. For people looking to cure themselves by reading this book, my only suggestion would be to stop reading it. Please do not read this book to get cured, but read this book to understand how unique each individual body is, and how much of power it has to cure itself.



### The Start

I have a retail outlet and my customers range from Doctors, Engineers and Electricians – all sorts and from all levels. Many a times I could convince them and many a times I could not...

The person in me was same, then why..? It gave me food for thought and I thought food was the problem. Whenever the clients were on the same platform as me regarding food habits, i.e., they were vegetarian, I could easily convince them. If the clients were meat eaters, smokers or alcoholics, it took extra energy on my part to convince them. It became clear to me that I was at peace dealing with clients and other people around me who were vegetarians.

For my selfish motive of peace of mind, I started converting people into a vegetarian life style and to a great extent I succeeded in that. More than thousand people from different religious, social and professional backgrounds changed to vegetarianism and in fact shared their positive experiences with me.

After a while, to find out a new avenue for converting people to vegetarianism, I planned to heal / cure people so that I could tell them to change to vegetarianism... this was the seed for the birth of 'zero therapy'.

### Understanding Zero Therapy

Zero therapy is a theory hitherto not known to the world. This piece of education cannot be imparted. The basic principle is – Don't meddle with your body, your body knows what to do. This is both an art and a science. It is the harmonizing of mind, body and soul.

It would probably be easier to understand Zero therapy by understanding what it is not.

Zero therapy is certainly no form of modern medical treatment. Doctor as per the various dictionaries (Chambers, Webster and Oxford pg. 360) means – Adulterate, Falsify, Garble, treat medically...

What we emphasize is that modern medicine is so engrossed in treating diseases and organs using newer and costlier drugs, techniques and other forms of medicine that the focus on the patient as a unique intricately balanced individual system and the focus on the underlying cause of the imbalance in this individual leading to his disease is lost.

Finally, as most followers of Zero Therapy put it – The only way to really understand Zero Therapy is to experience it.

# Bhavana

To understand how zero therapy works we must first understand the concept of Bhavana. Bhavana is thought but with a difference. Thoughts can only make one think, but Bhavana gets the work done. Yes, gets the work done. What makes the difference? The critical component is the emotion accompanying the thought, its intensity and its vibratory depth...***Thus thought along with this deep rooted emotion to get a desired outcome is Bhavana.***

For treating the cause of the disease one should first diagnose the actual cause. Only a pure soul can diagnose the cause. The reason is that the patient and the physician both need to be on the same platform – one wants to get cured and the other wants to cure... only these two Bhavanas are present. There is nothing else – NO EGOISM, NO PROFIT MOTIVE, NO considerations of FAME / NAME or ANY OTHER BENEFITS. The soul works best at this level. The results are phenomenal as you can see in some of the cases cited in this book.

Zero therapy was born for the reason that I could not tolerate the world being taken for a ride by medical Science Allopathy, Ayurveda, Acupuncture, Acupressure, Homeopathy and all others that continued to treat the symptoms and organs and not the underlying cause. ***This was the Bhavana behind the origin of Zero therapy.***

## Whole of our life is the ratio of cause to effect.

Everything in the universe is the interplay of two energies – male and female, yin and yang, heat and cold, expansion and contraction. Heat and cold are like expansion and contraction respectively. Contraction is female and expansion is male. Even in vowels "A" & "O" are male, "E" & "I" are female and "U" is neutral.

Similarly for any disease to get cured completely the ratio of male and female energy, which is unique to each individual and decided at the time of his or her birth, must be brought back to the original level. Healing as per my perception, though not necessarily as per the dictionary, is temporary. Healing does not talk about removal of the cause of the disease or problem but concerns itself with only removal of the problem for example healing of a boil. All this curing takes place only through food.

# Basic principles of Zero Therapy

*"What matters to the body is the  
matter that goes into the body "*

*"What matters to the body is the  
matter that goes out of the body"*

*What we should do is  
what we should not do"*

*"Do not meddle with your body,  
your body knows what to do"*

# Thermo

*By just one hand shake if one practices he should be able to predict the food or alcoholic or smoker*

## **Explanation**

The air condition system keeps the body temperature and skin temperature close to each other

This is normal for vegetarian diet people provided they take don't too much of allopathy medicines.

When the intake is either / alcohol / tobacco the body tries to throw it out by losing the energy the skin become hot and the nearest outlet for heat is palm and hands by hand shake it is possible to predict the intake.



# The Power (latent) of Zero Therapy

Ever since human being was born, man kind has been doing research and inventing things for betterment for health and health.. in turn we find disease and find the remedy under various branches like Ayurveda, Allopathy, Homeopathy, Reiki, what not ..?

Several trillion dollars and enormous man power is spent every year striving for the better healthcare of the Society. Various Hospitals, Universities and Research Institutes have been in a rush to find out the cure for various diseases – always for treating the effect and never the root cause of diseases. The reasons may be commercial, or may be ignorance. Whatever the reason, they have never tried to study Nature, which has created this human body and has built in remedies. Disease is the effect and the Cause is not known.



### Nature the O.E.M.

One thing that the entire world has missed is that nature has made this live machine, which is originated from a single cell – self-building, self-repairing and self-regulating. If any repair of such a complex machine is required, we need to go to the original manufacturer that is nature and not human beings.

### Body Power

The next and nearest alternative for repair is the individual body itself which has got all built in power, which has non return valves, built in chemical factories, built in automation like shutting of one valve, closing of another valve, expanding the blood vessels... a Million functions done by each cell, trillions of cells working at a time, and all working in a synchronistic manner. Can you imagine the communication that is happening between these cells at any given instant? All done by software prevailing in the body; there is no one location for this software, it is not seen, but its still functioning and regulating and all these trillion cells are working individually and together simultaneously... the nearest example in our real world would be the internet.

## Existing therapies vs Zero Therapy

The basic mistake with existing therapies is that they are focused too much on individual organs and intervention, never taking into account the whole system. My book '105 glimpses of diagnosis in Zero Therapy' has hundreds of instances where the faulty organs / systems were corrected without even attending to them. Like the case of the tube light which starts glowing again when the wiring somewhere far away is corrected, the root cause of most of the modern day problems in the body are not really located at the place where the symptoms are visible... this is not just theory but **practical proof** borne by hundreds of documented cases like voice loss, 90% vision loss, cancer, incurable skin diseases by various methods, Thyroid, Delivery cases without folic acid, or calcium tablets and no Tablets ( ref page no.80)

To tell the truth **I never touch eye for eye patient, tongue for voice problem, except watching the tongue from 350 mm distance. We haven't seen the skin for skin problem. Yet all cured.**

Here just born kids are cured of disease with out even diagnosing the child. Just born babies are cured of the ailment with out even seeing the baby. The child is cured by just seeing the Mother's tongue.

### The Magic of Simplicity

To cure all this one needs 50 to 60 specialist doctors with help of billion dollar machinery at their disposal leave alone the infrastructure (leading specialists almost gave up all hopes in case of voice loss, eye loss etc because they never could find the cause of the problem. The reason - they were specialists for only that particular organ, and not knowing the entire intricate working of hardware and software of the body together and this is where the specialists fail.)

***The reason how I am able to cure them with out touching...***

It might be interesting for the entire world to know how this could happen .. not a miracle not a magic only pure science and nothing but science. It is for the entire world to find out what science this is. All those and over 1000s of cases are available (all non commercial, no hidden charges, no other charges. Only with a mission and sheer hobby).

## 3 Auras and 2 Intuitions

When a person is failed by various systems of treatment, various therapies, when he is desperate after having lost all the hopes and when he has resigned to his faith, then he comes. In general each body, each item, each matter sentient or non sentient releases a heat in the universe. Along with heat it sends out vibration with the feelings. A Sentient body releases 3 auras. First, nearest to the body is the thought aura. Second the physical aura. Third the spiritual aura, which may be negligible in many cases though not in all the cases. Now when the person wants to get cured, his is a female bhavana (Sorry there is no equivalent of bhavana in English). The first aura gives us the thoughts which we are able to scan without touching the body. The next aura gives the cause of the defect. Now when the person comes for eye problem or throat problem by mystic intuition and by experience we are able to judge the exact cause where the problem is.

The patient who came for eye sight loss.. the doctor gave the reason that the nerve got shrunk and the doctors were not able to see beyond that. But I never bothered about the eye, but with mystic intuition and experience intuition the real problem was diagnosed and the patient got cured.

## Transmitter & Receiver

One more reason added to this. As earlier said the organ which is under stress or which is under problem, gives out a feeling to the universe. The particular organ sends the feeling in the universe that it is in problem on account of such and such a thing and we are able to pick up the signal. This is what is otherwise known as transfer and transformation of energy with the help of mystic and experience intuition and the rest is very easy.

There are many proofs on papers but we all have living proofs. Testimonials and details available on [www.zerotherapy.com](http://www.zerotherapy.com) and in the book 105 glimpses of Diagnosis in Zero therapy.

All this is possible because of transfer and transformation of information and energy between the transmitter and receiver, if they are on the same wavelength and same frequency. This method of diagnosis is explained in further detail on the following pages.

# Diagnosis in Zero Therapy

When a person suffers from a particular disease or pain, that particular part of the body which is under stress transmits the cause to the universe that he is in problem and the person who cures, picks up the signal by his trans receiver and diagnosis is done. The most important factor is that both the persons must be on the same platform. If the patient has got slightest of doubt he will not be able to transmit signals to the universe. This belief should be at the deepest level of the trillions of cells in his body and that would get this job done. All this is easier to understand from the level of Bhavana.

## Recipients Bhavana

The female Bhavana is weak and accepting while the male Bhavana is strong and giving. This is the reason why the female energy has to be at the bottom. For example when we pray or meditate in the classical Indian yogic posture of Padmasana, the left leg is at the bottom. Left side and generally the less active side of a body is female while the right side is male. This concept of both male and female energies within a body are signified in the Indian concept of Ardhanareeshwar. With out both energies nothing is complete, not even non sentient things like wood or metal...

When a person wants to get cured, the Bhavana is female, as it is looking for something.

