

ZERO THERAPY

HARMONY WITHIN

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?”

“Cure for incurables through uncommon common sense.”

“You are your doctor, others doctor your body”

www.zerotherapy.com

<https://www.facebook.com/vipinchandbomb>

Vipinchand Bomb, founder Zero Therapy

Entrepreneur, Philanthropist, Zero Therapy Founder, Strange Man, Visionary, Technopreneur, Modern Day Mystic, Revolutionary, Vegetarian Guru – Shri Vipin Chand Bomb is many things to many people but to the thousands of Zero Therapy followers, he is just uncleji

Vipinchand Bomb has been single- handedly leading the movement for the recognition of the inimitable power of the human body to heal and regenerate itself. The followers of his Zero Therapy are living laboratories showcasing the miracles that happen when the marvelous powers of the human body are combined with the power of uncanny observation and uncommon common sense.

In a singular honour to any Indian citizen, he was conferred with the honorary title of 'Wishwa Keerthi Sama Udana Lokatha Chari' at Sri Lanka. The Rotary club honoured him with their highest award, 'For the sake of Honour Award'. He has addressed a wide ranging section of people – scientist, Doctors, Engineers, Press Reporters, School students, Prison inmates and Fishermen – both in india and abroad. The recordings of most of these are available on the website and social media.

For his living, Vipin Chand Bomb heads his company focusing on heating solutions for Industry and Research. His life mission is propagation of this more natural lifestyle for all human beings. He continues his crusade through his weekly interactive Monday lectures, websites www.zerotherapy.com and through seminars, press conferences. He is available to address seminars on the Zero Therapy lifestyle, at his own cost, anywhere in the world.

- Lecture to southern railway Mechanical Engineers association, Railway Auditorium, Chennai -600 003.
- Organized, lectured, Spend on various seminars upto 2013. The Seminars were fully funded by M/s. UV Enterprise.
- Authored various books :
 1. The Proof
 2. Science beyond Science
 3. Spiritual Food
 4. Random Thoughts
 5. Quotes

ZERO THERAPY SEMINAR

RIGHT SECTION OF AUDIENCE



LEFT SECTION OF AUDIENCE



VIPINCHAND BOMB AT SRILANKA

- Live Telecast and question session on Vegetarianism (Roopvayani)
- Telecast about zero therapy by Nethra Channel, Srilanka
- Lectured at university of alternative medicine, Srilanka on zero therapy
- Awarded title- Wishwa Keerthi Sri Sama Udana Lokuthrha Chari, Srilanka.
- Food reform lecture in Srilanka centra jail
- Lectured on Vegetarianism at Jayavardane auditorium



DEPARTMENT OF AEROSPACE ENGINEERING
INDIAN INSTITUTE OF TECHNOLOGY, MADRAS
CHENNAI – 600 036 INDIA

Dr. Satyanarayanan R. Chakravarthy
Assistant Professor

11th July 2001

To:
Shri Vipin Chand
M/s. U-V Enterprise
118/2 (New: 244) Govindappa Naicken Street
Chennai – 600 001

Dear Sir,

I am writing this letter to express appreciation of your service towards the progress of many of our students in carrying out thermal analysis studies.

We have been working with the objective of developing a unique thermal analysis tool that could combine hot-stage microscopy with thermo-gravimetry, particularly at high heating rates and over a wide temperature range. The tool is to be enclosed in a capsule so that it can be pressurised.

We have been very fortunate to have your acquaintance in pursuing this objective, because of the very special interest exhibited by you in solving some of engineering aspects of the problem. Specifically, I must appreciate your efforts to design and develop compact heaters in small numbers especially for us. I understand from my students that your interaction with them is very friendly. These aspects are something that cannot even be priced at all, and we are grateful to you for the same.

We also routinely go to you for our other thermal needs such as thermocouples and readouts. We are wholly satisfied with your products and services. In future, I anticipate that we would enlarge our requirements to other special types of heaters and temperature measuring systems.

I hope to continue to receive your kind support in our research efforts.

With best regards and good wishes,

Yours Sincerely,


S. R. CHAKRAVARTHY

Dr. Satyanarayanan R. Chakravarthy
Assistant Professor
Department of Aerospace Engineering
Indian Institute of Technology, Madras
Chennai-600 036, India



Heat Transfer and Thermal Power Laboratory

Department of Mechanical Engineering
Indian Institute of Technology Madras
Chennai - 600 036.

Ph : 0091 - 44 - 4458530 (O)
0091 - 44 - 4459530 (R)
Fax : 0091 - 44 - 2350509
E-mail : vrraghavan@hotmail.com

Vijay. R. Raghavan
Professor

To

1 February 2002

Mr. Vipin Chand
M/s UV Enterprise
Govindappa Naicken Street
Chennai 600 001

Dear Sirs,

It is with a great sense of gratitude that I am writing this letter.

With your help, we have been able to identify manufacturers and suppliers of scientific equipment required for our research and to plan our budget for equipment in the best possible way for many years in the past.

It is particularly heartening that, even when you were not the dealer or agent, you still furnished the details selflessly and with great alacrity. I wish to state that this reflected your human qualities and your interest in solving problems as true professionals rather than being business-minded and looking for a sale.

Another aspect that we have derived much benefit from has been the practical advice and hints that you have readily given. With your considerable practical knowledge and common sense, you have often found the most elegant and cost-effective solution.

It has been so easy to approach you because of your readiness to help and your extraordinary courtesy in dealing with even small enquiries.

Yours sincerely


(Vijay R. Raghavan)

The businessman with a mission turns away non-vegetarian customers

By Maya Ranganathan

Chennai, Jan 13: 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 has 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 on the obverse is "Spread the word" 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 be-

ing a pure vegetarian, a teetotaler and a 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 every Monday, when he opens his shop at George Town at 6.45 a.m., till he winds up his day

at 8.30 p.m. "I meet any number of people. Some I advise 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'm 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'm waiting for Bakrid to see if he will 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 talking 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 panneer it is much more intelligent than an average Alsatian, he says.

Vipin has yet another project up his sleeve - an Ayurvedic hospital with all modern facilities for diagnosis.

Court moved for staying proceedings in granite scam

'Blue tongue' tragedy triggers compensation scam

By Lakshmi Shevaraj

350 per sheep, the first instalment - The forms for obtaining the affected districts recently.

AT SRILANKA BEING RECEIVED AT TITLE " WISHWA KEERTHI SKI SAMA UDANA LOKUTHRHA CHARI"



Felicitation

This certificate of felicitation
and
the honorary title of

"Wishwa Keerthi Sri Suma Udana Lokuththa Churi"

presented by

Sri Jayawardhanapura Memorial Foundation
Talagama South, Battaramulla, Sri Lanka

was awarded to

Hon. Siri Vipin Chand

in appreciation of his/her contribution to

Popularization of vegetarianism in Sri Lanka & abroad & creating awareness of the value of Vegetarian diet.

on

27th December 2002.

at

Public Library Auditorium, Colombo, Sri Lanka.

Signed by

Ven. Agga maha Panditha Madira Pannaseetha Maha Nayaka Thero of Amarapura Maha Sangha Sabha.

Most Ven. Udugama Saddharma Keerthi Sri Dhammadasa Rathnapala Buddharakkithabidhana Maha Nayaka Thero of Mahaviharawansika Sivanopali Maha Nikaya, The Chief Incumbent of Sri Hayagiri (Asgiri) Vijayasundararama and Rongiri Dambulu Raja Maha Viharaya.

Sahitya Chakrawarthi Most Ven. Wezwaldeniye Medhalankara Mahanayaka Mahathero of Sri Lanka Ramanni Nikaya.

Ven. Attudawe Siri Ranuda Maha Nayaka (Primate) Thero of Sri Kelana Chapter of Sivanopali Maha Nikaya, Chancellor of University of Ruhuna

Ven. Dr. W. Kusaldhamma Nayaka Thero, Chief Sanghanayaka of Colombo and Chilaw Districts, Director and Principal of the Vidyalankara Pirivena, Kelaniya, Chancellor of the University of Kelaniya.

