



Exclusive on

# LOWER GASTRO INTESTINAL DISORDERS



NATURE CURE AND  
YOGA CENTRE

VOLUME 22  
**2025**

# CHAIRMAN MESSAGE

SEPTEMBER 2025

## A MESSAGE FROM THE CHAIRMAN



Dear Friends,

It gives me great pleasure to share this special edition of our newsletter focusing on Lower Gastrointestinal Health. The digestive system is the cornerstone of our well-being, yet it remains one of the most neglected aspects of health until problems arise. Disorders such as Irritable Bowel Syndrome, Inflammatory Bowel Disease, and even colorectal cancer are no longer uncommon - they affect people across age groups and lifestyles.

As Chairman, I firmly believe that awareness is the first step toward prevention. By educating ourselves and our communities, we empower people to make better choices - from what they eat and how they manage stress, to when they seek timely medical care.

This year's World Digestive Health Day 2025, themed "Your Digestive Health: Nourish to

Flourish," reminds us of the simple but powerful truth that health begins in the gut. Balanced nutrition, adequate hydration, stress management, and regular exercise are not luxuries - they are essentials for a healthy life.

At our institution, we continue to promote a holistic approach that blends modern medicine with naturopathy, yoga, and lifestyle care. By addressing not only the body but also the mind, we can truly help individuals prevent disease, manage chronic conditions, and live with vitality.

I invite you to read this issue with care, reflect on its insights, and practice the recommendations in your daily life. Together, let us spread awareness and encourage healthier communities.

Warm regards,

**C.K. Danuka**

Chairman

Nature Cure & Yoga Centre





# EDITORIAL

SEPTEMBER 2025

## A MESSAGE FROM THE CHIEF MEDICAL OFFICER



Dear Readers,

Our digestive system is often called the “second brain” - and rightly so. It not only digests and nourishes us but also reflects our overall physical and emotional health. Yet, digestive disorders are on the rise globally, and India is facing a growing burden of conditions ranging from irritable bowel syndrome (IBS) to colorectal cancer.

This issue of our newsletter shines a spotlight on lower gastrointestinal health - a subject that affects millions but is often brushed aside until symptoms become severe. From common problems like constipation and haemorrhoids to chronic

conditions like IBD and celiac disease, digestive disorders impact quality of life in profound ways.

The encouraging news is that many of these conditions can be prevented or better managed with timely lifestyle choices: eating a balanced, fiber-rich diet, drinking enough water, managing stress, sleeping well, and seeking medical advice early. Complementary approaches like yoga, naturopathy, and mindful eating also hold great promise in supporting conventional care and nurturing the body’s natural healing mechanisms.







As we mark **World Digestive Health Day 2025** with the theme “Your Digestive Health: Nourish to Flourish,” let us remind ourselves that health begins in the gut. Small, mindful changes - whether it’s a simple yoga pose after meals, avoiding processed foods, or choosing fresh, local

produce - can go a long way in preventing digestive disorders and ensuring long-term vitality.

I encourage you to reflect on your own eating and lifestyle patterns. Nourish your gut, and it will nourish you in return.