### The Male Bhavana

The Bhavana of the person who wants to cure is male, as it wants to offer. There are no other Bhavana - considerations of money, name or fame involved. The resulting energy of this interaction of Bhavana, gets the body of the person who wants to get cured, to release whatever bio-chemicals are now required by the body to regain the balance and be disease free.

A pre-condition: One condition paramount for zero therapy to work is that no glands must have been tampered with, in the body. All the glands have an intricate communication system and required chemicals in the exact ratio are released into the body by this network, whenever and wherever required. Do not tamper with the glands, as they are the critical safety points of the body. Medical science is predominantly concerned with organs but not sufficiently aware of the intricate workings of the glands. Zero therapy can restore the balance if the organs have been tampered with, but once the glands have been tampered the restoration is difficult at most times.

Diagnosis is possible only when the third eye ( sixth sense also known as pineal gland ) of the person who is curing is powerful and is also based on his or her memory of past and present karmas.

## Part vs Whole

Medicine as per our definition would mean anything given for the organ. It can be food, it can be herbs, it can be acupuncture, it can be any thing. The body should be treated as one whole organ or machine, and not treated in parts or installments, like mechanics do. This power of the body in Zero Therapy to cure itself, cannot be understood by reading, discussions or argument. It is to be experienced by one self or to be learnt directly from the people who have been cured.

A person is born with the four elements of earth, water, fire and air, that are packed in certain ratios and that result in a final hot and cold, i.e., male and female ratio. This ratio is unique to the individual. This is applicable even for non sentient or non-living bodies. Thus both sentient and non sentient, i.e., 'Jeev and Ajeev' each have male and female in built ratios. When the ratio is disturbed it is known as disease and when the ratio is restored it is perfect health. Of course no one can avoid death. Death is certain for every living being, but in Zero Therapy death occurs only on the due date and not prematurely which we call 'KAAL and AKAAL' death respectively.



## Uncommon Commonsense

The person who cures must have common sense which now a days is uncommon. On observing a person's tongue, his or her problem can be easily diagnosed. A man can bluff but his tongue will not.

The colour of the skin and lips, the power in the eyes and the oil on the face completes the scan of the body, provided one is an expert. All these are vouched by actual experiences of individuals recorded in their own handwriting.

The two intuitions – mystic and experience intuition play their role in this instant scan of the body.

# Food Cure

"Let food be your medicine, let medicine be your food", said Hippocrates founder of modern allopathic medicine. When he said food, he never thought anything other than vegetarian food as cure. At my system of Zero Therapy, I wouldn't know exactly how many have been cured on this basis as it's my hobby and I haven't kept a full count but I certainly have ample examples of not treating the disease but curing the patient totally and making him free from the disease just by using normal food.

To cite an example - a patient came to us for gland cancer, another 8 year old child came to us for blood cancer. Both got totally cured with out any external help in the form of any medicine. In fact they came to zero therapy having failed by existing methods of therapy. Its totally based on right food, right time and right combination and plant food.

Not only this we have treated and cured patients suffering from CIDP (Neuro)..., the patient having tried allopathy, yoga, homeopathy, Acupressure, magnet therapy, urine therapy and all existing methods of therapy. To tell the truth I never touch eye for eye patient or tongue for the voice problem, except watching the tongue from 350 mm distance. We haven't seen the skin for skin problem. Yet all CURED.

Refer the videos - testimonials and Seminar I and II at [www.zerotherapy.com](http://www.zerotherapy.com)

### Voice loss

Reproduced below is an experience shared by one of the beneficiaries of Zero therapy. As usual this person was treated only with food and food changes guided by tongue colour.

*From*

*Hitesh .S. Vajawat  
Vajawat Computers,  
Mount road, Chennai – 2  
India.*

*Respected Uncleji,*

*Today, if I am able to speak..... its all because of "U".*

*I am in to computer business & on an average I attend 400–500 calls per day.*

*In the year 2006, I slowly started feeling problem in my throat. It used to pain heavily while speaking & as time went.... I gradually lost my voice.. can u imagine.*

*LIFE Without VOICE. " its really terrible"*

*I had spent 30 days without speaking.. just keeping a pen & paper to write my expressions / my thoughts....*

*After taking medicines as prescribed from ENT Specialist, I didn't get a sing of relief. Then I went to a Padma Shree Awardee Doctor, After doing the required tests.. I was answered..*

*"Hitesh.. Forget You can talk for Life..."..*

*I was really shocked with his immediate reply. I was told that there was an inflammation in my vocal chords & because of which. there was difficulty in speaking*

*I had taken the prescribed medicines & after a few days I was able to speak a little bit. I was also under strict voice rest. I was given medicines, because of which I slept more & it gave me an indirect voice rest. After a few weeks of this, the voice disorder started again, this time the pain was too much. I was not able to utter single word.. Only air was reproduced, instead of voice. Our entire family was disturbed because in such young age. .. if your are left out without being to speak... its really a big pain.*

*We then went to another ENT Specialist. It was an amazing answer from their side. they said .. I need to take voice rest.. for quite a few days & apart from that.. I was advised to get my tonsils operated. It was very stressful & painful time of my life. We finally got the contact number of a Doctor (India's Leading Vocal Chord Specialist, Mangeshkar Hospital-Pune). I then checked in the internet about him.*

*We then couriered our entire reports of the vocal chord to him & he claimed that the existing treatment was fine but for any further updates.. it was necessarily for me to be there. He was of course right.. how could he treat me by seeing the reports.*

*Since the problem was increasing, we were trying our best efforts to show the best doctors..*

*In between all this.. I was referred to a Doctor at Royapuram by one of my friend.*

*After the required tests, He prescribed few medicines. My elder brother went for buying the medicines. Luckily, the store owner was a known person. After seeing the prescription, he asked for whom was the medicines. My brother said, it was for me... After putting pressure on him, the owner said that*

*"This medicine was generally given to patients with mental disorders. After taking in the patient will feel sleepy & indirectly will give voice rest...."*

*Between all these fuss going on in my life. I was lucky enough to meet Shree Vipin uncle. On my first visit to him, I was clearly told .. please come in a systematic way. He was absolutely right. It was required for me to understand ZERO THERAPY's system.. Rules & Regulations. on my next consecutive visit.. I requested Uncleji, to start my treatment. With god's grace... I was lucky enough to get a positive sign from his side. My treatment started & I was prescribed the Do's & dont's in the food intake. For the next 7 days.. there wasn't any sigh of relief & my confidence level wasn't high.*

*I was still having a double mind.. whether should I go to a Doctor for treatment or should I continue the treatment under Zero therapy.*

*Since the Situation of mine remain unchanged.. I finally booked Tatkal tickets to Pune to visit Doctor who was referred by one of our relative. On the day before starting to Pune, I went to show to uncleji as a routine check up. I was under a deep trouble.. Should I go to Pune or should I not. I asked myself & wasn't able to decide. I then slowly realized that I was able to speak a little from the last 2 days & the pain was low than compared to the earlier days. I asked myself.. Am I doing a right by going to Pune..*

*My conscious said No.. I Thought.. if I go once for a check up.& I need to forget Vipin uncle because its not possible to hide any thing from him.*

*"He scans our body like a Computer. He never requires any sorts of test to check what problem you are having....."*

*Finally, I became restless. I firmly made a strong decision to cancel the trip to Pune. I immediately went to my dad & said him the fact. My dad was literally shocked. He asked me more than 5 time.. Am I taking the right decision????*

*Yes was my answer to him & from then on I haven't seen back side.*

*I then realized that the more I gained confidence on the treatment, the faster I was able to get cured. After this.. it didn't even take 14 days. I was fine. I was able to speak for the whole day without any obstacles & I never took any kind off voice rest. i cant explain.. What sorts of happiness a men gets when gets his voice back..*

*The best beauty finally was.. when I went to Uncleji to claim that I was able to talk..*

*"He laughed & said. So what's new in that. You never had a big problem. Now on you are free from all sorts of treatments..."*

*I was really amazed with his reply. I couldn't imagine.. how could a person be like him.*

*"He's given me a new life..."*

*My only request to all is that.. Just trust the Therapy & Uncleji.. Ur confidence will in turn help you to heal faster that you think. Have faith on it.*

*Regards,  
Hitesh .S. Vajawat*

# Heart Problem

Most of the heart problems in the world are due to gas and not because of malfunctioning of the heart. The reason-In every body, nature has provided two organs like ears, kidneys, eyes, lungs which will fail earlier than single organs like heart, brain and tongue. More over heart and brain are packed, concealed and sealed in such a way that they will never get damaged until and unless other organs fail.



### Fracture Case

In most of the cases it is not a fracture initially. Even if it is a fracture, the body can take care.

Doctors are not scientists. Only scientists have the right to interfere into the functioning of the human body, since they know the body better... heat and cold better. The body is balanced heat. Heat is life and cold is death. Extra heat and extra cold has to be balanced.

For zero therapy any medicinal plant is also dangerous, in fact much more dangerous than Allopathy. Even Tulsi, Turmeric or any such medicinal plant is not allowed in Zero therapy as they are strong chemicals and as such would easily disturb the fine tuned balance of the body. Speaking of Allopathy, we know Pathy means disease. Thus as per our definition Allopathy allows the disease to grow. As I mentioned earlier, whatever we are telling today may be wrong tomorrow since nothing is permanent

# Regained Vision

## ***I Would Like To Share My Experience With Zero Therapy , As Below :***

*About 1 $\frac{1}{4}$  years back, all of sudden, I could not see anything properly. When I consulted an Eye Surgeon at Sowcarpet, he examined my eyes and informed I might not regain my vision but however, recommended my case to another familiar Eye Surgeon at Vadapalani, who had, after examining my eyes, first gave me medicines and suggested to keep 2 pillows beneath my neck while sleeping and if no improvement is observed, he would give Laser Treatment. As there was no improvement for more than a fortnight, he gave Laser treatment. Even after this, I could not see anything properly and when consulted the above Surgeon, he had informed it would take 3 to 4 months for improvement in my vision but there was no improvement at all.*

*Meanwhile, I heard about the Zero Therapy offered by Shri. Vipinji, respectfully know and called as Uncleji.*

*When I approached the Zero Therapy centre, I was advised to attend at least four sessions conducted by Zero Therapy centre every week, which will give a picture about the Zero Therapy .*

*Accordingly, I had attended four sessions conducted by Zero Therapy centre and afterwards Uncleji began offering treatment.*

*What a Surprise With in a fortnight of commencement of treatment by Uncleji. I observed very good improvement in my vision.*

*Really and Honestly I would like to say, I find no suitable word to express my job. Under the treatment offered by Uncleji under Zero Therapy, I regained my vision and now I am absolutely alright.*

*At the first instance, when I lost my vision and abandoned by the eye surgeons, I felt, "I am dead" as most important organ eyes could not function properly and without vision, I cannot survive.*

*But god came to my rescue through Uncleji of Zero Therapy centre, who regained my vision. No doubt, without the mercy Uncleji, I would have not survived and thus Uncleji is god to my family.*

*J.SHANKARLALJANGID*

*106, Govindappa Naicken Street,  
Chennai – 600 001.*

All have been treated by Normal Food ( not even Ayurveda, not even herbs, Not Even Food Medicine – only simple daily diet with small day to day variations ), prescribed after watching the colour of the tongue, which changes day to day with respect to food, weather, climate and even thoughts.