Mr. M. Lakshman Perera, Director of Cultural Affairs.

Mr. M.M. Ananda Mapa, Deputy Commissioner, Ministry of Buddha Sasana.

Dr. Sunil Maddumage (P), President, Sri Jayawardhanapura Memorial Foundation

Authenticated by:

President

Secretary

Date: 2002/12/27

Sri Jayawardhanapura Memorial Foundation

Dr. Sunil Maddumage (A.I.J.P.) S.k.S.VI,
President, Sri Jayawardhanapura Memorial Foundation.

8772 Talagama South - Battaramulla
Sri Lanka

Dasha Bandu T. M. Sangadasa Perera (J.P)
Secretary
Sri Jayawardhanapura Memorial Foundation

Programme

Prayer	Teachers of Venugopal Vidhyalaya
Welcome Address :	Sri. P. Haridas Chairman, W.V.D Celebration Committee
Presentation of the Report	Smt. Srilakshmi Mohan Rao Secretary, I.V.C.
President Speech :	Dr. N. Mahalingam, President I.V.C
Speeches	: Sri. Surendra M. Mehta Thavathiru Ooran Adigalar Dr. Gomathi
Chief Guest Address :	Hon. Mr. Justice M. Karpagavinayagam Judge, High Court, Madras
Vote of Thanks	Sri. D. Gopalakrishna Reddy Secretary I.V.C
	National Anthem

Other Events During The Day

10.00 a.m. - 12.00 noon	: Drawing and Painting Competition
12.00 noon - 01.00 p.m.	: Quiz Competition
01.00 p.m. - 01.15 p.m.	: Vegetarianism for your Physique
02.15 p.m. - 02.30 p.m.	: Demonstration by Mr. Kumar Anandan
02.30 p.m. - 04.00 p.m.	: Debate for College Students (Vegetarianism in extreme climates)
04.00 p.m. - 05.30 p.m.	: Cookery Competition, Cookery demonstrations by Nestle and Vegetarian Masalas
05.00 p.m. - 05.40 p.m.	: Vegetarianism vs Non-Vegetarianism Dialogue on Values by Dr. Varsha & Shri. Vipin Chand

THE INDIAN VEGETARIAN CONGRESS

17, Damodaran St., II Floor, Chennai - 600 086. Phone: 827 3648

Solicits your gracious presence on the occasion of the

WORLD VEGETARIAN DAY CELEBRATIONS

at 6.00 p.m. on Wednesday, 6th October 1999

at AVM Rajeswari Kalyana Mandapam,

Dr. Radhakrishnan Road Chennai - 600 004



Dr. N. MAHALINGAM

President, IVC

presides

Hon. Mr. Justice M. KARPAGAVINAYAGAM

Judge, High Court, Madras

has kindly consented to be the Chief Guest and distribute the prizes.

Shri.D.Gopalakrishna Reddy
Smt.Srilakshmi Mohan Rao
Secretaries

Shri.P.Haridas
Chairman, W.V.D.
Celebration Committee

(Programme overleaf)





BHARAT VIKAS PARISHAD

ANNA NAGAR KENDRA

134/8, Ajanta Flats, VII Avenue, Anna Nagar(W), Madras-600 040.

Phone : 628 2881

President

M.K. UNNITHAN

Vice President :

Dr T.R. GOPALAN, M.S.

Secretary :

M. JAYASOORYA

Treasurer :

P.V. PEETHAMBARAN

Jt. Secretary

Mrs. ANJANA SATISH

February 20, 1998

Invitation

*We have great pleasure to invite you
and your friends*

for an interesting lecture

on

VEGETARIANISM FOR WORLD PEACE

By

SRI VIPIN CHAND

**Founder and President - Elect
of Rotary Club of Mid City**

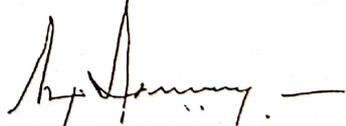
at

JGVV AUDITORIUM

U 44, Anna Nagar, Chennai - 600 040.

on

Sunday the 1st March 1998 at 6.00 p.m.


M. JAYASOORYA
(Secretary)

Forum

Smoking in public places banned in Kerala. Is it for Tamil Nadu follow

"Can I smoke here?" In a city that is one big ashtray, it may sound ridiculous to ask. The man who asked the question had lived in Chennai till a couple of years ago. But you see, he now lives in Kerala where there is now a ban on smoking in public places. "The moment the police see a lighted cigarette they chase you away as if you are a thief," said a young just-arrived-from-home Keralaite in disgust. Well, what do Chennaiites think? Should Tamil Nadu take a leaf out of Kerala's book or remain the way it is?

Smokers kill others too



Vipin Chand, president of the Rotary Club of Madras City which admits only vegetarians, teetotallars and non-smokers, says a fierce 'yes'.

"When you are a smoker, not only do you die, but you kill others too. It is a crime. If I find an auto driver smoking I do not hire his auto. I ask him to drop the beedi or cigarette, and if he refuses, I look for another auto. I haven't cut my hair in years because I'm yet to find a barber who does not smoke.

"It is no doubt a good idea to ban smoking in public places, but how do we enforce it? I doubt if such a law will serve the purpose. What we need to do is to educate the public and create an awareness that smoking is not an act that can be condoned. If everyone begins to look down upon smoking, then I think we can convert the smoker.

"We have this problem in our club. For the past two years, the membership was just four. Now it is twelve. We

have now launched an awareness campaign.

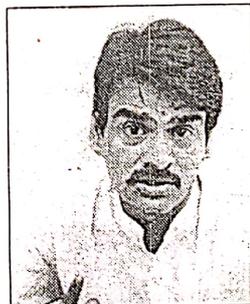
"After all, I see no reason why anyone should want to smoke. Last week, I was woken up by beedi smoke and found a thief lurking near the bedroom."

No going back



M Selvaraj, attendant in a city parking lot, claims he is a recent convert and swears he will never go back to smoking. "It is a good idea (to ban smoking). I was smoking one-and-a-half packets of cigarettes everyday till about six months ago. Today, but for an occasional fag, I have given it up completely. Now everyone is happy - my wife, children, and others at home. I suffered from severe cough and cold that wouldn't go away inspite of treatment and then I met this gentleman who advised me to try and give up smoking. I did, and now I feel better."

Will they ban the factories?



K Rangaraj, partner in a photo colour laboratory, a self-confessed chain smoker reacts angrily. "Let the government ban the sale of cigarettes altogether," he retorts. "I

don't see what they can achieve by this. If I'm not permitted to smoke in one place, then I'm going to get out of there and find another place to smoke when I want to. You can't really ban smoking this way.

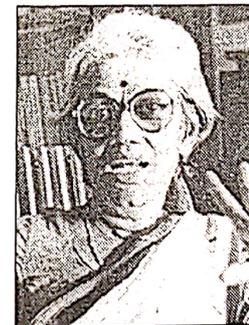
"If the government is serious on banning smoking, let them ban cigarette factories altogether. But that the government won't do, for it will lose heavily. All it can do is to restrict smoking. May be they can follow the Singapore example, where you can smoke, but can't throw the cigarette butts anywhere. There are ashtrays provided at strategic places.

"It is not just smoking that causes atmospheric pollution. Even vehicle emissions do. But tell me, how many government vehicles are subject to emission tests? If the Pollution Control Act is made applicable to government vehicles then no MTC or Corporation bus can ply.

"The health of an individual depends on so many factors - the quality of food he eats, the pollution in air and water and how much smoking affects a

person's health has to be researched."

Who'll police the police?



Mythili Sivaraman, president of All India Democratic Women's Association, foresees problems in implementation of a ban on smoking. "The order of the Kerala High Court are well-motivated. But how are they going to implement it? There must be a state-wide campaign against smoking. When the advertisements for cigarettes are so attractive, you can't expect a statutory warning in small letters in cigarette packs to dissuade the

smoker.