To your gut health, Naturally yours

Warm regards,

Sd./-

**Dr. M. A. Rama Murthy**  
Chief Medical Officer  
Nature Cure & Yoga Center

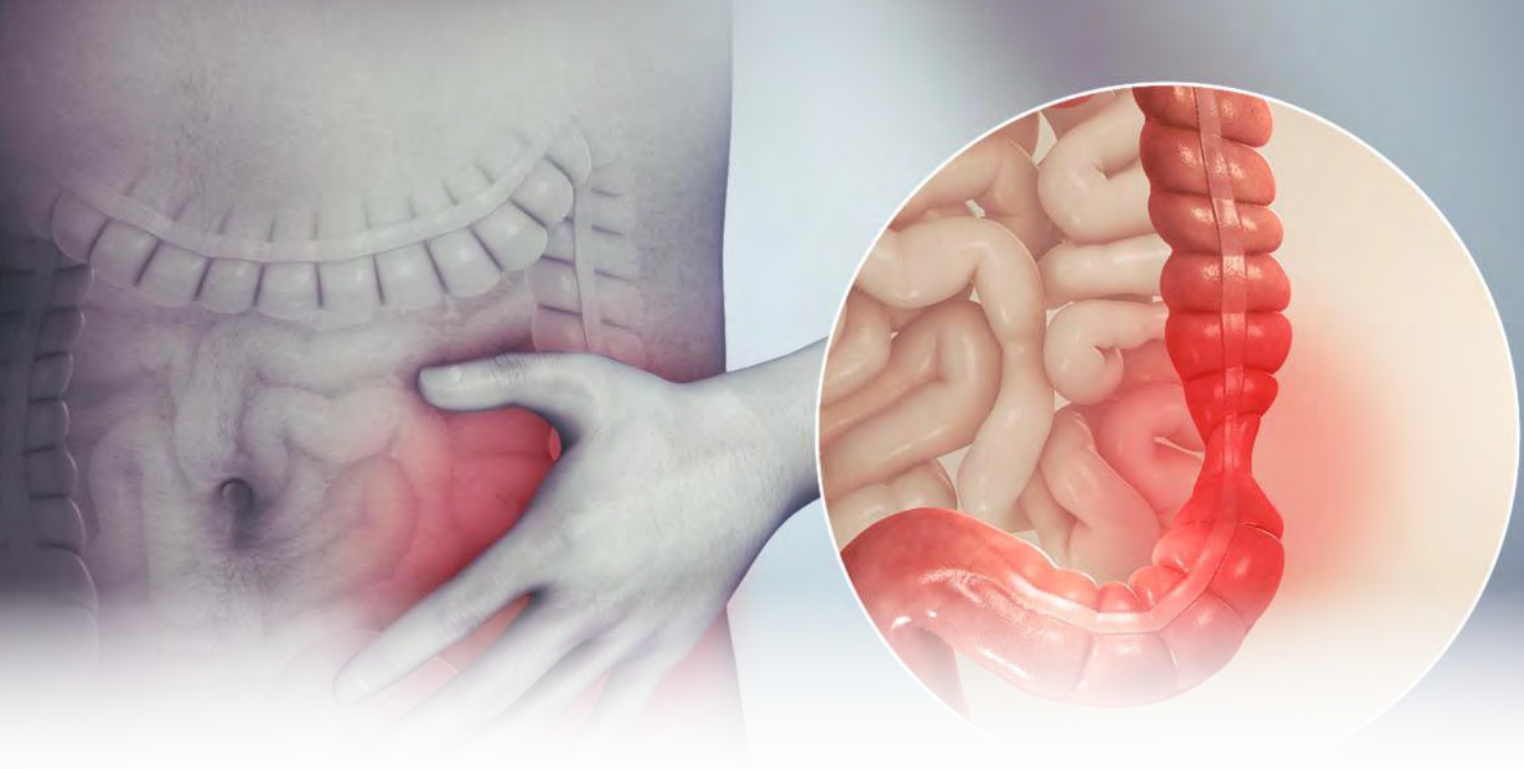
NATURE CURES Volume 22, 2025 Exclusive on

# GI GASTRO INTESTINAL

Lower Gastro Intestinal Disorders  
A Comprehensive Guide







# LOWER GASTRO INTESTINAL DISORDERS

The gastrointestinal tract is divided into two main parts: the **upper GI tract**, which aids in the early stages of digestion, and the **lower GI tract**, which includes the **small intestine (post-duodenum)**, **colon (large intestine)**, **rectum** and **anus**.

Lower GI disorders are common, ranging from mild functional issues like **IBS** to more

## ► Common Types

### 1. Irritable Bowel Syndrome (IBS)

A functional disorder characterized by abdominal pain, bloating, and altered bowel habits (diarrhea, constipation, or both). The exact cause is unknown, but factors like diet, stress, and gut-brain axis dysfunction are involved.