This science of curing the human body in such a simple manner, is not available anywhere in the world to the best of our knowledge.

Thus various life threatening and incurable diseases have cured under Zero Therapy as we have seen in the previous pages and as seen in my previous book "**105 Glimpses of diagnosis in Zero Therapy**" and in the Website ***[www.zerotherapy.com](http://www.zerotherapy.com)***

## Hardware and Software

Nature has made the body in these two parts.

The Hardware consists of bones, flesh, veins, heart, kidney, muscles etc. All physical parts are the hardware. A special point to be noted here is that all hardware is incidentally or accidentally located below the neck.

As usual the head of the department, the Software, sits above the neck. It consists of the five sense organs (the five Indriyas of the Eastern culture), that are all interestingly located above the neck as they are part of the software. These senses actuate the signals which command the hardware with the help of tools like the Brain and the Pituitary Gland, which again are located above the neck.

In Zero Therapy we are more concerned with this software, because when we can control the software, we can control the functioning of the hardware. This software is directly related to the FOOD one eats. Everything matters –what one eats, where one eats it, who prepares it, who serves it, with whom and in what atmosphere one eats it. All this collectively makes the mind which is not at all an organ, has no specific location, cannot be seen and which controls the whole system. In a way it is like the internet.

We at zero therapy control the mind with food and thus, treat the disease with food and prevent the disease with food, because it is mind and nothing else that matters.

### Mind over Matter – A personal example

Let me give a personal example well known to my relatives and friends.

Throughout my active business life, I used to fall sick only on Saturday evenings. Being a first generation entrepreneur and a person who decided to start without a penny and without taking any financial support from outside, I had decided in my mind that I could not be away from work. So if I fell sick it would be a Saturday evening and I was again alright on Mondays. One can assume that it might be a coincidence. But in July 1999 I took over as president of my Rotary club, which used to meet on Sundays every week. Needless to say, I never felt sick the whole period of my Presidency. For that matter, I never fell sick from that Day. This is how the software controls the hardware.

### **Food is the solution and food is the problem.**

The right food and the right combination is the solution for all disease. And Wrong food like meat, eggs etc are cause of disease. Wrong combination of vegetarian food is also a cause of disease.

No food is a solution, No food is a problem.

Some times liver needs rest and not eating food is the solution.

Some times not eating food increases acid in the body and hence is a problem.

## Nature and Food

For every organ in the body, Nature has provided cure in the form of Leaves, Vegetables, Fruits and Flowers, Plants each having the shape and color of the organ.

For every Organ in the Body there is a Fruit or vegetable having the same shape, which is used for Improving the Efficiency and sometimes as remedy of any defect in that particular Organ.

# Spiritual Food

**EYE**



**ALMOND**



**BRAIN**



**WALNUT**



## ***Fruit / Vegetable***

Walnut  
Almonds  
Apple  
Grapes  
Cashew Nut, Kidney Beans  
Mango, Papaya  
Jamfal  
Banana

## ***Organ***

Brain  
Eyes  
Heart  
Lungs  
Kidney  
Stomach  
Ovary  
Sex Power



### Remedy diagnosed wrongly as disease

One gentle man came casually during business hours, with a permanent skin problem in the palm. He had tried all types of treatment for his disease. Looking at his palm, I told him to stop eating eggs .. The result was the disease was cured in just seven days. The reason is egg contains salt, which is not accepted by the body . His body was hiding the salt in the skin to protect itself from the major diseases of the other organs. Again THIS IS THE REMEDY OF THE BODY to safeguard other organs, but this is happening at the cost of skin problem (which the body decides to be relatively smaller).

### ***What is Disease?***

When the body is not at ease, it is a disease..

### ***Why does it happen?***

Any foreign particle enters the body (other than natural ) body tries to resist, tries to throw it out. In the process the body is not at ease and what modern science names it as disease.

When the body is with nature it is health, if it is against nature it is disease.

### ***What is a foreign particle..?***

Foreign particle for the body is alcohol, smoke, perfume and all things which are not natural for the body.

### ***Famous Vegetarians in History***

All philosophers, most of the greatest scientists and writers, were Vegetarians

Albert Einstein, Isaac Newton, Charles Darwin, Nikola Tesla, Thomas Alva Edison, Plato, Pythagoras, Socrates, Aristotle, Leonardo Di Vinci, Vincent Van Gogh, Emerson, Voltaire, Rousseau, Leo Tolstoy, Annie Besant, H.G Wells, William Wordsworth, Mark Twain, William Blake, P.B Shelly, Kafka, Albert Schweitzer, Louisa May Alcott, Upton Sinclair, Martin Luther King, Anthony Robbins. All these scientists and leaders were philosophers first who also became famous scientists, leaders and writers. Wisdom comes only to philosophers.

Some of the famous sports personalities with a long career have been vegetarians.

To name a few –Three times Olympic Champion Carl Lewis and his idol Jesse Owens, the flying Finn Paavo Nurmi, Tennis Champion over decades Martina Navratilova, Billie Jean King ...

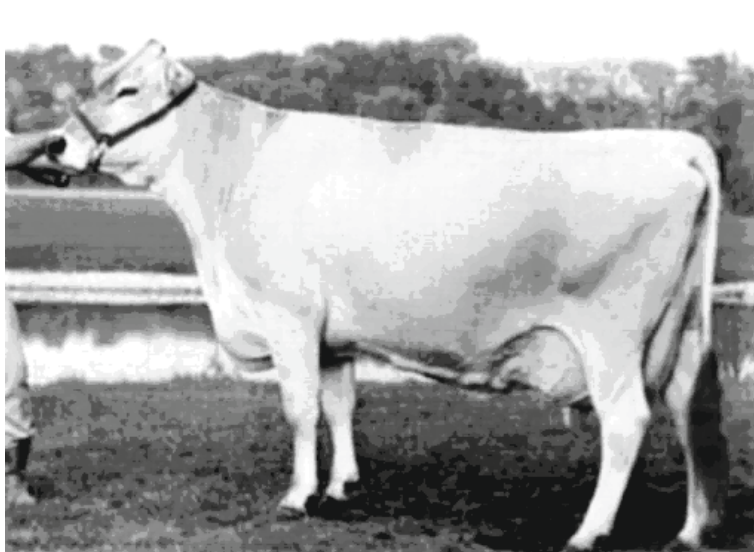
The popularity of Vegetarian food finds many cities and towns named after fruits and vegetables, like –

Big Apple (New York city) the little apple (Minneapolis) the big potato (Moscow), the orange, in New Jersey, U.S.A. and Lima, Peru, in India too we have Hinganghat, Aamgaon, Jaam, Orange City...

## Balanced Diet

***65% FOODS IN CEREALS  
AND PULSES LIKE  
WHEAT – RICE –  
MILLETS, GRAMS ETC  
AND BALANCE  
35% IN MILK,  
MILK PRODUCTS, VEGETABLES,  
DRY FRUITS, OILS ETC.***

## Contribution of Indian Cattle



***Western countries' cows are  
Biologically called as 'Uras' or Urach in German.  
These cows do give milk but it does not contain any  
poentiality to overcome disease.***

### ***My Comment –***

***" All the research in the Western countries on Milk  
are based on this type of Milk, hence not to be taken as  
correct for Milk and Milk products produced in India."***

### Quiz

1. Olden days which bird used to carry mail ?
2. What is the measurement of power of electric motor ?
3. Who was the famous painter of Mona Lisa?
4. Who formulated the theorem  $A^2 + B^2 = C^2$  ?
5. Who was number 1 in Akbar's cabinet?
6. Who runs faster for first 200 metres – Cheetah or Deer?
7. Who runs faster beyond 200 metres – Cheetah or Deer?
8. In war, in olden days, who were the animals which were used?
9. In Polo game which animal is used?
10. Which animal has got the best memory & Intelligence?

## Evolution of Man

### Spirituality

Even carnivorous animals have preference for herbivores (Vegetarian animals)

Nature is above god. Nature has to decide where and when and how and in which body each soul has to reside.

### Vegetarian and Vegetarianism

Many people get confused between vegetarian and vegetarianism. By just being vegetarian, one is not necessarily following vegetarianism. 'Ism' means a philosophy, a way of thinking, a doctrine. Doctrine means a theory has to be proved over a period of time. Vegetarianism is a theory which has been proven and proved over a period of time and hence it got the name Vegetarianism, similar to Hinduism, Jainism, Buddhism, Sikhism ...

'Ism' is common to religions. The reason of 'ism' is why non-vegetarianism is not accepted by the dictionary or encyclopedia as no human being can be fully following non-vegetarianism i.e. without having vegetables. He has to depend to some extent on food grown naturally ( fruits ,seeds, flowers ... ).

### Latent Heat

We may be surprised to know the fact that each tongue has got certain temperature withstanding capacity, say 55 degrees centigrade. Now the same person can take tea at 55 degrees but his tongue will not tolerate coffee at 55 degrees. This is due to high latent heat of coffee compared to tea.