"The campaign against smoking must be started very early stage. The idea in nurse. The entire population galvanized. In Kerala there was a movement against alcoholism, songs about tea replaced Without such a campaign, it is not right that all smokers will

"Further, if the police are going to implement it is going to police after all, they too will smoke. I think the police will be phased out. A workspots could be first. It is hazardous to smoke at home, when there are children.

"Then there is the procession taking place. The workers in the factory fear loss of job. The rehabilitation has to be looked in

Children the victims



V Venkatesh, a doctor, says the ban on smoking is a crime. "Smoking is a so it has been proved that it is a crime. Earlier, bronchitis was not a common ailment in children. In the 1970s I began my practice. There has been a rise in respiratory diseases common disease in children. This is due to the pollution in the air. Moreover, children are exposed to smoking, they get the idea that smoking

Facts about smoking

* Smoking accounts for about 80-90 per cent of all chronic obstructive pulmonary disease (emphysema, chronic mucous secretion, chronic air flow blocks). Smoking is involved in 85 per cent of all lung cancer deaths (which is incurable)!

* Smoking accounts for 30 per cent of all heart disease deaths. The carbon monoxide in the cigarette smoke increases the amount of cholesterol clogging the arteries. Smoking causes a stiffness in the walls of the arteries.

* Smoking is the major cause of cancer of the lips, tongue, salivary glands, mouth, larynx, esophagus, and middle and lower pharynx. The development of stomach cancer can be directly associated with smoking. Smoking is known to

cause bladder cancer.

* It is estimated that there are about 53,000 deaths per year as a result of passive smoking in the United States! 37,000 of these deaths come from cardiovascular disease. The effects of tobacco smoke are just as bad, if not worse, in non-smokers as in smokers. All of the risks for smokers also hold true for exposure to second hand smoke. The smoke at the end of a burning cigarette has more particles that are smaller and more harmful than the smoke directly inhaled by the smoker.

* The effectiveness of many medications is greatly reduced in smokers. Nicotine has harmful effects on the stomach, the organ that helps in the digestion of food. Smoking accelerates the aging process!!



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We as Sri Lankans are very happy to extend

our congratulatory to

Sri Vipin Chand

on receiving the honorary title of

"VISHWA KEERTHI SRI SAMA UDANA LOKATHACHARI"

Sir,

We are aware of your services for the promotion of vegetarianism. The food that man consume forms his life and character, Vegetarian food makes man a peaceful person and through peaceful men arises a peaceful world.

Once again we extend our heartfelt congratulations to Sri Vipin Chand of Chennai, India. The land of Buddha who promoted non-violence and peaceful living.

Please accept our Greetings on this happy occasion.

Suhada Home, Kotte.

Sri Lanka Vegetarian Society.

All your friends in Sri Lanka.

Sunethra Weerasinghe Trust Fund.



ZEROTHERAPY PAPER CUTTING

Zero Therapy

Uncommon Common Sense Cure, Medium – Kitchen Diet

Zero Therapy is no Therapy.

You can imagine a life Without a wife Without
children Without a mother Without a father

Without friends & relatives

But have you ever imagined a life WITHOUT MEDICINE? Certainly NOT!!!

Zero Therapy is not a treatment but a lifestyle. It was founded by Vipinchand Bomb. Initially to prove this we needed some proof. Those cases and people are now before the world, and now it's for the world to understand the science - how it works, why it does not work for some people, why people don't adopt it even though its available free and every person's body is a doctor by itself. It is a point to ponder...

There are some things which are beyond the comprehension of mankind. There are few things which mankind does not want to comprehend. And there are many more things which mankind comprehends but refuses to accept.

These things people brand and tag as supernatural, magical, nonexistent, superstition, coincidence, fluke or impossible. These are the things which, just because the majority cannot do or prove, are sidelined and covered up. These 'things' have been theories, inventions or discoveries, which were resisted very strongly in the initial days only to be accepted at a later date. The Sun being the center of the solar system and not the earth is a classic example. And one such 'thing', which many have witnessed in the present day, is Zero Therapy

Zero therapy is:

An art because It needs discipline and will power to master it. A science because not all laymen can comprehend it.

Magic because science cannot do what it does

Faith because unless you believe it completely, it does not help you.

Zero Therapy is nothing but to keep away from unnatural chemicals.

Disease is created when the hormones are imbalanced and in turn they create gases which manifest in the form of disease. For any disease the gas is the vital factor, and if one is able to balance the difference in temperature within the individual body, he has the best health. Zero Therapy's main tool is dry and wet cold pack.

Why so many Therapies . Why not one?

Everyday we find some new science in the medical field is taking birth like acupuncture therapy, accupressure therapy, allopathy, homeopathy, ayurvedic therapy yoga therapy, naturopathy, Reiki therapy, Pranichtherapy, aroma therapy, osteopathic therapy etc.

- The reason for all this in one line - Diagnosis in the first attempt is not perfect.
- This leads the public to jump from one to another.
- The various cases of instant perfect diagnosis as documented in the various Zero Therapy publications are available for the public to take note. Once the diagnosis is perfect, treatment automatically starts
- Zero Therapy is a non commercial., not for profit voluntary group. The main purpose of Zero therapy is to elevate the Soul by means of Spiritual Food and thereby generating universal prosperity, peace and happiness.

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

The matter in the form of food goes into the body which decides the emotional health, physical health, mental health. Food that the mother takes during the nine months of pregnancy also decides the child's emotional health, physical health, mental health.

Child's health can be taken care of without any medicine in any form, if Zero Therapy lifestyle is followed during nine months of pregnancy. UnderZero Therapy so many children have been cured just by changing the mother's diet.

So, emotional. health is good for business management. Zero Therapy Life Style food (that normal regular diet at home) gives emotional. health, physical. health and mental. health by sheer combination of normal daily zero therapy diet.

What is disease?

Each body is made up of four elements which are fixed in a particular ratio for that body at the time of birth. Any disturbance in this ratio is disease and Zero Therapy re-balances the four elements to the original ratio at the time of birth - with proper food and thought with respect to climatic conditions and geography of the place taking into account temperature, humidity at those days.

We suggest diet to be prepared at home (by blood relative, who loves to prepare and loves to serve the individual. to be cured) which balances your hormone. Our WILL to cure you and your WILL to get cured, gets you cured.

Food

Food is disease. Food is health. Food is solution. The book "SPIRITUAL FOOD" deals with our whole approach to food and its various facets. Using uncommon common sense, a whole

new definition of food is brought out. Common sense now a days is not very common. The reason is people living with nature have better common sense than people living against nature.

Zero Therapy and your Immune System

Zero Therapy is a food science which not only improves the individual's present status of health, but resists all types of disease by energizing individual cells throughout the body, thus developing the superior immune system.

How does Zero Therapy compare to any other Therapy?

Zero Therapy is a science of 'Bhavana'. Thought, attached with a deep rooted emotion to get a desired outcome is 'Bhavana'. It is the science of food with Bhavana, where along with the food being taken, what matters is the 'Bhavana' of the persons who are preparing, serving and sharing the food.

Zero Therapy is not an Alternative Therapy. Zero Therapy is the Ultimate Therapy. Zero means no value but if added with power of mind, power of body and power of soul, it has all the properties of curing incurable diseases. Zero Therapy is the science of harmony of body, mind and soul which when harnessed by 'Bhavana', release powerful chemicals from within the body with the help of glands.

DECCAN Chronicle

CHENNAI • MONDAY • 3 • JANUARY • 2011

THE BOMB PHILOSOPHY

FRONT PAGE

Sum zero equals healthy life?

ANISHA FRANCIS

DC | CHENNAI

Jan. 2: Meet the brood of zero therapists. The many followers of eccentric Chennai-based businessman-healer Vipin Chand Bomb take the concept of 'natural living' to a whole new level — they do not brush their teeth or use soap, shampoo, perfume or medicine.

It gets weirder. Pregnant women are not given any

supplements, not even basic folic acid and iron pills. Their offspring, branded 'zero therapy babies' are not given any vaccinations, not even the mandatory shots for hepatitis and measles or polio drops. "If the mother adopts a zero therapy lifestyle during her pregnancy, her baby will develop a superior immune system, and will not need a single vaccine. In fact, a zero therapy baby will have



Vipin Chand Bomb

an adverse reaction to any chemical or medicine," claims Mr Bomb, founder of 'Zero Therapy', who funds his activities through

a successful heating technology business.