#### Symptoms

Cramping or abdominal pain,  
Bloating and gas, Diarrhea and/or  
constipation Mucus in stool.



Irritable Bowel Syndrome (IBS)



## 2. Inflammatory Bowel Disease (IBD)

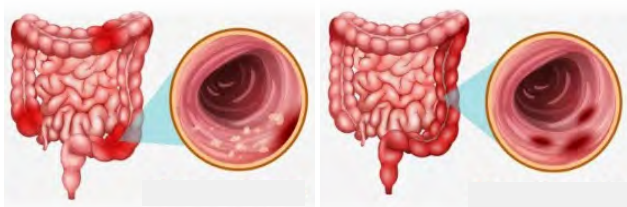
IBD includes two diseases that cause long-term swelling in the gut:

### • Crohn's Disease:

Can affect any part of your gut, causing pain, diarrhoea, tiredness, and weight loss. It happens because your immune system attacks your own gut. No cure, but medicine & sometimes surgery help.

### • Ulcerative Colitis:

Only affects the large intestine and causes stomach pain, bloody diarrhoea and urgency. Also caused by immune system attacking your body. No cure but treatments ease symptoms.



Crohn's Disease

Ulcerative Colitis

## Signs of IBD

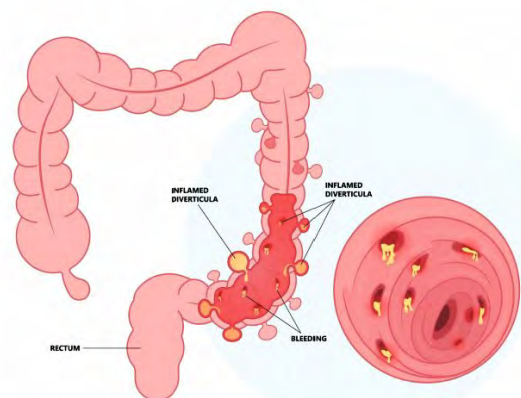
Long-lasting diarrhoea, belly pain, blood in stool, tiredness, weight loss.

## 3. Diverticular Disease

Small pouches can form in your colon (diverticulosis), usually no symptoms. But if these pouches get infected or inflamed (diverticulitis), you get pain, fever & bowel changes.

### Treatment:

Eat lots of fiber; antibiotics and rest if infected; surgery for serious cases.



Diverticular Disease





#### 4. Colorectal Cancer

Cancer that starts in the colon or rectum, often from harmless growths that turn cancerous.

##### Signs:

Blood in stool, weight loss, ongoing belly discomfort, changes in bathroom habits.

##### Treatment:

Surgery, chemotherapy, radiation. Early screening with colonoscopy is super important.

#### 5. Celiac Disease

Your body attacks your small intestine when you eat gluten (found in wheat, barley, rye).

##### Signs:

Ongoing diarrhoea or constipation, bloating, poor nutrition, sometimes skin rash.

##### Treatment:

Avoid gluten for life.

#### 6. Haemorrhoids and Anal Fissures

• **Haemorrhoids:** Swollen veins around your anus.

• **Anal fissures:** Small tears in the skin around your anus.

##### Signs:

Pain & bleeding during poop, itching.

##### Treatment:

Eat more fiber, use creams or warm baths & sometimes minor procedures.



Colorectal Cancer



Celiac Disease



Haemorrhoids



Anal Fissures





## ► Causes of Lower GI Disorders

The causes vary depending on the specific condition but often include:



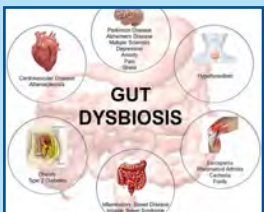
### CHRONIC INFLAMMATION

Seen in IBD (e.g., Crohn's disease, ulcerative colitis).



### FOOD INTOLERANCES

Lactose, gluten, and certain FODMAPs can trigger symptoms.



### GUT DYSBIOSIS

Imbalance of gut microbiota due to antibiotics, poor diet, or infections.



### GENETIC PREDISPOSITION

Especially in IBD and colorectal cancer.