In laboratory conditions, if meat eaters and lacto vegetarians are packed in different rooms and if temperature is measured of both the rooms at constant time intervals, the temperature where the meat eaters are packed will rise higher than in the other room, because of the latent heat in the body due to wrong habits of food.

Coming back to coffee, some time ago my daughter from US called me in India seeking advice for her husband (my son-in-law) who had suddenly got big blisters on his tongue. Across continents, over telephone, without having seen his tongue, I enquired whether he had taken coffee. She replied that he had. I asked my daughter why did she not get this problem (both are zero therapy life style followers). It turned out she did not have the coffee.

The problem is not the blisters. The body which is following spiritual food becomes so pure that any unwanted food entering the body is rejected outright, preventing complications later.

## What happens when you eat Veg.

The Resistance of the body, which cannot be measured by any Allopathic Science, Increases - and there by the chances of sickness are less.

SAVES the Most Precious commodity of the world -  
TIME

(toilet time is lesser than flesh / egg eater, data available from changed people)

### Other Benefits

Longevity

High E.Q

Peace

Better Stamina

Better Memory

Less Doctor's bill

Social



In our opinion . . . . .

Flesh Eaters

(Not Fresh Eaters)

Are Tense Always

Present

Past

Future

Tense

Present      -    Tense because of disease.

Past           -    Tense because of doctors' bills.

Future        -    Tense because health is bound to go worse

## Second Hand Food & Toxicity

Eating all this second hand food (eating flesh /meat) amounts to slow poisoning due to toxic effect of this food on the body, which is well accepted by any science. In fact it amounts to slow killing of one self, which may be termed as suicide, which many countries do not accept. Maybe someday, in interests of the individual, some law may be formed against this.

The reason for toxicity – Scientifically we are not against eating flesh .... As long it is just meat or flesh. The problem arises due to the powerful sixth sense in animals, which judges danger before it is killed and this fear releases Adrenaline from the Adrenaline gland. When this cannot be used up by the animal to fight or flight (run away) it converts into poison. The amount of release of this chemical depends on the time it is kept in captivity and the speed at which it is slaughtered – Mechanical or other wise.

Let me share Frequently Asked Questions during seminars.....

***Q: You say that the brain works better for vegetarians then why research is done more in western countries?***

A: My dear friend the very word 'Re' 'Search' means nothing new. This differs from discovery and Invention. ALL MAJOR INVENTIONS CAME FROM PHILOSOPHERS who later became Scientists Like Newton, Einstein, Pythagoras ... all were vegetarian. Even famous writer and thinker Barnard Shaw was a vegetarian

***Q: You say that age is more for vegetarian, but then the average age in western Countries is more than that in India..?***

A: Shelf life of any item kept in the refrigerator is more than the item kept in open same thing applies here as western countries are colder than India. If an Indian goes to western countries he will longer than the western counties because the living condition changes.

***Q: Some forest tribes take to reptile soup as a remedy against piles. What do you have to say?***

A: Some times when the body is working under natural condition it tries to throw out the poison form the body along with that the piles get cured This is the last resort for them . Some times it is also dangerous for the body which results in death.

***Q: When you have not eaten meat or flesh, what right you have to talk about it?***

A: An electrical engineer need not get the shock to know that there is a live wire, you don't have to jump into the well to know the depth of the well. A judge dealing with a thief need not be a thief himself. When a husband appreciates the food prepared by his wife that does not mean he is a good cook. A person appreciating a book need not be a good author.

***Q: You say that evolution of man is from monkey? Then how come monkeys still exist?***

A: Monkeys who are in jungle are still monkeys and monkeys who evolved, became civilized – left the jungle and became humans.

***Q: I was a compulsive meat eater and egg eater. After taking to vegetarian food, I vomit a lot. Why?***

A: Yes it is natural. When a gentle man enters into a group of Badmaash people (rogues), he is thrown out from that group. In the meat eater, the food group full of meat and flesh will try to throw the vegetarian food out of the body. This will last till the vegetarian food becomes the dominant group.

***Q: If everyone becomes a vegetarian, there will be no land left for cultivation. Won't it be a problem?***

A: The amount of American corn consumed by people is 20%. Rest is used for cattle feed.

Similarly, increasingly most of the cultivation today is used for poultry and cattle feeding, which otherwise would be available for us.

Nutrition Chart For Comparison (100gms)

		Protein	Fat	Minerals	Fiber	Carbo-Hydrate	Calcium	Phos Phorous	Iron	Calorie
1	Groundnut	26.7	40.1	1.9	3.1	20.3	0.05	0.39	1.6	540
2	Gingelly	18.3	43.3	5.2	2.9	25.2	1.45	0.57	10.5	564
3	Wheat	11.8	1.5	1.5	1.2	71.2	0.03	0.29	6.3	334
4	Bengal gram	22.5	5.2	2.2	-	58.9	0.07	0.31	8.9	372
5	Black gram	24.0	1.4	3.4	-	60.3	0.20	0.37	9.8	350
6	Green gram	24.0	1.3	3.6	-	60.7	0.14	0.28	8.4	350
7	Red gram	22.5	1.7	3.6	-	60.2	0.14	0.26	8.8	345
8	Soyabean	43.2	19.5	4.6	3.7	20.9	0.24	0.69	11.3	432
	<b>FLESH FOODS</b>									
9	Egg (Hen)	13.3	13.3	1.0	-	-	0.06	0.22	2.1	173
10	Fish	21.5	1.6	2.0	-	-	0.06	0.41	2.3	100
11	Meat	18.5	13.3	1.3	-	-	0.15	0.15	2.5	194
12	Fowl	25.9	0.6	1.3	-	-	0.03	0.25	1.5	109

Every item from 1 to 8 in the chart above is more nutritious, healthful, and cheaper than eggs, fish, meat and fowls and has double or more calories.  
Item 9 to 12 lack important carbohydrate and fiber and have harmful saturated fat and uric acid.

\* Source : Indian Vegetarian Congress Quarterly Mach 2000.

## Land And Water Wastage

To derive One Million calories through Potatoes, 0.5 Acres of land is sufficient with reasonable quantity of water.

But to derive the same quantity of energy from Eggs, 8 acres of land and 10 times more water are required.

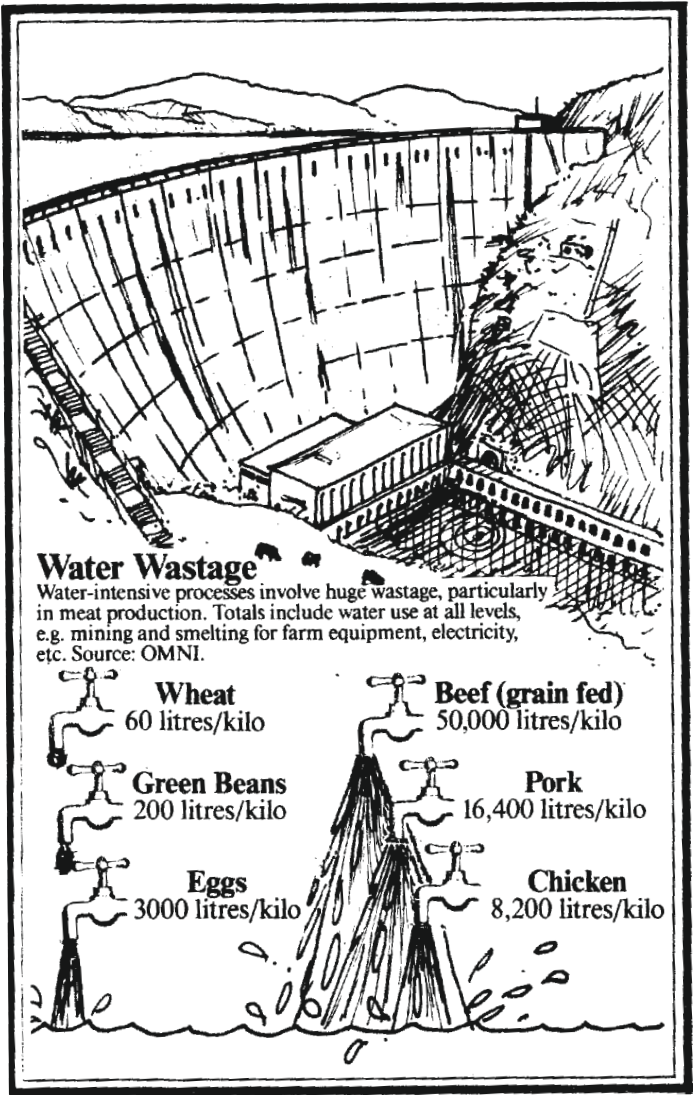
To derive it from Meat 10 acres of land and 20 times more water are required.

Similarly 180 pounds of Mutton is drawn from 1 acres of land. From the same land we can draw 20,000 pounds of Potatoes.

Potato – a rich source of all the essential Minerals, Starch and Cellulose (Fiber) – has been found to be the solution to Food Shortage and Malnutrition.

A glance at the following chart shows water wastage in more detail.

# Water Waste Chart



Source OMNI

### Phytochemicals and food factors

The food colour, smell, Phytochemicals in the food all put together is the inherent property of the food.

Science has been experimenting on food in the laboratory that is out side the body. They do not know what happens when it goes inside the body, because they have not taken into account the Phytochemicals, food factors and bio-chemical reactions inside the body. Phytochemicals are naturally occurring plant chemicals, that provide the distinctive colors on fruits and vegetables. This colour plays major role in maintaining and promoting of health in animals including human beings. The scientists have predominantly taken only carbohydrates, proteins, calories into account.

### *The Missing Link*

Has Science ever bothered to know why apples grown on one plant have different colour on each fruit..? So that is what role colors play like pigments in the body.

Pigments alone cannot play a major role but along with food they play a major role, which Scientists have yet to research on ...

Yet another example - When you eat food in a ceramic plate and eat in green banana leaf the property is entirely different in both the cases.

When a hot stuff is put on banana leaf, the leaf turns white. The reason is that the green Phytochemical is absorbed by the food, which enters the body and helps it.