What started as a move to convert people to vegetarianism snowballed into 'Zero Therapy' — now followed like a religion by many people in the city, though sceptics would probably laugh at their seemingly hare-brained practices. "The concept is very simple: Avoid anything that is not natural," says Mr Bomb.

■ See Page 5

BOOKED FOR LIFE

MONDAY, JANUARY-3-2011

Page No:5

Zero therapist bombs known health cures

DC CORRESPONDENT

CHENNAI

Jan. 2: Zero therapy seems like a contradiction of all other streams of medicine and even of common beliefs. Ginger, along with other medicinal spices like garlic, basil and mint, is restricted in the zero therapy diet. The two answers to any bout of sickness — idlis and curd rice — are big no-no's. Even honey is off-limits.

Ghee, on the other hand is recommended as the panacea to all ills — to be



Vipin Chand Bomb

used as an ointment on an oozing boil, to be rubbed as a balm on an aching limb, and to be ingested in cups, so as to "help empty the bowels at least three times a day", explains zero therapist

Vipin Chand Bomb. "I have not brushed my teeth with toothpaste for five years. We only use ghee to scrub our teeth. Since my diet only consists of natural, chemical-free food, I do not need chemical-based products like deodorant, soap or even mosquito-repellant," says Vivek Bomb, businessman and zero therapy volunteer.

Freelance fashion designer Poonam swears by 'uncle's' prescriptions.

"When I was pregnant, I did not take any of the pills recommended by my

gynec, because my zero therapy diet of avoiding all outside food and instead bingeing on almonds, home made sweets like milk cakes and seasonal fruits gave me all the necessary nourishment," she says.

Her one-year-old infant has never suffered any ailments, and never took a single vaccine, she says.

Years of experience with the dynamics of heat has given him the power to diagnose a person's illness just by looking at his face and tongue, Mr Bomb claims.

And for patients from abroad, a short chat over the phone suffices.

Spouting 'original quotes' like "Vegetarianism for human health and animal wealth", and "what we should do is what we should not do", now proudly compiled in a book that was released by food secretary Swaran Singh on Saturday, Vipin Chand introduces hundreds of his patients who have been cured of everything from vision loss and piles to diabetes and hyperthyroidism.

Andhra Pradesh

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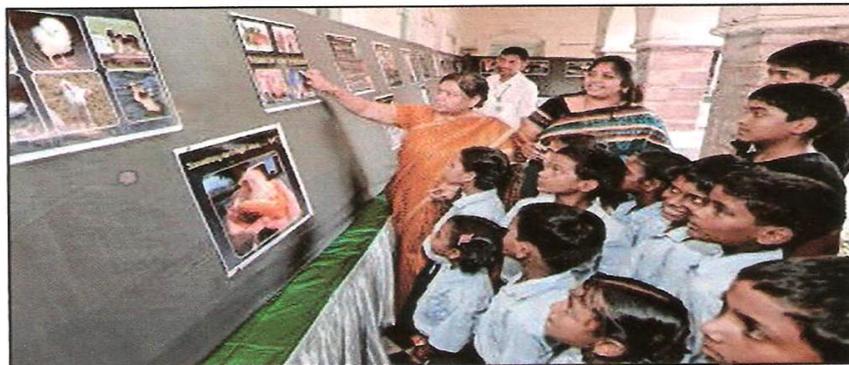
Andhra Pradesh - **Visakhapatnam**

Go vegetarian for good health, says expert

Ramesh Susarla

Curd is a strict 'no' for treating a majority of ailments, says Vipin Chand

Humans do not need non-veg food, he asserts



useful tips:Children having a look at photographs showing the pros and cons of vegetarianism at Hawa Mahal in Visakhapatnam on Saturday.

VISAKHAPATNAM: People should understand the right combination of food to get rid of all their ailments and food essentially means only Vegetarian food, opined Vipin Chand, a Chennai-based Vegetarianism proponent.

Going round of an exhibition put up by the Mahavir International Visakhapatnam branch at Hawa Mahal, Mr. Vipin Chand an Electrical Instrumentation businessman by profession, now 'cures' all kinds of chronic diseases -- from helping a man regaining his eye-sight to curing a person from Chattisgarh of psoriasis and cirrhosis.

"I spent Rs.1 crore on getting myself treated at several places in India and all doctors gave up hope, but surprisingly Vipin Chand treated me just by regulating my diet," the person from Chattisgarh explained. Curd is a strict 'no' for treating a majority of ailments and "we must know what we should not eat, rather than what we should eat as not all combinations gel well with the individual energy we get during our birth," Mr Vipin added.

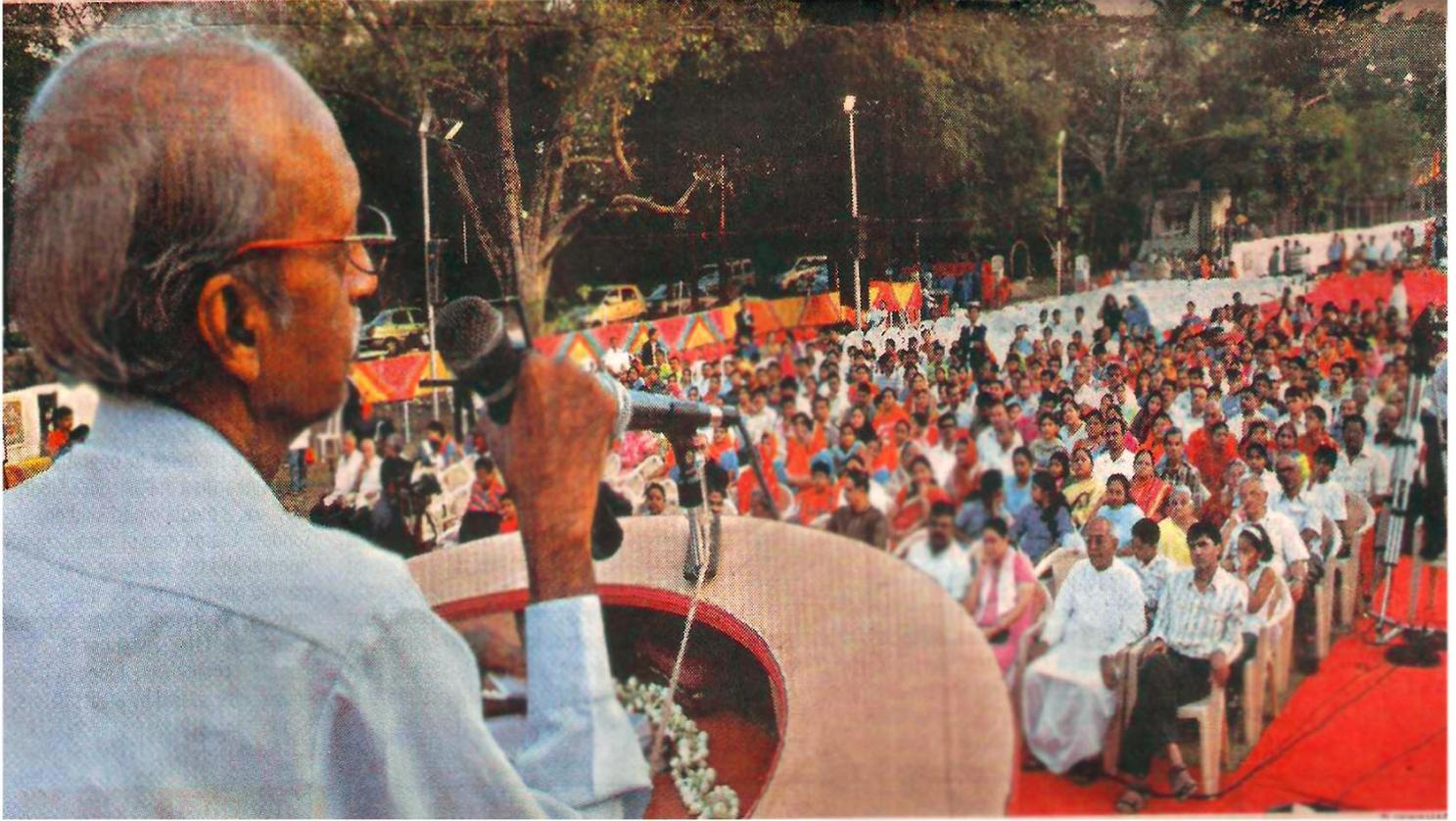
Sooner or later the meaning of food in dictionaries will change to vegetarian food as human beings do not need non-vegetarian food, he asserted and criticised the egg producers for their marketing strategy to label eggs as vegetarian.