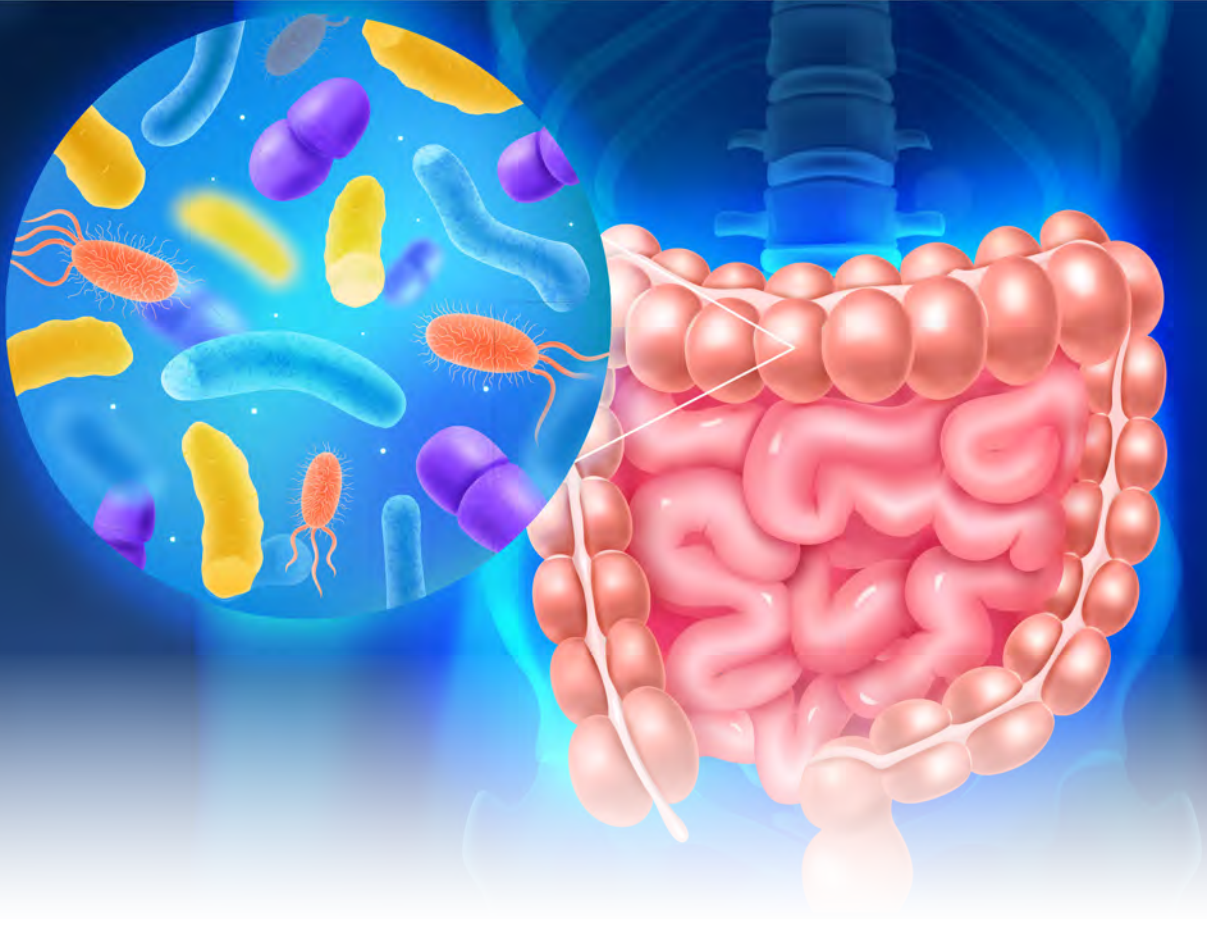
### POOR DIET

Low fiber, high sugar, and processed foods disrupt digestion.



### STRESS AND MENTAL HEALTH

The gut-brain axis is closely linked, and stress can exacerbate GI symptoms.