# Food Factors?

When a food is eaten separately it has different effect. If the same food is eaten with some thing else it has got different effect. Another point to be noted here -the moment food touches the tongue, depending on the mood and inherent property; depending on the person who prepares and serves; the body's cells are charged and they become more negative or more positive.

Experiment has been conducted on rats on the shortage of calcium.

Under laboratory conditions 100 grams of calcium was given to one set of rats as medicine and 10 grams of calcium was given to another set of rats mixed with food. The result was Astonishing. The set of rats which had taken 10 grams of calcium combined with food improved their efficiency more than the rats which had taken 100 grams. This is the power of food factors.

## Medicinal Mix Up

Many a medical practitioner prescribes medicine, but forgets or does not know to prescribe what the medicine has to be taken with.

My observation is that Medicine taken with water or any other liquid may damage the kidney (depending on the viscosity of the liquid). If taken with food, the body may expel the medicine out in the form of stools or urine. The medicine may also damage the liver depending on the intensity of the chemicals.

### Fresh and Dry food

Food can be broadly be classified as the following -

- Green vegetables

- Dry vegetables

- Fresh fruits (and)

- Dry fruits

The difference in green vegetables / green fruits and dry fruits/ dry vegetables is that dry have more energy when compared to green. So when energy is required eat dry fruits and for removing constipation eat green vegetables and green fruits.

Green vegetables and green fruits remove constipation as they provide soluble roughage. And dry fruits are more energetic than the same fruit in its fresh form. The reason is the fruit is energized while water dries in natural light.

### ***Acid and Alkaline food***

Human body needs to be 80% alkaline and 20% acid for good health. The blood itself needs to be slightly alkaline (pH between 7.37 and 7.46). If a man is mentally in a stressful condition, or there is a local disturbance like meat, egg or any acidic food, this ratio is disturbed.

Invariably the meat eater's food is more acidic.

Also when a meat eater eats flesh and when this flesh enters the stomach, stomach has to release more acid to digest which in turn increases the acidity of the body. Hence this food is not advisable to be eaten.

ALKALI – GENIC FOODS		ACID – GENIC FOODS	
Food	Alkali – Genic effect in percent	Food	Acid – Genic effect in percent
Figs (fresh)	27.81	<b>CEREALS :</b> Rice (polished) Rice (Manullay Dehusked) Cake Bread Barly White flour (Wheat) Maize Wheat	17.96
Raisins	15.10		3.68
Grapes	7.15		12.31
Sugar – Cane	14.57		10.99
Tomatoes	13.67		10.58
Lemons	9.90		8.32
Orange	9.61		5.37
Plums	5.80		2.66
Dates	5.50		
Peaches	5.40		
Apricots (fresh)	4.79		
Bananas	4.38	<b>PULSES AND LEGUMES</b>	
Pomegranates	4.15	All pluses highly Acid – genic	
Coconuts	4.09	<b>NUTS</b>	
Pineapples	3.59	Peanuts	16.39
Pears	3.26	Walnuts	9.22
Watermelon	1.83	Almonds	2.19
Apple	1.38	<b>FOOD OF ANIMAL ORGIN (EXCLUDING MILK)</b>	
<b>VEGETABLES, TUBERS &amp; ROOTS</b>		Yolk of Egg	51.83
Spinach	28.01	White of Egg	8.27
Suva Plants	18.36	Eggs	11.61
Leafy Salad Plants	14.12	Beef	38.61
Cucumbers	13.50	Chicken	24.32
Beetroots	11.37	Goat`s Flesh	20.30
Turnips	10.80	Fish	19.52
Sweet Potatoes	10.31	Pork	12.47
(Yams)		<b>MILK &amp; MILK PRODUCTS</b>	
Radishes	6.05	<b>MILK PRODUCTS</b>	
Potatoes	5.90	Skimmed Milk	4.89
Peas (fresh)	5.15	Cream	2.66
Cabbage	4.02	Human Milk	2.25
Cauliflower	3.04	Cow`s Milk	1.69
Onions	1.09	Butter Milk	1.31
Pumpkin	0.28	Goat`s Milk	0.25
<b>MILK &amp; MILK PRODUCTS</b>		Cheese	17.49
Skimmed Milk	4.89	Butter	4.33
Cream	2.66		
Human Milk	2.25		
Cow`s Milk	1.69		
Butter Milk	1.31		
Goat`s Milk	0.25		

## Wrong Food-Combinations

Milk with	Curd, Salt, Tamarind, Coconut, Raddish root or leaves, Jaggery or Jaggery Halwa, Oil, Sattu, Sour Fruits, Khatai, Kharbooja etc.
Curd with	Kheer, Milk, Paneer, Hot food or Hot Vessel, Banana fruit or skin, Kharbooja, Raddish etc.
Kheer with	Khichadi, Pumpkin, Khatai, Sattu, Alcohol etc.
Honey with	Raddish, Grapes, Rain Water, Hot Vessels or Hot Water*, Khichadi etc.
Cold water with	Groundnuts, Ghee, Oil, Water melon, Gauva, Jamun, Cucumber, Hot water or Hot Drink / Food etc.
Ghee with	Honey (in equal quantities)
Kharbooja with	Garlic, Raddish Leaves, Milk, Curd.
Water Melon	Pudhina, Cold water
Tea with	Cucumber
Rice with	Sirka ( a type of Khatta additive to food )
Jaggery with	Raddish

## Origin of

## Word Liver:

*In mechanical term lever means  
low Input and more Output.*

*With less effort,  
we get better output.*

*The liver in our body does the same.  
It not only processes the food*

Why animals have got sixth sense?

Thought has colour

We know that when one gets wild, the body becomes red.... when one feels sorry, the body becomes a little yellow... If ones thoughts are pure, he gets the golden white Halo around him due to energy created in the body. Thought produces energy, energy produces colour ...

Animals are able to judge danger and intentions using the same. We all have experienced it with our pets. Scientists have carried similar experiments which prove that the pets are able to judge their master's moods and movements from very remote places.

Have you ever wondered why carnivorous animals find their prey only in herbivorous animals and do not attack carnivorous animals, even though the carnivorous animal may be much smaller and easier prey?

A random thought ... Parliament ... if only spiritual food is taken for 10 days there ... Satvic food and teetotalers... Parliament would be like a real parliament and not like our existing parliament.

When a word is born it gets the energy from the universe depending upon its karma – positive energy or negative energy. All male vowels (A,O) are aggressive and all female vowels (E,I) are soft by nature. Each word depending on its karma has inherent energy which gives feelings. When it is phonetic for example 'food' and 'fool' both have same male vowels (number of male vowels are two in both the cases). but the feeling one gets is entirely different. The reason is both get energy, one positive and one negative, depending on the words' karma. With the sound 'FOOD' one gets feeling of relishing, enjoyment, happiness ... now say 'FOOL' and the opposite person gets wild. The reason is the built in energy of the word and not the vowels.

### **THOUGHTS PRODUCE CHEMICALS IN THE BRAIN**

Thoughts are responsible for producing amino acids, uric acid, dopamine, serotonin, salicylic acid, melatonin ... various beneficial and toxic elements in various parts of the body. With the thoughts the skin also changes the colour.

When we are angry the colour of our face becomes reddish (laal-pila, a proverb in hindi), when we see a tiger – or any similar wild animal there is a different colour on the face. Medical science also gets here the concept of Blood Pressure (BP). For Blood Pressure the reasons may be many like fear, loss in business, Insecurity, Disharmony between husband and wife, atmosphere in the work place so on and so forth. The blood pressure that is termed as a disease by the medical science is actually a response by the body to handle the change in circumstances or fear or loss as mentioned above. All these have to do with the mind and thoughts and have nothing to do with the body. The body starts a complex chain of events to handle these problems. The important point to be noted here is that Medical Science prescribes medicine for this and directly interferes with and opposes the corrective actions being taken by the body. It must be noted here that the Medicine prescribed is not for any particular organ.

### **My experience about BP**

I had a friend of mine He wanted to get his friend's son married. I arranged the marriage for the boy. Prior to marriage my friend and his friend would come every day to my shop and I was happy to offer them sweets and other refreshment since I derive pleasure in hospitality ( its my hobby ).

After the marriage they never turned to meet me. I became weak and could not understand the reason. I consulted a doctor (at that period I didn't know much about the body as I know now. I cure people as a hobby from all type acute chronic disease now. Details on [www.zerotherapy.com](http://www.zerotherapy.com)).

I thought why I should get BP. I am healthy. I have no worries on the business front, no stress on the family side, general happiness all round. Then I thought it was on account of the behavior of my friend, whom I expected reciprocation as a friend.

I gave signal to my mind that he is no more my friend and from that day my BP came to normal. The cure for BP is yourself and NO one else.



## Four Furore

Its said there are 4 shaitans (devils) in modern man

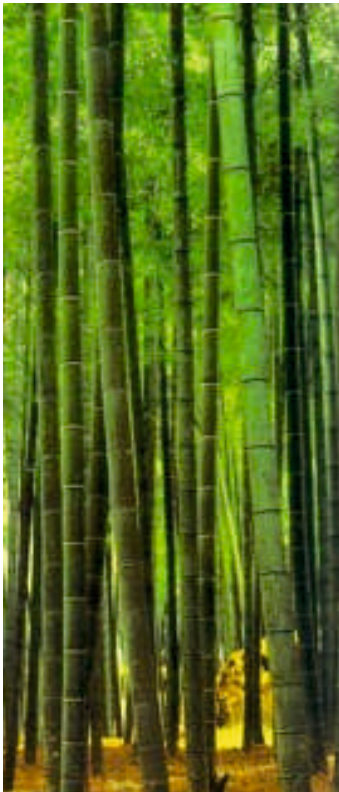
1. Meat / flesh / eggs
2. Smoke
3. Alcohol
4. The fourth comes automatic, it is Medicine

Surprisingly, there are 4 elements in the body

1. Air - ( male / expansion / hot )
2. Water - ( female / contraction / cold )
3. Fire - ( male / expansion / hot )
4. earth - ( female / contraction / cold )

There is no fifth element as it would be imbalance.  
Nature balances male and female that is the power of  
nature.