"Key factor in the vegetarianism movement is not to hurt any living being and reverse what people who colonised us prior to 1948 tried to promote non-vegetarianism," he observed.

Flowers and Food Offered with Devotion is the real food and what we can eat, as non-vegetarian is not offered. Do not try any new dish if you want to retain perfect health, he told a gathering of members of Mahavir International.

The Mahavir International Chairman Hemendra Choksi said a massive pro-vegetarian rally would be taken out from Park Hotel on the Beach Road at 4 p.m. with about 4,000 people participating in it.

Another 30 organisations had joined them in their movement, he announced.



Chief Electoral Officer Naresh Gupta speaking at a function organised by the founder of 'Zero Therapy', Vipin Chand, in the city, on Sunday

Chuck the pill, eat right to stay healthy

**Express News Service
Chennai, February 15**

STOP popping pills. Instead take the right food at the right time and the human body would double up as a doctor to cure the ailments, said Vipin Chand, founder of Zero Therapy (ZT), here on Sunday.

Addressing a seminar on 'curing power of the body,' he said that people often mistook the inherent remedial measures of the body, like vomiting and cough, as diseases and took medication, which usually did more harm than good. It is absolutely important to maintain the natural equilibrium of mind, body and the soul, sans unnecessary foreign matter in the body.

What mattered the most to the body was what food one eats. Vipin said the human body was naturally suited only for vegetarian food. Zero Therapy (ZT) meant "no therapy." Treatment in ZT was nothing but food, and food only with the

right balance. In ZT, the body cells were energised and it took care of the disturbances, he said.

"In stem cell therapy, cells are taken out and used when required. The same cells are energised without removing it from the body in ZT, thus harmonise mind, body and soul," Vipin said.

Exhibition and testimony: An exhibition of posters describing the ailment, treatment and cure under ZT was part of the seminar. Beneficiaries of the new non-medical therapy detailed on how they got rid of their long-time troubles through ZT.

Those affected by multiple sclerosis, trauma and serious skin problems spoke on the successful treatment they received in ZT. A child who survived blood cancer and a young man who was cured of voice loss had the audience spell bound. Chief Electoral Officer Naresh Gupta presided. He also released a book "105 Glimpses of successful diagnosis in ZT," which had testimonies of the beneficiaries.

ZT is a not-for-profit voluntary group, headed by Vipin Chand and based in Chennai. No fee is collected for consultation. For more details call 25381124, or visit www.zerotherapy.com.

In stem cell therapy, cells are taken out and used when required. The same cells are energised without removing it from the body in zero therapy, thus harmonising the mind, body and soul

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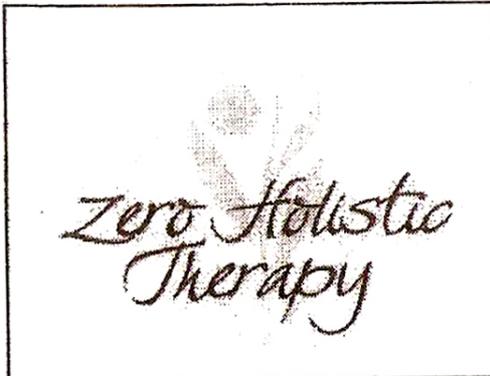
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Chennai

Searching the soul of Zero Therapy



NT Bureau | Mon, 16 Feb, 2009, 02:20 PM



The beginning of the 2nd Zero Therapy mega seminar marked the inauguration of the event by lightning of the traditional lamp by Zero Therapy founder Vipin Chand and Chief Electoral Officer of Tamilnadu Naresh Guptha at Sri Jain Dadawadi, Ayanawaram, Chennai.

In a seminar that witnessed active participation of about 3000 people from all over India, Vipin Chand spoke at length about the topic 'Curing Power of Your Body'.

According to him our body is able to balance all the hormones with out any external help. The moment you take help from outside, your conscious mind begins to incorporate with you. So it is important to live like animals provided that you are not behaving like animals,' he said.

Vipin Chand, who is known for his diagnosis by looking at the tongue, said that every tongue has minimum of 3,000 signals. And it is these signals that help him in his service. Cold, headache and such diseases are the remedies of the body but not diseases. Your body knows you better as your body is your best doctor.'

He went on to explain the common sense approach of this breakthrough science, which is beyond the understanding of an average individual.

'Zero Therapy is reaching to the rootcause where as other existing methods try to suppress the rootcause,' he further said. The most interesting part of the seminar was sharing of experience of zero therapy with the audience. Cases like pre-delivery and post-delivery, blood cancer, vision problem and more were among zero therapy followers. And they explained how they changed after zero therapy.

Prior to the seminar, Naresh Guptha said lots of people advocated vegetarianism after Vipin Chand's intervention. 'There are limitations in our conventional therapy methods. This seminar aims to speak about it,' he said.

Chief Metropolitan Magistrate Sethu Madavan released a book on zero therapy, featuring 105 glimpses of the diagnosis, on the occasion.

Current Chennai Stories

- City to get extra security cover
- UPA will sweep elections: Azad
- Bus is the buzz
- I am happy now, says Prashanth
- Calf with two heads born at 'ghoshala'
- PMK flays Chidambaram

Archives - Chennai

Zero therapy way to good health

Express News Service
Chennai January 2

HITESH Vajawat (35) is a happy man today. In 2006, Hitesh had lost his voice and doctors concluded that he will never be able to talk again. But thanks to his zero therapy practices, Hitesh talks today.

"I had tried all possible medicines. Nothing worked. Finally I resorted to zero therapy and regained my voice by just following some simple food practices," Hitesh said.

Hitesh's is only a one off story. At the Dadawadi hall in Ayanavaram, on Saturday, many such success stories were on display for one to see and believe.

For instance there is 3-year old Pratham who had a blood clot on his thigh as a six-month-old baby. Doctors recommended an operation but Vipin Chand Bomb, the father of this zero therapy medicine prescribed a ghee massage which cured the baby in no time, naturally.

"None of us in this hall have seen a medical specialist of any kind for ages. The last I went to a doctor was in 2004 before my marriage. After that now under zero therapy I follow certain food habits that keep me immune from all kinds of diseases including diabetes," explained Vivek Bomb, coordinator of the event.

Several children of all age groups were present there who in this age of consumerism do not use toiletries, not even any toothpaste or tooth-powder.

Zero therapy is the science of harmony of changing the individual cells of each family member and there by the side-effect takes care of the disease with food as a catalyst. It's food biochemistry and thought chemistry, which are complementary to each other.

"This is an ultimate therapy and not an alternative therapy. It works on the principle of balancing individual hormone, which varies from person to person. The combination and balance of the normal food energizes the body cells and takes care of the disturbances," Vivek explained.

Vipin Chand Bomb is the founder of zero therapy. An entrepreneur by profession, Vipin's is a non profit set up. More information on this this therapy is available on www.zerotherapy.com.



Tamilnadu Principal Secretary (Food) Swaran Singh releasing the book titled 'Quotes of Vipin Chand Bomb' in Chennai yesterday. Author of the book Vipin Chand Bomb is also seen.

'Vegetarianism needed to preserve ecology'

NT Bureau

Chennai, Jan 2:

People need to observe vegetarianism to safe guard the environment and to lead a healthy life, said Zero Therapy Foundation, founder Vipin Chand Bomb.