## ► Contributing Factors

Several lifestyle and environmental factors may contribute to the development or worsening of lower GI conditions:

- **Sedentary Lifestyle.**
- **Inadequate Hydration.**
- **Use of Medications** – NSAIDs, antibiotics, and some laxatives.
- **Smoking and Alcohol Use.**
- **Infections** – Bacterial or parasitic infections that alter the gut flora.
- **Hormonal Imbalances** – Especially relevant in women with IBS symptoms.



Sedentary Lifestyle



Inadequate Hydration



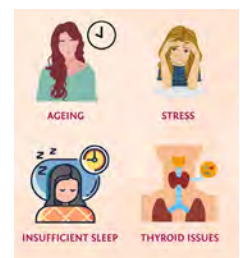
Use of Medications



Smoking and Alcohol



Bacterial Infections



Hormonal Imbalances





## ► Diagnosis of Lower GI Disorders

- Review of medical history and a physical exam.
- Blood and stool tests.
- Imaging tests like CT scans or MRIs.
- Endoscopy (e.g., colonoscopy).
- Tissue samples (biopsies), especially if cancer or IBD is suspected.

## ► Prevention and Lifestyle Tips

**Diet:** Eat a high-fiber, balanced diet and stay hydrated.

**Exercise:** Regular physical activity supports bowel health.

**Screening:** Regular colon cancer screening after age 45 (or earlier if there's a family history).

**Avoid smoking and limit alcohol:** These can worsen many GI disorders.

**Stress management:** Important for conditions like IBS.



Medical history & physical exam.



Blood and stool tests



Endoscopy



Tissue samples

### GUT HEALTH INFOGRAPHIC

#### WHAT TO DO FOR A HEALTHY GUT?



KEEP TRACK OF WHAT YOU EAT



GET ENOUGH SLEEP



EAT MORE FRUIT AND VEGETABLES



STAY ACTIVE

#### WHAT SHOULD BE AVOIDED TO KEEP THE DIGESTIVE TRACT HEALTHY?



LIMIT ALCOHOL AND BEER



AVOID STRESS



NO SMOKING



## Lifestyle hygiene

### How Sleep Affects Lower Digestive Problems

#### **Overview:**

Sleep quality and duration can strongly impact lower digestive issues like IBS, IBD, constipation, and diarrhea.

#### **1. Effects on Specific Conditions:**

##### **IBS:**

Poor sleep can make pain, bloating, and bowel changes worse. It also disrupts how the brain and gut work together, increasing stress.



Poor Sleep

##### **IBD (Crohn's & Ulcerative Colitis):**

Sleep issues are more common during flare-ups. Not enough sleep can raise inflammation and trigger symptoms.

Crohn's disease



Ulcerative colitis



##### **Constipation & Diarrhea:**

Irregular sleep can upset normal bowel patterns & worsen symptoms.

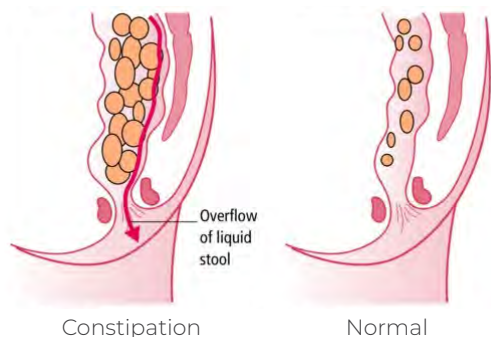
##### **Why This Happens:**

- ▶ Sleep affects gut movement, brain-gut signals, & immune function.
- ▶ Poor sleep raises stress hormones like cortisol, which can aggravate gut problems.





- It can also throw off your body clock and gut bacteria.



## 2. How Stress Hurts The Gut:

- Changes gut movement causing diarrhea or constipation.
- Makes gut nerves extra sensitive, causing pain.
- Alters gut bacteria, worsening inflammation.
- Affects the immune system, increasing gut inflammation.
- Makes the gut lining more “leaky,” triggering immune reactions.
- Disrupts brain-gut communication, increasing symptoms.