# Comparison Between Nature And Human Being



Bamboo Tree



Defective Spinal



Corrected Spinal  
under Zero Therapy

# Nature

The basis of zero therapy is Harmony of Soul, Mind and Body. When all the elements of the individual Soul-Mind-Body system are in complete harmony, it automatically is in complete harmony with Nature.

The First Principle of Zero Therapy Is –

***"What matters to the body is the matter that goes into the body".*** The most common thing that enters the body is food.

The other thing that is constantly entering the body-mind system and affecting it, is thoughts. Thoughts in turn are affected by food.

Thus food becomes the primary thing directly and indirectly affecting the body-mind system.

The body is temple of God, and nature is the factory of God that is constantly manufacturing various materials ( food ) for construction and maintenance of this temple. Everything in Nature is a picture of balance and Harmony. Nature decided the total balance of hot and cold of the universe. It also decides when and where god has to be born. So nature is supreme.

The origin of word nature ( as in Human Nature ) is from Nature ( Universe ) which means natural or in line with nature.

In Nature there is no jealousy or egoism that you find among human beings and the root cause of disease in human beings is this ego which is against the Nature and not in line with Nature.

***'Jai Prakriti' or salutations to mother nature is the greeting used by followers of Zero Therapy when they meet each other.*** Zero Therapy tries to bring the individual in harmony with Nature. Zero Therapy does this by primarily restoring the balance in the Mind - Body - Soul system of the individual thereby getting the individual in harmony with itself and with mother Nature. Thus diseases are automatically corrected, as disease itself is caused by this imbalance and disharmony. However if the Karma of the individual has ripened to a stage that he is destined to die, he meets his destiny. Zero therapy has no cure for death.

The greatest advantage of zero therapy is the dramatic increase in the quality of one's life. As long as one is fully following Zero therapy, one lives happily without any

major disease. The body becomes alert to the smallest of local disturbances, which are taken care of and automatically corrected by the body because it is in its natural state (this is applicable more for the child born in zero therapy for nine months – no folic acid or medicine of any kind). I see this practically in the several zero therapy babies where the body takes care of itself.

**Why a child remains in the mothers womb for 9 months and not 8 or 10 months?**

The reason is that nature knows that the child has to become weather proof and for becoming weather proof it has to see all the seasons of the year.

Reproduced below is an experience regarding pregnancy and delivery by a beneficiary of Zero Therapy.

*From*

*Punam K Jain*

*E.K. Agraharam Street,*

*Chennai 600 003.*

*India*

*Zero therapy to me is UNIQUE, SACRED and a VAST science which encompasses healing and curing people internally and externally as well taking into account ones medical history, present health condition, geographical location, climate, family background, Physiological make up and many other such important factors. It is a science based on harmonizing system of development for body, mind and soul.*

*I have been under this therapy for the last four years and have been treated by Vipin uncle for various health ailments, the most important of all being 'my pregnancy'. I therefore would like to furnish my pregnancy related experience solely and solely for the benefit of human society who cannot imagine a life without doctors and medicines. I am sure my experience would change the perception of the many, for whom medicines have become part and parcel of life.*

*I visited uncle for one of my normal consultations and guess what, he looked at my tongue and said I was "pregnant". It was unbelievable diagnosis from him as I had least expected it. To reaffirm I took up the pregnancy test the same day and it was POSITIVE. I was amazed at the accuracy of uncle's diagnosis.*

*Every woman wants to bring the best to her baby in all respects, so she seriously consumes a list of calcium, iron, folic acid, multi-vitamins which the doctor prescribes for the overall development of the baby. Since I was under Zero therapy I chose to avoid taking these tablets and followed healthy eating habits.*

*I was under one of the leading gynecologist of Chennai and as a practice she prescribed me to take the necessary scans and blood tests during the gestation period which as expected were completely normal, in spite of me being devoid of all forms of medication. The growth of my baby was completely normal and was a good ascending graph.*

*At this point, I would like to bring to the notice of all that the size of my baby was a little big and as I was already post due date, I consulted two alternate leading gynecologist and both insisted me to go in for a 'C' section*

*as according to them the amniotic fluid was quite high and that the baby was growing rapidly which would depreciate the chances of having a normal delivery. But thanks to Vipin Uncle I decided to wait and successfully delivered a 3.5kg baby normally on 3rd April 2009. If not for Zero therapy this would not have been possible. I'm deeply grateful to him.*

*My baby, Diti when born was perfectly healthy and the pediatric check was completely normal. She is 8 months old now, is extremely active and devoid of all vaccinations and any other form of medications. Restraining our child of vaccinations is the best gift that we as parents could give our kids, as infusing such powerful chemicals right from the birth not only completely hampers the physical health but also tarnishes the purity of the young soul - the reason for all this being, Zero therapy.*

*I proudly confess that in the last 8 months there has been no particular instance of any kind of sickness in my baby which I am sure in comparison to other babies is truly "Remarkable".*

*Is this unbelievable?? Yes may be for all those who have surrendered themselves to doctors... and certainly not for those who are open to modify their lifestyles a little to bring about a miraculous change to their lives and many*



*others , and enjoy the benefits of good health above all harmony of Mind, Body and Soul.*

*This therapy is truly magical in every aspect as there is not been a single ailment which the therapy is failed to cure. Everybody has an inherent power to cure itself which we most of the times fail to understand. To get cured under this therapy calls for immense belief in the fact that there is no greater power than one's own body to heal all ailments, openness of mind to abide by food specifications(eating healthy), and your works done...the intensity of the thought to get cured is the essence of therapy.*

*Zero therapy, in a nutshell, makes the Impossible – possible, cures the incurables, and purifies the soul, thereby bringing about an eternal change in the lives of the masses.*

*Zero therapy is the ULTIMATE HEALING THERAPY, above all the existing therapies in the world.*

## Importance of Glands

Nature has incorporated glands in the body which are much more powerful than the organs for running the body. Modern science has not given any importance to these glands rather so called specialists are produced every year for the organs. In reality the glands run the body. The glands play a major role by keeping the body fit, by releasing required chemicals in time of necessity. This is what is known as BP and sugar. The release of chemicals by the glands are necessary for the body in case of the need of the body, but modern science gives the name as disease. This is nature's natural phenomena – by the body, for the body. It is well known that the food of each cell of the body is glucose. When the body is working more, or anticipates more work load, accordingly it releases sugar in the blood to be ready for the cells.

Similarly, blood pressure is increased by the body for increased bodily requirement. When the body fears injury, it will decrease blood pressure to reduce blood loss. It will also reduce blood pressure to enforce rest in a stressed individual.

By interfering in and mis-interpreting body's corrective actions, we hamper the body's functioning and thus invite the so called modern diseases.

### Thyroid

In most of the cases the so called mal function of Thyroid gland is in ladies. The monthly cycle of ladies are perfect and proper, it is our experience that thyroid glands are working perfect in case of the period cycle changes due to wrong food habits or wrong life style the gland releases chemicals which also may be called as disease. it is our experience where ever and when ever I have corrected the cycle the result obtained of the thyroid gland is normal. Often the thyroid gland is, mal functioning because the urine, stool and the monthly cycles are not proper. Its our experience that most of the cases of infertility is on account of treatment of thyroid which in turn spoils the monthly cycle there by cants produce the child . In a way it may be conspiracy. Similarly I have a feeling that polio drops are not suitable for the child as it is against the nature because it contains small percentage of mercury which is harmful for the child resulting in fever for the child. It may be conspiracy to dispose the Mercury... it is for investigative journalists and public to uncover ...

### Cancer

Cancer is simply the principle of survival of the fittest. If live cells are more they can throw out the cancerous or corrupted cells. If corrupted cells are more, they can kill the live cells. There is one more possibility. The live cells are powerful enough to control the action of corrupted cells, but not powerful enough to throw them out. In this case they make sure that the corrupted cells are collected and curtailed at one point and the body decides to meet the situation when it is more capable. There is no point in killing the corrupted cells as they will only spread.

Another interesting point is every body needs food. Live cells have got the capacity to throw out the corrupted cells. Once the corrupted cells are thrown out, cancer is cured.

### Fever

When a body faces any problem, it tries to remedy it, getting heated temporarily in the form of fever. Fever is not a disease. We have to find the cause of fever without attempting to treat the fever.

### Yoga

The most misunderstood subject in the present modern days particularly in the western countries is yoga. Yoga means harmonizing of Body, Mind and Soul (zero therapy stands only for this) and it also means silently exhaling carbon dioxide and silent inhaling of oxygen. This is possible by chanting in a very low tone and mild tone o.....m....., o.....m..... Generally people have understood yoga as muscular exercise or loud chanting as done in the cult. Breathing in a different manner and giving a name for this type of system (for obvious reasons I are not giving name) yoga are of 2 types silent yoga and violent yoga. People today are following violent yoga and not silent yoga. Silent yoga means doing nothing but controlling food and silently controlling breath and through it the mind.

A very important pre-condition of yoga is that one is supposed to eat only spiritual food and not any other food.

The real meaning of yoga means no attachment to materialistic world but at the same time one has to perform ones duty towards family and the entire world with love and affection. Yoga means attachment to the one reality and thus automatically detachment from name, fame, materialistic value, egoism, lust and greed – Attachment or rather be with the nature. This is possible only with spiritual food, food and food and food only.

The latest research says that muscular exercise leaves toxic acid in the body which is very dangerous to the body. Hence exercise, gym, yoga are harmful as every thing attaches to the muscle (hardware and not the software). Body should get all the exercise needed naturally, in its day to day working. Mind and Soul are the software of the body and body functions only as a combination of hardware and software.

A person with perfect yoga will be able to judge the right food for the right judgment because his soft ware is very strong. As the saying goes ***"A judge is not a judge, if he is not able to judge right food for the right judgment"***

### Walking and Jogging:

In our opinion Jogging, Walking, Running at a brisk rate and other gym activities come under muscular exercise. Straining the muscle at the cost of health.

Every action has equal and opposite reaction. Straining the muscle is an action. There is bound to be a resultant reaction that will affect and spoil the body.

Straining the muscle means expansion. When there is expansion there has to be contraction (shrinkage) somewhere, which may cause strains in the heart, muscle, blood carrying arteries etc.