He said this at a function to release his book 'Quotes of Vipin Chand Bomb' in Chennai yesterday.

He said that the human body is suitable to consume only vegetarian food and there is no such thing as non vegetarianism. 'Even dictionaries do not contain the words like non vegetarian or non vegetarianism and this proves vegetarianism is part and parcel of humankind,' he pointed out.

He also said that the resources needed to produce vegetarian food is much less compared to resources necessary to produce meat. It takes only 60 liter of wa-

ter to produce one kg of wheat whereas it takes 50,000 litres of water to produce one kg of beef, he said.

Vipin said that herbivores animals like horse, camel and elephants were found to be stronger, active and intelligent than the carnivores animals like tiger, lion and cheetah.

He said some of the best people of the world like Einstein, Newton, Edison and PB Shelly were all vegetarians.

He also said there is no need to consume any medicine to recover from sickness, if one makes some life style changes and change in food habits.

As part of the function an exhibition on health, food, prevention took place. Many people who were cured of diseases ranging from cancer, TB, migraine and eye disorders were present and offered their testimonials with scientific proof.

Benefits of vegetarianism



BOOK RELEASE: K.K. Tripathi, Director-General of Income tax (Investigation), releasing the book, *Spiritual Food* written by Vipin Chand Bomb. The first copy is being received by Narayanan, Principal Chief Engineer, Southern Railways.

Not hurting the feelings of fellow human beings is also Vegetarianism, according to Vipin Chand Bomb, founder of Zero therapy. He said this at a seminar on 'Food - Economy of the nation' organized on January 24 at Dada Bodi Grounds, Ayanavaram.

Zero therapy

Explaining about Zero Therapy, chand said that food is not only the disease but also the cure. Zero therapy is a lifestyle that has its roots in the harmony of mind, body and soul. It focuses on spiritual food as a means to attain it.

Mr. Vipin said people should not force vegetarianism on others. "Do not compel people who run slaughter houses to close them, instead make them understand the importance of non-violence," he said. He said meat-eating is harmful to human body because animals sense

danger instantly and release toxic chemicals while they are butchered. "These chemicals are harmful to human consumption more than the meat itself."

He said, "Disease is a state when the body is not at ease and it is capable of curing itself. Instead of giving it the required time we rush to doctors, pay them a fee and give them credit for ridding the body of the disease."

"It is not the medicine which cures the body but the faith which works", he added.

Many individuals who had recovered from life threatening and deadly diseases spoke on the occasion about the benefits of Zero Therapy. People who had taken up vegetarianism also shared their experiences.

An exhibition on Vegetarianism and benefits of Zero therapy with scientific proof was also organized at

the venue.

Around 4000 invitees attended the exhibition and seminar. An interesting part of the seminar was when the all the children following the Zero therapy lifestyle lined up on the stage and said that they had actually refrained from chocolates, biscuits, junk food and colas. They even requested the audience to follow the same.

As part of the seminar, a book - *Spiritual Food* - written by Vipin Chand Bomb was released by K.K. Tripathi, Director-General of Income tax (Investigation), on the occasion and the first copy was received by Narayanan, Principal Chief Engineer, Southern Railways.

The total proceeds from the book would be used to fund the rural development projects.

The Zero therapy Mega seminars and weekly seminars are available on the website www.zerotherapy.com.

The Hindu 26-1-2010



K.K. Tripathi, Director General of Income Tax (Investigation) released *Spiritual Food* a book authored by Vipin Chand in the city recently. The first copy was received by Narayanan, Principal Chief Engineer, Southern Railways. The author is also seen in the picture.

Trinity Mirror

दूसरों की भावनाओं को ठेस न पहुंचाएं

चेन्नई, 28 जनवरी। यहा आयनवरम स्थित जैन दादावाड़ी में हाल ही फूड एण्ड इकोनॉमी ऑफ नेशन विषयक संगोष्ठी हुई। संगोष्ठी में विपिनचन्द्र बम्ब ने शाकाहार के कई दृष्टिकोणों पर प्रकाश डाला। उन्होंने कहा कि दूसरों की भावनाओं को ठेस न पहुंचाना भी शाकाहार है। कत्लखानों को बंद करने के लिए प्रतिबंध उताना जरूरी नहीं जितना यह समझना कि कत्ल होने वाले जानवर बहुत से विषैले पदार्थ

वायुमंडल में छोड़ते हैं, जो मानव शरीर के लिए अत्यन्त हानिकारक हैं। उन्होंने कहा कि शाकाहारी शरीर स्वतः ही ठीक होने की क्षमता रखता है। इस दौरान उन्होंने जीरो थैरेपी पर प्रकाश डाला। सेमिनार में आयकर विभाग के महानिदेशक के के त्रिपाठी ने विपिनचन्द्र बम्ब द्वारा लिखित पुस्तक *स्पिरिच्युअल फूड* पुस्तक का विमोचन किया। विमोचन के बाद पहली पुस्तक दक्षिण रेलवे के मुख्य अभियन्ता नारायण को भेंट की।

Rajasthan Patrika Jan. 29 2010

जीरो थेरापी की तीसरी वृद्ध संगोष्ठी

चेन्नई: 24 जनवरी को श्री दादावाड़ी आयनवरम में सम्पन्न "फूड एण्ड इकोनॉमी ऑफ नेशन" सेमिनार में विपिन चन्द्र बम्ब ने शाकाहार के ऐसे अनेकों दृष्टिकोणों को श्रुभा के समक्ष रखा। उन्होंने कहा कि शाकाहारी शरीर स्वतः ही ठीक होने की क्षमता रखता है, परन्तु फिर भी हम डाक्टर को फोन एवं दवाई के खर्च के बाद ही ठीक हो पाते हैं। इससे यह साबित होता है कि हमारा डाक्टर और दवाई के ऊपर विश्वास ही हमें रोग मुक्त करता है।

जीरोथेरापी के कारण रोग मुक्त हुए थे, अपने अनुभव सुनाए। सेमिनार के दौरान विपिनचन्द्र बम्ब द्वारा लिखित "स्पिरिच्युअल फूड" पुस्तक का विमोचन के.के. त्रिपाठी आयकर ऑफिस के इन्डस्ट्रीअन द्वारा किया गया। पुस्तक की पहली प्रिंट नारायणन (प्रिंसिपल चिफ इन्जीनियर दक्षिण रेलवे) को भेंट की गयी। जीरो थेरापी के प्रणेता विपिन चन्द्र बम्ब ने इस अवसर पर यह भी कहा कि अब भोजन के अर्थ में विश्वास में भी पढ़ाया जाना शुरू कर दिया जाना चाहिये।

सभ में उपस्थित अनेक लोगों ने जो

Pallavan Times, Feb. 4 2010

DC

Chennai • Tuesday • 26 • January 5



**Vegetarian guru
Vipin chand
Bomb launched
his book
Spiritual Food.**

City



உன் நண்பனைப் பற்றிச் சொல் நான் உன்னைப் பற்றிச் சொல்கிறேன் என்பார்கள். நீ உண்ணும் உணவைப் பற்றிச் சொல் உன் வியாதி பற்றிச் சொல்கிறேன் என்கிறார் விபின் சந்த்.

இன்றைய பரபரப்பான உலகில் மனிதர்களுக்கு ஏற்படும் பெரும்பாலான வியாதிகளுக்கு அவர்களது உணவுப் பழக்கமே முக்கிய காரணமாக இருக்கிறது. ஆனால், இந்த உணவு முறைகளை வைத்தே நோய்களுக்கு சிகிச்சை அளித்து குணமாக்கி வருகிறார் அவர். இதற்காக 'ஜீரோ தெரபி' என்ற புதிய சிகிச்சை முறையை இவர் கண்டுபிடித்துள்ளார்.