## Summary:

Stress triggers and worsens gut problems. Managing stress is important for controlling IBS and IBD symptoms.

## 3. How Food and Eating Patterns Affect The Gut:

### ► IBS:

Foods like fatty, spicy items, caffeine, alcohol, and certain carbs (FODMAPs) can trigger symptoms. Eating smaller, regular meals helps.





► **IBD:**

Avoid dairy, high-fiber raw fruits/veggies, spicy and fatty foods during flare-ups. Nutrient absorption can be poor, so diet must be tailored.

► **Diverticulitis:**

Fiber-rich diets help prevent attacks. Low fiber may be needed during flare-ups.

► **Constipation:**

Caused by low fiber, poor hydration, and irregular meals. Eating fiber & drinking enough water helps.



► **Diarrhea:**

Fatty foods, caffeine, and some sweeteners can worsen it. Avoid triggers and stay hydrated.

**General Tips:**

- Eat enough fiber (fruits, veggies, whole grains).
- Drink plenty of water.
- Keep regular meal times.
- Avoid foods you are intolerant or allergic to.
- Limit processed foods that can irritate the gut.

Good eating habits improve gut symptoms and quality of life. Poor diet often makes symptoms worse.







## Understanding Lower Gut Issues & the Gut-Brain Connection

**Lower gastrointestinal (GI) disorders** like Irritable Bowel Syndrome (IBS), constipation, diarrhea, and abdominal pain are influenced by the **gut-brain axis** - the two-way communication between your brain and digestive system.

**Nerves** (like the vagus nerve)

**Hormones** (like serotonin)

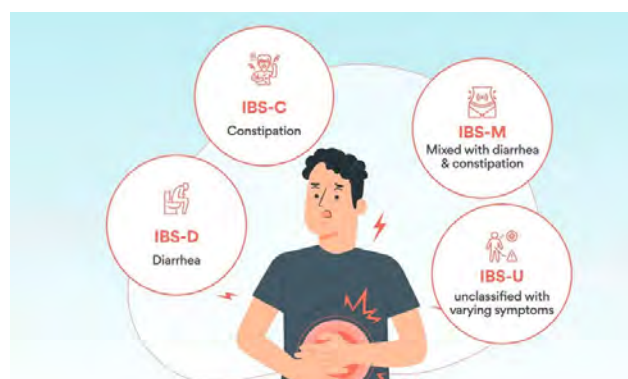
**Gut bacteria** (the microbiome)

If this communication is off, it can cause symptoms such as bloating, pain, diarrhea, or constipation. Stress, poor diet, inflammation, and unbalanced gut bacteria all play a role.



### Types of IBS and Gut-Brain Involvement

- ▶ **IBS-D (diarrhea):**  
Gut moves too fast, often triggered by stress.
- ▶ **IBS-C (constipation):**  
Gut moves too slowly.
- ▶ **IBS-M (mixed):**  
Alternates between diarrhea and constipation.
- ▶ **IBS-U (unclassified):**  
Not clearly defined.





## How Symptoms Develop (The IBS Cycle)

- Stress affects the brain.
- Brain sends upset signals to the gut.
- Gut becomes sensitive or changes how it moves.
- Symptoms like pain or diarrhoea happen.
- These symptoms cause more stress.
- The cycle repeats.

## Natural Ways to Help Diet & Supplements:

Eat low FODMAP foods to reduce gut irritation.

Use probiotics to balance gut bacteria.

Include anti-inflammatory foods like turmeric.

Use herbal remedies like peppermint oil to reduce spasms.

## Lifestyle:

- ▶ Manage stress with yoga, meditation, or therapy.
- ▶ Get regular exercise.
- ▶ Enough sleep.
- ▶ Stay hydrated.



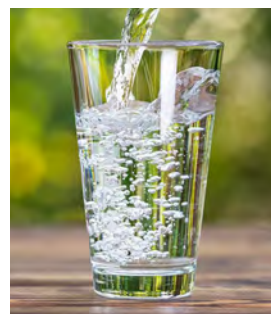
yoga meditation



regular exercise



Enough sleep.