### Why medical science is wrong...???

- ✧ What exactly happens when food or any medicine goes inside the body is not known because all these tests have been conducted in non living labs and not in a living lab, i.e., body. Moreover medical research agrees that the drugs administered can lock into the clefts of the enzymes and amino acids present in the body. Since most of the body functions are at the very basic level bio-chemical reactions involving amino acids, any drug introduced in the body has the potential to randomly interfere and critically alter the functioning of the internal body system. It is important to note then liver and brain are two factories for which the raw material is NO CHEMICAL. Further both these organs are known to handle at a time several thousands of chemicals generated within the body. It would be common sense that without knowing the full nature of the chemicals present, the complete methodology by which body

- ✧ generates these chemicals and the various ways in which they could interact with each other and with other chemical from outside; it would be foolhardy to introduce any external chemical. Yet modern science treats these two organs with chemicals only.
- ✧ The body releases chemicals at every stage depending on its needs and modern science have not taken that into account. For example when pickle is eaten, some blisters are formed on the tongue in certain bodies but not in all the bodies, because that particular food is not suitable for that body. Here the tongue is acting as a watch man giving off the alarm.
- ✧ Viscosity and temperature are not taken into account for food. Food has different actions and reactions depending on the temperature and thickness. For example, some times liquids like milk are thrown out of the body. But the same when taken in thick paste form are accepted by the body. The reason - body has more water present and viscosity becomes very important. Thicker fluids are accepted and when in thinner form, are thrown out.

“What matters to the body is the matter that goes out of the body.”

The nature, quantity and frequency of Sweat, Urine and Toilet excreted by the body gives a clear indication of the state of the body. If both the intake and output from the body are taken care, all the diseases can be cured. When a problem / breakdown occurs there is imbalance. If imbalance increases to a condition of no return, we collapse ...The End..

Whenever things near a breaking point and balance is greatly disturbed, such corrections happen through the will of the universal soul. It observes. It decides. It generates action through a medium. Nothing significant with respect to the workings of the world can be done by an individual without the will of Nature or the Universal Soul.

Suggested food for improving efficiency of the organs and glands in particular

***Nature grows fruit and vegetables according to the requirement of the body with respect to the climate.***

Almond for Eye

How to eat almond? Soak almond overnight in ceramic or Earthenware with sufficient water. Remove the skin in the morning, chew slowly and after half an hour it is advisable to drink milk at normal temperature. Eye does not function properly due to heat and soaked Badam taken without the skin reduces the heat.

Lightup your Eye....

Look at the glow of a Deepam (lamp with cotton wick dipped in Ghee) at the level of the eye, in a dark room. The Deepam should glow with ghee as the fuel and not any other source. This is good for improving the eye sight.

Almond forenergy—physical cum mental

Almond Halwa is good for both mental and physical energy. Dry Badam is good for removing cold but may release extra heat in the body if taken in excess.

Badam kheer is a good food for balancing heat and cold of the body.

### Pistachio Nuts- (Pista)

The basic colour of Pista is two colors, green and graded green. This is a fantastic Phenomenon of nature. Two colors/ compounds when they get mixed, we have what is known as bio chemistry. It acts as a catalyst for other reactions, delivering a result more powerful than the inherent properties of the individual components. The skin and the interior of Pista should be taken together as this acts as a laxative thereby giving more energy.

Incidentally all nuts are energetic. In fact fruits in their dry form have much more energy per gram than in their normal (wet) form.

### Walnut

As seen earlier, the shape of the brain and shape of walnut is exactly same. Walnut if taken with small amount of Misri is good for improving memory and functioning of brain.

### Apricot

Apricot (Jardalo) is roughage and acts as a laxative, hence is very energetic.

### Figs-Anjeer

Figs can be eaten in both forms – as a green fruit and as a dry fruit.

A very interesting point about figs is that to the best of our knowledge, this is the only fruit which has got peristaltic travel in the body. In zero therapy therefore it is suggested for removing the waste from the body as its peristaltic motion removes the toxins from the body.

Figs as dry fruit are more energetic. Dry fig soaked over night in a ceramic or glass bowl, and taken after throwing away the water is a good laxative.

It is also very interesting that nature has provided spongy coating like gel on the seed rather than built in. Such seeds cannot be separated easily and only those fruits which have such seeds can be eaten as it is along with the seeds like tomato, guava, figs. Similarly fruits like orange, papaya, sweet lime and lime where the seeds are separate such fruits should not be eaten with seeds.

<b>FIG * (FRESH)</b>			<b>FRESH (APRICOT) *</b>		
Food Value	%	Minerals & Vitamins	Food Value	%	Minerals & Vitamins
Moisture	88.1	Calcium	Moisture	85.3	Calcium
Protein	1.3	Phosphorus	Protein	1.0	Phosphorus
Fat	0.2	Iron	Fat	0.3	Iron
Carbohydrates	7.6	Vitamin A	Minerals	0.7	Vitamin C
Fibre	2.2	Vitamin C	Fibre	1.0	Small Amount of
Minerals	0.6	Small Amount of Vitamin B Complex	Carbohydrates	11.6	Vitamin B Complex
	<b>100%</b>	<b>Calorific Value</b>		<b>100%</b>	<b>Calorific Value</b>
		<b>80</b>			<b>53</b>
<b>FIG * (DRY)</b>			<b>DRIED APRICOT</b>		
Food Value	%	Minerals & Vitamins	Food Value	%	Minerals & Vitamins
Moisture	23.0	Calcium	Moisture	19.4%	Calcium
Protein	4.3	Phosphorus	Protein	1.6%	Phosphorus
Fat	1.3	Iron	Fat	0.7%	Iron
Carbohydrates	63.4	Vitamin A	Minerals	2.8%	Vitamin C
Fibre	5.6	Small Amount of Vitamin B Complex	Fibre	2.1%	Small Amount of
Minerals	2.4	Vitamin B Complex	Carbohydrates	73.4%	Vitamin B Complex
	<b>100%</b>	<b>Calorific Value</b>		<b>100%</b>	<b>Calorific Value</b>
		<b>274</b>			<b>306</b>

Value per 100 gms edible portion

Value per 100 gms edible portion

## Spiritual Food

### Papaya

The shape of papaya

Caution must be taken that papaya selected should be free from any chemical either by fertilizer and spray. Papaya containing more of seeds are advisable.

### Apple

In the present modern days its generally advisable to take Apple without skin. In olden days when no chemicals were used to grow apples, apples with skin were advisable. Apples purify blood and hence are good for health. If you observe a half cut apple, you will see it looks like compartments of the heart.

### Banana

Banana is good for removing constipation and there by increasing the sex power.

### Grapes

Grapes if without spray of any fertilizers or chemicals and totally organic, are good for improving the efficiency of lungs. The shape of the grapes resembles the alveoli, the final stage in the lungs where actual exchange of oxygen and Carbon dioxide takes place.



### Orange

One of the best fruit available in the present modern days which can be taken round the year and even during fever. Only consuming properly grown oranges will improve the urine flow in the body, thereby purifying the blood and resulting in improved resistance of the individual. Another interesting point is that the inside shape of orange is like the shape of kidney, the organ that filters blood.

### Saffron

One of the most important foods of zero therapy is saffron. It not only purifies the blood but it reduces the fever. It is advisable to be taken with milk and not to be taken as food in daily life. It is food as medicine with powerful astringent smell. One of the six tastes that are must.

### Mango

Most essential food needed by the body. Mango should be completely dipped in water for minimum of four hours to remove the extra heat in the mango. Mango thus taken is harmless. It is a wrong notion that mango is hot for the body. On the contrary it removes the heat from the body in the form of boils and blisters in the skin, thus improving the colour of the individual. Mango can be taken every day round the season. It improves the resistance of the body, the colour and the structure of the skin. Care must be taken to eat ghee with food during those days and food at normal temperature should be taken in those days.

### Food Colour

It is advisable not to mix any fruit with the milk because most of the fruits are acidic and milk is alkaline .The colour of any fruit plays a vital role. In the case of mango it is saffron. The color and the smell and food factors and Phytochemicals in addition to fiber in mango is most important of all the fruit for human beings. It is also interesting to know that most of the fruits are in the 5 colors required by the body. \*These colours are derived from the seven colours of the rainbow or VIBYOR.

*\* On a daily basis one's diet should generally of 6 different tastes like Sweet, Sour, Salty, Bitter, Pungent and Astringent. Also the diet should generally include the five colours as above. The effect of these colours is explained in the chart on the following page.*

# Spiritual Food

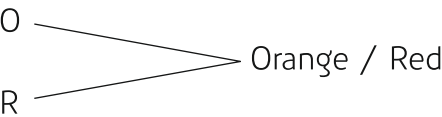
Orange colour, mango colour, tomato colour, almost all the colour of important fruits are with in the 5 colors (VI BGY OR)



B ————— Blue

G ————— Green

Y ————— Yellow



<i><b>Ailments</b></i>	<i><b>Healing Colour</b></i>
1. Alcoholism	Indigo
2. Allergies	Yellow
3. Anemia	Red
4. Angina	Green
5. Arthritis	Orange
6. Bad Breath	Yellow
7. High Blood Pressure	Blue
8. Low Blood Pressure	Red
9. Cancer	Green
10. Cholesterol	Yellow
11. Constipation	Yellow
12. Dandruff	Violet
13. Depression	Yellow
14. Diarrhea	Indigo
15. Gout	Green
16. Gums	Blue
17. Hair loss	Yellow
18. Hiccups (Or Hiccoughs)	Blue
19. Indigestion	Green
20. Jaundice	Green
21. Sinus Problems	Indigo
22. Skin Problems	Yellow
23. Spondylitis & Stiff Neck	Indigo
24. Stomach Problems	Green
25. Stress & Strain	Blue
26. Stroke	Yellow
27. Weight Problems	Yellow

### Why science is wrong...?

Science has not taken into account the mass and the viscosity of the raw material..

For example there is a tremendous difference between Aata (wheat flour) and Maida (finer powder of wheat). Travel of Aata depending on the viscosity is faster compared to Maida of same viscosity. Again take example of milk. Hot milk with sugar has a different effect than milk with sugar at normal temperature. Here again temperature is not generally taken into account by science.