மருந்தே இல்லாத மருத்துவம் தான் இந்த சிகிச்சையின் அடிப்படைத் தத்துவம் என்கிறார் விபின் சந்த். சர்க்கரை வியாதி உள்ளவர்களுக்கு இனிப்பு பலகாரங்களையும், உடலில் கொழுப்புச் சத்து



விபின்சந்த்

மேற்கொண்ட முயற்சியால் இந்த 'ஜீரோ தெரபி' என்ற சிகிச்சை முறையைக் கண்டுபிடித்தேன்.

மருந்தே இல்லாத மருத்துவம் என்பதுதான் இந்த சிகிச்சையின் அடிப்படைத் தத்துவமாகும். 1996-ம் ஆண்டு முதல் 2002-ம் ஆண்டு வரை இதற்காக நான் ஒரு ஆய்வு மேற்கொண்டேன். நம் உடம்புக்குள் என்ன உணவு செல்கிறதோ அதைப் பொறுத்துத்தான் நம் ஆரோக்கியம் அமையும். நம் உடம்புக்கு ஒரு உடல்நலக் குறைவு ஏற்பட்டால் அதை எப்படி சரி செய்து கொள்ள வேண்டும் என்பதும் நம் உடலுக்குத் தெரியும். சிகிச்சை என்ற பெயரில்

நாம் நம் உடலை அலை கழிக்கக் கூடாது. பஞ்சபூதங்களால் ஆக்கப்பட்டது நம் உடல் என்ற கூற்றை தவறானது.

நிலம், நீர், நெருப்பு, காற்று என்ற இந்த நான்கினாலும் செய்யப்பட்டதுதான் நம் உடல். இவை அனைத்துமே ஒவ்வொரு மனிதனுக்குள்ளும் ஒரு சரியான விகிதாச்சாரத்தில் கலந்திருக்கும். அது அவ்வப்பொழுது

மருந்தே இல்லாத மருத்துவம் !

வியாதி உள்ளவர்களுக்கு கொழுப்பு உணவுகளையும் கொடுத்து சிகிச்சை அளித்து வருவது இந்த சிகிச்சையின் தனிச் சிறப்பாகும். இந்த சிகிச்சைக்கு அவர் எந்தவிதக் கட்டணமும் வசூலிப்பதில்லை என்பது மற்றொரு சிறப்பம்சமாகும். இந்த சிகிச்சையைப் பிரபலப்படுத்துவதற்காக அவர் வாரம்தோறும் இலவசக் கருத்தரங்கை நடத்தி வருகிறார்.

இந்த சிகிச்சையைப் பற்றி மேலும் தெரிந்து கொள்ள விபின் சந்தத்தை நேரில் சந்தித்துக் கேட்கலாம். அவர் நம்மிடம் விரிவாகப் பேசினார்.

"என்னுடைய சொந்த ஊர் ராஜஸ்தான் மாநிலத்தில் உள்ள உதம்ப்பூர். பிறந்து வளர்ந்தது எல்லாம் சென்னையில்தான். நான் எலக்ட்ரிக்கல் அண்ட் எலக்ட்ரானிக் என்ஜினீயராக உள்ளேன். எனக்கு சின்ன வயதில் இருந்தே மனிதர்களுக்கு உடலில் ஏற்படும் பல வியாதிகளுக்கு அவர்கள் உண்ணும் உணவை வைத்தே குணப்படுத்த வேண்டும் என்ற எண்ணம் எழுந்தது. காரணம், பல வியாதிகளுக்கு மனிதர்கள் உட்கொள்ளும் உணவே முக்கியக் காரணமாக உள்ளது எனக் கண்டறியப்பட்டுள்ளது. இந்த உணவை வைத்தே அவர்களை ஏன் குணப்படுத்த முடியாது என்ற ஒரு கேள்வி என் மனதில் எழுந்தது. இந்தக் கேள்விக்கு விடையைக் கண்டுபிடிக்க நான்

மாறுபடும் போதுதான் உடலுக்குள் பல்வேறு கோளாறுகள் ஏற்படுகின்றன. என்ன கோளாறுகள் என்பதைக் கண்டுபிடித்து விட்டாலே போதும் சரி செய்து விடலாம்.

இந்தக் கோளாறைக் கண்டுபிடிக்கவும் ஓர் எளிய வழி உள்ளது. அது நம் நாக்குதான். ஒருவருடைய நாக்கை வைத்தே அவரது உடலில் உள்ள வியாதியைக் கண்டுபிடித்து விடலாம். உடலில் உள்ள குறைந்தபட்சம் மூவாயிரம் வியாதிகளுக்கான அறிகுறிகளை ஒருவருடைய நாக்கைப் பார்த்தே கண்டுபிடித்து விடலாம்.

சாதாரணமாக, தலைவலி என்றோ, வாந்தி என்றோ மருத்துவரிடம் செல்கிறோம். உடனே அவர் மருந்துகளை எழுதிக் கொடுப்பார். நாமும் அதை இரண்டு மூன்று நாட்களுக்குச் சாப்பிட்டுவிட்டு, உடல் சரியானவுடன் நிறுத்திவிடுவோம். சில உடல்நலக் குறைபாடுகள் எவ்வளவு மாத்திரை மருந்துகள் சாப்பிட்டாலும் சரியாகாமல் போவதுண்டு.

நோய் ஏன் ஏற்பட்டது என்ற மூலகாரணத்தைக் கண்டறியாமல் அந்தக் குறைபாட்டுக்கு மட்டும் சிகிச்சை அளிப்பதால்தான் இப்படி நிகழ்கிறது. உணவு நம் உடலுக்கு உண்மையிலேயே ஒரு நல்ல மருந்தாக உள்ளது.

நாம் உட்கொள்ளும் நல்ல சாத்வீக உணவு வகைகளிலிருந்து நமது உடலுக்குத் தேவையான என்ஜினீயைக் சுரப்பிகள் எடுத்து மறைத்து வைத்துக் கொள்ளும். நமக்கு

ஏதாவது கோளாறுகள் ஏற்படும்போது அந்தச் சுரப்பிகளிலிருந்து தானாகவே எனர்ஜி தோன்றி கோளாறுகளைச் சரி செய்துவிடும். ஆனால் நாம் என்ன செய்கிறோம்?

வேண்டாத உணவு முறைகளை மேற்கொள்கிறோம். ஏகப் பட்ட கெமிக்கல்களைச் சாப்பிடுகிறோம் (மாத்திரைகளும் கெமிக்கல்களே!). அதனால் அந்தச் சுரப்பிகள் சரிவர வேலை செய்ய இயலாமல் போய்விடுகின்றன.

மேலும், நமது உடலில் ஏற்படும் வியாதிகளுக்கு முக்கியக் காரணமாக உள்ளவை வாசனைப் பொருட்கள். இஞ்சி, பூண்டு, வெங்காயம், புதினா போன்றவை நம் உடலுக்கு நன்மை செய்தாலும் இவற்றில் இருந்து வெளிவரும் வாசனை உடலுக்குத் தீங்கு விளைவிப்பதாக உள்ளது.

இதுபோல உடலுக்கு தீங்கு விளைவிக்கும் பொருட்கள் எவையெல்லாம் என்பது பற்றி ஒரு பட்டியல் தயாரித்துள்ளேன். உதாரணமாக, கொசுவர்த்தி சுருள், காபித் தூள், கிராம்பு, எலுமிச்சை, மதுவகைகள், அவற்றையெல்லாம் ஒதுக்கி வைக்கும்படி இந்த சிகிச்சையின் போது அறிவுறுத்துவோம்.

சர்க்கரை நோய், இரத்த அழுத்தம், கொலஸ்ட்ரால், கேன்சர், கண் நோய் பிரச்னை போன்ற பல வியாதிகளை இந்த சிகிச்சையின் மூலம் குணப்படுத்தி வருகிறோம்.

இந்த சிகிச்சையை மேற்கொள்ள வருபவர்கள் சைவ உணவை சாப்பிடுபவர்களாக இருக்க வேண்டும். அசைவ உணவை சாப்பிடுபவர்களும் இந்த சிகிச்சை எடுத்துக் கொள்ளத் துவங்கி விட்டால் உடனே சைவத்திற்கு மாறியாக வேண்டும் என்பது கட்டாயம்.

