



Dr. Jacob Vadakkanchery's
International Course on
Self Healing
3rd – 9th, October 2008

We are taught to believe that the body is highly vulnerable to the constant attack of bacteria, infectious germs, and viruses, and that allopathic intervention is essential for maintaining proper health. However, allopathic medications are in fact lethal to organic living forms, as they merely suppress physical symptoms, while exacerbating the root of the problem. Nature Cure, on the contrary, respects our body's innate and natural healing intelligence, which is light years beyond human comprehension. The philosophy emphasizes the knowledge that true strength derives not from muscle, body mass index, or cardiovascular endurance, but rather from cellular health. Accordingly Nature Cure is a life- style that purifies the cells and strengthens the anatomy, promoting beauty and wellness from the inside-out.

Naturelife Remedies International welcomes you to a powerful result oriented 7 days International Course on Self Healing which teaches you how to overcome illness, acquire more energy and physical stamina, and revamp your nutritional IQ. In addition, understand how safely and naturally allow your body to detoxify and how to maintain healthy body weight. Here you learn how to achieve inner balance both physically and mentally through Nature Cure and reap the countless external benefits of acquiring a whole new body.

“Whatever your health concern- from physical ailments in weight loss to overall wellness or increasing energy and stamina. Nature cure will provide you with answers and treatments methods so as to derive maximum health and well being.”

- *Cleans and Detoxify Your Body*
- *Throw Away Your Medications*
- *Become Your Own Doctor*

Why is that we shower and scrub our outer bodies on regular basis, and yet never give a thought to cleansing the insides? Nature Cure encourages the body to safely and naturally detoxify on its own, restores enzymes, and ensures the birth of healthy cells.










Daily Schedule

5:30 6:00 am : Shower; Enema detox ; Herbal juice
6:00 8:00 am : Yoga and Pranayama Breathing
8:00 9:00 am : Herbal nasal wash, eye wash, throat wash; sunbath
9:00 10:00 am : Break fast - fruits and coconut water
10:00 12:00 pm : Morning health lecture
12:00 1:00 pm : Lunch
1:00 2:00 pm : Personal Time
2:00 4:00 pm : Afternoon health lecture
4:00 6:00 pm : Sunbath; Hip bath or spinal bath; other treatments
6:00 7:00 pm : Dinner- fruits and coconut water
7:00 9:00 pm : Night Meeting



Self Treatment Programme

All participants will be given a ten day detoxification plan suggested by a team of expert Naturopaths. Treatment methods vary depending on the participant's age, medical history and diagnoses and includes the following techniques.

-  Hip Bath
-  Spinal Bath
-  Mud Pack
-  Wet Pack
-  Sunbath
-  Nasal Wash
-  Throat Wash
-  Eye Wash
-  Intestinal Detox (Enema)

Dietary treatments may range from fasting on coconut water, taking only fruit, or following the Nature Cure vegan diet. Be sure to bring all of your medications and supplements with you, as Dr. Jacob will assist you in gradually becoming free of allopathic prescriptions. All participants should pack lose-fit, light coloured clothing, shorts and T-shirts (for hip and spinal baths) and swimming suit.

Course Faculty

Dr. Jacob Vadakkanchery



Founder and Director of four non profit Nature Life Hospitals in Kerala, India, Dr. Jacob Vadakkanchery is recognized internationally for his naturopathic, health restoring philosophy, Nature Cure. Lecturing on the innate healing power of the body as well as its sacred way of naturally detoxifying and communicating with its person, Dr. Jacob's teachings cover the significance of listening to our bodies and achieving maximum health without the use of medications. He examines topics such as pain and illness including Cancer, AIDS and auto-immune diseases, as well as the dangers of allopathic treatments and health and medical myths. Indeed, with a reputation for curing even cancer, and for raising a constant fuss within the pharmaceutical industry, Dr. Jacob is renowned for his instinctive ability to diagnose physical problems simply by observing a patient's face. Yet, apart from pain and illness, the Keralite Naturopath derives a substantial following for his expertise in nutrition and his simply yet extraordinary weight loss advice. Considering the importance of vegetarianism and proper food combining, Dr. Jacob discourages dieting and nutritional supplements, and explains how to work with ones body, rather than against it. At present, Dr. Jacob's ambitions is to make the world aware of the harmful effects of drugs and to instill a deeper appreciation and understanding of our body's natural and unique healing system.

Programme Fee

The program fee will be 1000 USD (fee for Indian participants Rs 10,000/-) covers food and 10 days accommodation. Price also includes 100% natural soap, shampoo and toothpaste/powder, in addition to Enema bag neti pot(Nose wash) and eye wash cups.

Enquiry/ Registration

For details on Nature Cure, Visit us at www.naturelifehospital.org
Download brochure(PDF) from www.naturelife.in/pdf/selfhealingcourse.pdf
For Course booking and enquiry, please contact the course co-ordinator.

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