If tea is drunk in one lot and drunk in sips it makes difference and again if the temperature is different it will make a difference.

An experience – Many a time I have stopped dysentery in people by prescribing a sweet dish known as Gulab Jamun in India (made of Maida and milk khoya). Same thing will not be applicable in other cases of dysentery. The dysentery in the earlier case was due to acidity. The Maida and sugar gave a coating on the walls of the intestine due to their stickiness, and their alkaline nature neutralized the acidity.

Similarly the form in which Ghee is taken decides whether it is Cholesterol or not. The property of Ghee changes widely depending on whether it is Super heated Ghee, Ghee mixed in Sweets, Ghee with different liquids ... Similarly I suggest Almonds, Milk, Tomatoes etc in different forms for varied effect on the human body.

What happens when one eats Vegetarian food?

The resistance of the body, which cannot be measured by any allopathic science increases - and there by the chances of sickness are less.

The most important and the costliest commodity in the world that is generally agreed is time.

The toilet time for vegetarian is lesser than flesh/egg eater. Vegetarian has better stamina, better memory, less doctor bill, more harmony with the nature and with the people around. Emotional Quotient that today is seen as the most important determinant of future success of a person.

It is also our experience that the least divorce cases are among vegetarian society.

# The Look & The Food Relation

\* By seeing me he found that my parents  
vipin are non vegetarians.

veg conversion DATA

duration. 2 YEARS

	better	same
digestion	✓	✓
active	✓	-
doctor bill	-	-
sleep	✓	
mind	✓	
memory	✓	
brain	✓	
patience	✓	
peace	✓	
anger	✓	✓
look		✓
Wt		
toilet time	✓	

NAME N. SHENDRA VINAYAKA MOORTHY

Co C. EG. ANNA UT, CHENNAI

Add 4/26 S.V. KOIL ST, COVETALLAM

TENKAS (TL), NELLAI (DT) - PIN: 627802

Tel. 04633-23190



# The Change of Look & The Food

To whomsoever it may concern

Thim. Vipin has been kind enough  
on 07.01.88, to predict that I am born from  
veg. parents but I had taken non-veg. food in the past.  
The prediction is quite true. Considering that he made  
this statement within a few minutes of seeing me,  
he is quite skilled and deserves appreciation.

By L. Srinivasan  
(N. D. NATARAJAN)  
Asst. Exe. Engineer / AYEA  
Vellore.

## Convinced by Founder and Conviction

After talking with Mr. Vipin I became a vegetarian. Now I feel that I am very healthy and happy. My mind also became peaceful. I try my best to convey this worthy message given to me by Mr. Vipin to all my friends and relations and urge them to become vegetarians.

Anula Rajapakse  
(Kattukande,  
Dankotuwa,  
Eri Lanka.  
Lanka Dharmodaya Foundation

### Typed For Better Reading

After talking with Mr. Vipin I became a vegetarian now I feel that I am very healthy and happy. My mind also became peaceful. I try my best to convey this worthy message given to me by Mr. Vipin to all my friends and relations and urge them to become vegetarians.

# Prediction of Parental Food

From

PK Vinet  
TEMP ADD - EWS-15 NH-1  
Maraimalai nagar  
PIN - 603209

SPIC

12-10-98

PER ADD

110, 7A Main  
IEHCS Layout  
Vidyanarayapura.  
Bangalore 560097  
Ph-8382675.

On the above mentioned date when I was here to consult Mr. Vipin Chand regarding a few heaters I wanted for my Company. While after our offi business convo. Personally he predicted me saying you are a vegetarian, I was amazed and asked him how could you predict my diet. He again said looking at your face.

He also said one of your parents should be a vegetarian, which was very much true, As my mother is.

PK Vinet

# The Effect After Change

N.VALLIAPPAN

January 17, 1998

21-B 7th Main Road  
Ram Nagar  
Velacheri  
Chennai-600 042.

Mr.Vipin Chand  
118 Govindappa Naicken Street  
Chennai-600 001.

Dear Sir,

Ref: Your meeting matter advertisement in Indian Express  
on 12.1.98

I have sincerely taken your suggestion for converting myself to vegetarian food and strictly adhered to take the vegetarian food for the past one year. Now, I feel the difference; I feel extremely light but the same time I have feeling of having gained strength and resistance power. This metamorphosis is definitely due to my conversion to vegetarianism. Even my doctor to whom I went for consultation recently told me that he was meeting me after a long time and I consider his comment on the power of vegetarian food which would have prevented me for such a long time from illness. Having convinced the personally, I have decided to convert my family members to vegetarianism as a first step and then to my friends, relatives etc.,

Yours faithfully,

  
(N.VALLIAPPAN)

# Spiritual Food

The basic principle of spiritual food is – it is not the food but how you earn the food, the source of income that is important. Even if the food one has is Satvic, but if the source of income is not correct, then the food won't be spiritual. The hardware is right, but the software is all wrong. The effect of such food then cannot be right.

***As per Indian tradition Food are of three types.***

Sat vic(tory)

Tam sic(k)

Raja sic(k)

but as per Zero Therapy there are only 2 types of food – Satvic and Tamsic because Rajasic food is combination of Satvic and Tamsic food. An ideal food for kings. Since now no more kings so no more Rajasic food to be discussed. Zero therapy strict followers follow a pattern of foods which is named as spiritual food. It is the latest and the new name given by zero therapy.

## Chemicals and the Brain

The word spiritual has been coined for various reasons I have mentioned earlier, I am more concerned about the software than the hardware. In spiritual food powerful chemical smells/food are not allowed and also milk, curd, products derived from animals are also not allowed. Not only that, natural powerful spices like clove, cassia, Jawantri, Jayfal etc are not allowed.

Powerful chemical smells like garlic and onion are not allowed but saffron is allowed. The difference between the smell of garlic, onion etc and saffron is that the first two are negative smells while saffron is a positive smell like sandal wood and rose which are soothing for the brain and give a positive effect on the brain. The reason is that the moment these things touch the tongue and before the actual food goes to the intestine and stomach as part of the normal physical process, the smell travels to the brain and all the body cells get either charged or discharged by the smell as required and the character of the individual is built up which is the part of the software.

As the zero therapy saying goes "It is not the language but the Bhavana (thoughts with feelings – no equivalent word for Bhavana in English language) that's important"

# Food Reforms

## *The 21st Century Man*

*Problems - Physical, Mental, Emotional.*

*Cause - "What matters to the body is  
the matter that goes into the body"*

*Result - Terrorism, Cruelty, No Peace*

*Solution - Spiritual Food  
In Restaurants, Homes and Communities  
across the world*

*The change starts from you.  
now, You are the person taking lead  
from this moment...*

*All the best for food reforms for  
universal peace.*





# Life Style Change Data

Before

As Meat eater

After

As Vegetarian

(not even Egg and Fish)

Digestion :

Activeness :

Doctor Bill :

Sleep :

Mind :

Memory :

Brain :

Patience :

Peace :

Anger :

Look :

Weight :

Waist :

Toilet Time :

Body Odor :

Name :

Address :

Tel no :

E-mail :

Note: If happen to change your life style, kindly send your feed back. The above parameters are most likely to change after adoption to better life style.

Kindly Use the above space for your comments if space not sufficient help us with extra attachment and send to the below address

***Zero Therapy Foundation***

118, Govindappa Street

Chennai - 600 001 . India



## About the Author

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A journey of an electrical Engineer that started from Zero made Zero his life's mission. He has been sponsoring and conducting Sessions every Monday evening, with out any break for over 5 years and giving free consultancy on week days. He has conducted mega seminars on 24-2-2008 which had an audience of over 3500 and on 15-2-2009 which had an audience of around 4000. Businessman dealing in heat, heat related products & providing free consultancy to research institution at highest level in India for 35 years. A mission to spread Vegetarianism through his series of lectures at the national and International forums.



## A w a r d s

The American Biographical Institute has conferred with an honorary appointment to  
“The Research Board Of Advisors “

Title conferred upon him in Sri Lanka  
“Wishwa Keerthi Sri Sama Udana Lokaththa Chari “

Rotary International recognized him by conferring  
“ FOR THE SAKE OF HONOR “ AWARD

Over 10,000 have been directly benefited under

**Zero Therapy**



This book has as its goal, proving wrong the dictionary meaning of 'food' as per the dictionary and encyclopedia. In this book spiritual food, using impeccable logic and examples from Nature and life around us, he has built up his case. In the years to come, the world is bound to take note of this, and lead to rewriting of the dictionary.

More than 1000 people have benefitted by changing to a Vegetarian way of life over the last two decades after interacting with the author of this book, Vipin Chand Bomb. Many have documented their experiences and changes felt in mind and body. As he says, "we love meat eaters ....". Through his Zero Therapy, he has also documented reversing of a whole gamut of incurable diseases only through use of ordinary food and Bhavana. A Technopreneur, Revolutionary and modern day Mystic, Vipin Chand Bomb through this book Spiritual food, for the first time puts down on paper, his years of research, insight and wisdom on the subject of food.

#### WHAT THE PRESS HAS TO SAY ABOUT THE AUTHOR

By any standard Vipin Chand, 54 is a strange man

- Indian Express

... Common sense approach of this break through Science,  
which is beyond the understanding of common man

- News Today

No Doctor, No Medicine yet cure

- Dainik Bhaskar  
(Hindi translated to English)

As a Hobby he used to treat patients

- Nav Bharat  
(Hindi translated to English)

Cells are energized with out removing it from the body in Zero therapy,  
thus harmonizing mind, body and soul

- The New Indian Express

#### PERSONAL EXPERIENCE OF BENEFICIARIES

Poonam

" This therapy is truly magical in every aspect as there is not been a single ailment which the therapy is failed to cure "

Hitesh Vajawat

" He scans our body like a Computer. He never requires any sorts of test to check what problem you are having.... "

J.Shankarlal Jangid

" When I lost my vision and abandoned by the eye surgeons, I felt, "I am dead" .... without the mercy Uncleji, I would have not survived and thus Uncleji is god to my family. "