ஒருவரது உடல், மனது மற்றும் ஆன்மா ஆகியவற்றை ஒருங்கிணைத்து அளிக்கப்படுவது இந்த சிகிச்சை முறையாகும். அத்துடன், நாம் வாசிக்கும் பகுதியின் சீதோஷ்ண நிலைமையையும் கருத்தில் கொள்ளப்படும். எனவே, இந்த சிகிச்சைக்கு வருபவர்களுக்கு வாரம் தோறும் அவர்களுக்கான சிகிச்சை உணவு முறைகள் மாறிக் கொண்டே இருக்கும்.

பிற மருத்துவ முறைகளில் உணவுக் கட்டுப்பாடுகள் உள்ளன. ஆனால், இந்த சிகிச்சை முறையில் எந்தவிதக் கட்டுப்பாடும் தேவையில்லை. சர்க்கரை வியாதி உள்ளவர்கள் பாதாம் அல்வா சாப்பிடலாம். கொழுப்பு சத்து உள்ளவர்கள் கொழுப்புச் சத்து உள்ள உணவுப் பொருட்களை உட்கொள்ளலாம்.

இதுவரை ஜீரோ தெரபி மூலம் ஆறாயிரத்துக்கும் மேற்பட்டோர் சிகிச்சை பெற்றுள்ளனர். இவர்களில் ஒருவரது கையைக்கூட தொட்டுப் பார்க்காமல், அவர்களுடைய நாக்கைப் பார்த்தே சிகிச்சை அளித்துள்ளோம். மொத்தத்தில் சைவ சாப்பாட்டைச் சாப்பிட்டு, இயற்கையான உணவு முறைகளைக் கடைப்பிடித்து, மருந்து மாத்திரை உட்கொள்வதை நிறுத்தினாலே போதும் எல்லோரும் வியாதி இல்லாத ஹீரோதான் என்றார்.

இந்த சிகிச்சைப் பெற வந்திருந்த மதுஸ்ரீ என்ற பெண் நோயாளி, “எனக்கு கடந்த ஆண்டு திடீரென காய்ச்சல் வந்தது. மருத்துவரிடம் சென்ற போது, அவர் ஏகப்பட்ட பரிசோதனைகளை செய்து மருந்து மாத்திரைகளை எழுதிக் கொடுத்தார். எல்லாம் சாப்பிட்டும் காய்ச்சல் நிற்கவில்லை. அந்த சம

யத்தில், இந்த ஜீரோ தெரபி சிகிச்சையைப் பற்றிக் கேள்விப்பட்டு வந்தேன். என்னைப் பரிசோதித்த விபின் சந்த், எனக்கு எலிக் காய்ச்சல் வந்திருப்பதைக் கண்டுபிடித்தார். மேலும், நான் ஏற்கனவே சாப்பிட்டுவந்த மருந்து மாத்திரைகளை உடனடியாக நிறுத்துமாறு கூறினார். பின்னர் அவர் கூறிய சில உணவுகளை நான் கடைப்பிடித்ததன் மூலம் எனக்கு வியாதி குணமாகியது. அதேபோல், நான் கர்ப்பமுற்ற காலத்தில் நான் எந்த சிகிச்சையையும் எடுத்துக் கொள்ளவில்லை. அவர் கூறிய உணவுப் பழக்கத்தைக் கடைப்பிடித்தேன். இதனால் எனக்கு சுக பிரசவம் ஆனது. அத்துடன், எனது குழந்தைக்கு தற்போது நான்கு வயதாகிறது. இதுவரை ஒரு நோய் நொடிக் காக்கக் கூட மருந்துவரிடம் அழைத்துச் சென்றதில்லை. என் குழந்தை இப்போது நல்ல ஆரோக்கியத்துடன் இருக்கிறது” என்றார் மகிழ்ச்சி பூரிப்புடன்.

இதேபோல், ஹிதேஷ் என்ற வாலிபர் நம்மிடம், “எனக்கு மூன்று ஆண்டுகளுக்கு மூன்பு திடீரென தொண்டையில் பிரச்னை ஏற்பட்டது. இதனால் எனக்குப் பேசினால் சத்தம் வராமல், காற்றுதான் வெளிவந்தது. உடனே சென்னையில்



மிகப் பிரபலமான காது, மூக்கு, தொண்டை நிபுணரிடம் சிகிச்சை பெற்றேன். அவர் பல்வேறு பரிசோதனைகளை மேற்கொண்டு விட்டு, இறுதியில் எனக்குப் பேச்சு வராதது என்று கூறிவிட்டார். மனம் சோர்வடைந்த நிலையில், இந்த சிகிச்சைப் பற்றிக் கேள்விப்பட்டு வந்தேன். விபின் சந்த் என்னை பதினைந்து நாட்களில் குணப்படுத்தினார். தற்போது என்னால் சத்தமாகப் பேச முடிகிறது” என்றார்.

தினேஷ் என்ற நோயாளி, “எனக்கு நான்காண்டுகளுக்கு மூன்பு கால் முட்டியில் திடீரென வலி ஏற்பட்டது. இதற்காக பல டாக்டர்களிடம் சென்று சிகிச்சைப் பெற்றேன். லட்சக் கணக்கில் பணம்தான் செலவானதே தவிர நோய் குணமாக வில்லை. எல்லா டாக்டர்களும் பரிசோதித்துவிட்டுக் காலில் உள்ள நரம்புதான் பிரச்னை என்று கூறிவிட்டனர். நடப்பதற்கே மிகவும் கஷ்டப்பட்டுக் கொண்டிருந்தேன். இந்நிலையில், விபின் சந்திடம் வந்தேன். அவர் என்னைப் பார்த்த உடனே ‘எனக்கு காலில் பிரச்சனையில்லை. கல்லீரலில்தான் பிரச்னை உள்ளது’ என்றார். அதற்கு அவர் சிகிச்சை அளித்த உடன் எனக்கு கால்வலி தீர்ந்து விட்டது. மற்றவர்களைப் போல தற்போது என்னால் வேகமாக நடக்கவும், ஓடவும் முடிகிறது” என்றார் தன்னம்பிக்கையுடன்.

प्रदर्शनी व विचार गोष्ठी का आयोजन 23 से

विपिनचंद बम्ब की लिखी पुस्तक का होगा विमोचन

चेन्नई. दवाई बिना स्वस्थ जीवन जीने की कला के प्रणेता विपिनचंद बम्ब के नेतृत्व में जीरो थैरेपी (निशुल्क) स्वयंसेवक संस्थान प्रदर्शनी एवं विचार

गोष्ठी (इन डेप्थ) का 23 और 24 जून को कून्नूर हाई रोड स्थित दादावाड़ी में आयोजन करेगा। इसमें शाकाहारी खाने की वैज्ञानिक प्रमाणित शोध द्वारा ये बताया जाएगा कि संपूर्ण स्वस्थ रहने के लिए क्या नहीं खाना व क्यों नहीं खाना चाहिए। प्रदर्शनी में भोजन के मुख्य पहलुओं जैसे पीएच, सुगर, म्वायस्चर से अवगत कराया जाएगा। इस दौरान जिज्ञासुओं के प्रश्नों पर चर्चा

भी की जाएगी। आज के दौर में संवेगात्मक प्रज्ञता, कार्य कौशल, रिश्तों और स्वास्थ्य जैसे हर क्षेत्र में सफलता की कुंजी साबित हो रही है। इस पर आहार की भूमिका इस आयोजन के मुख्य आधारों में से एक है। इस मौके पर विपिनचंद बम्ब की लिखी पुस्तक वेजिटरियनिज्म फार ह्यूमैन हेल्थ एंड एनिमल वेल्थ का विमोचन किया जाएगा। पुस्तक का विमोचन सुगालचंद जैन करेंगे। पुस्तक की पहली प्रति प्रकाशचंद मूथा प्राप्त करेंगे। प्रदर्शनी का उद्घाटन रोटैरियन बाबू पेरम करेंगे।

चेन्नई विलासीफाइड

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