Stay hydrated





## Naturopathic Approaches to Lower GI Disorders

Naturopathic medicine uses gentle, natural treatments to help the body heal itself. For lower digestive problems, this often includes changes in diet, herbal remedies, stress relief, and healthier habits. Both naturopathy and yoga aim to treat the root causes - like poor diet, stress, and lifestyle - through natural healing, yoga, and nutrition.

### A. Dietary Therapy

- ▶ **Whole-food, plant-based diet emphasizing**
- High-fiber foods (for constipation and IBS)



- Anti-inflammatory foods (e.g. turmeric, ginger, flaxseeds)
- Easily digestible meals (cooked vegetables, soups)
- ▶ **Elimination Diet**
- Identify and remove food triggers (dairy, gluten, processed foods, FODMAPs)
- ▶ **Probiotics & Fermented Foods**
- Yogurt, kefir, sauerkraut, kombucha (balance gut microbiota)

### Fasting and Its Types

- Short intermittent fasts to give rest to the GI tract
- Juice fasting (under supervision)





**Fasting can influence gastrointestinal (GI) health through several mechanisms.**

Mechanism	Potential Effect
Gut Motility	Fasting reduces motility, which may benefit diarrhea-predominant IBS, but worsen constipation.
Gut Microbiota	Fasting can alter gut flora, sometimes reducing inflammation or harmful bacteria.
Mucosal Healing	Periods without food can reduce mechanical stress on the gut, possibly aiding healing in IBD.
Reduced Gas Production	Less fermentation of carbs = reduced bloating and gas.
Hormonal Changes	Fasting affects ghrelin, insulin, and GLP-1, which influence gut function and inflammation.





## Fasting & Specific Lower GI Disorders

### 1. IBS

- **Possible Benefits:** Reduced bloating, less postprandial pain.
- **Risks:** Can trigger flares if fasting leads to irregular eating or high-fat bingeing post-fast.

### 2. IBD (Crohn's, UC)

- **Possible Benefits:** May reduce systemic inflammation (in animal and early human studies).
- **Caution:** Risk of malnutrition if disease is active; supervision is needed.

### 3. Constipation

- **Risk:** Fasting often reduces fiber and fluid intake, worsening constipation.
- **Tip:** Hydration and fiber during eating windows are key.

### 4. Diarrhea

- **Possible Benefit:** Gut rest during fasting can slow motility and reduce frequency.

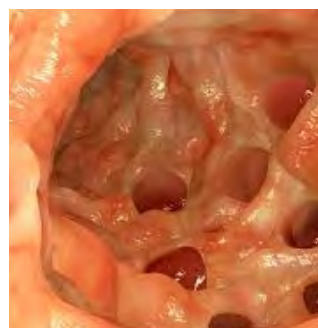
- **Note:** Important to maintain electrolyte balance.

### 5. Diverticular Disease

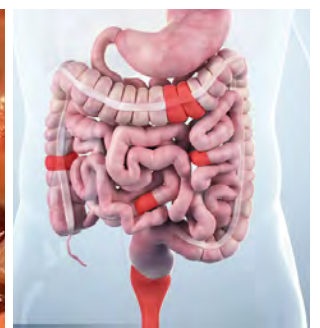
- **Neutral to Positive:** Short fasts may help during acute episodes by reducing pressure in the colon.



IBS



Diverticular Disease



IBD (Crohn's, UC)



## Cautions

**Dehydration:** Especially in dry fasting or if diarrhea is present.

**Electrolyte Imbalances:** Can be dangerous in chronic diarrhea or IBD.

**Nutrient Deficiencies:** If fasting isn't well-balanced nutritionally.

**Medication Timing:** Especially for those on anti-inflammatory or immunosuppressive drugs.

Fasting may be beneficial for some lower GI disorders, particularly by reducing inflammation, allowing gut rest, or altering the microbiome. However, it is not universally helpful, and certain conditions like active IBD or chronic constipation may worsen with inappropriate fasting patterns.

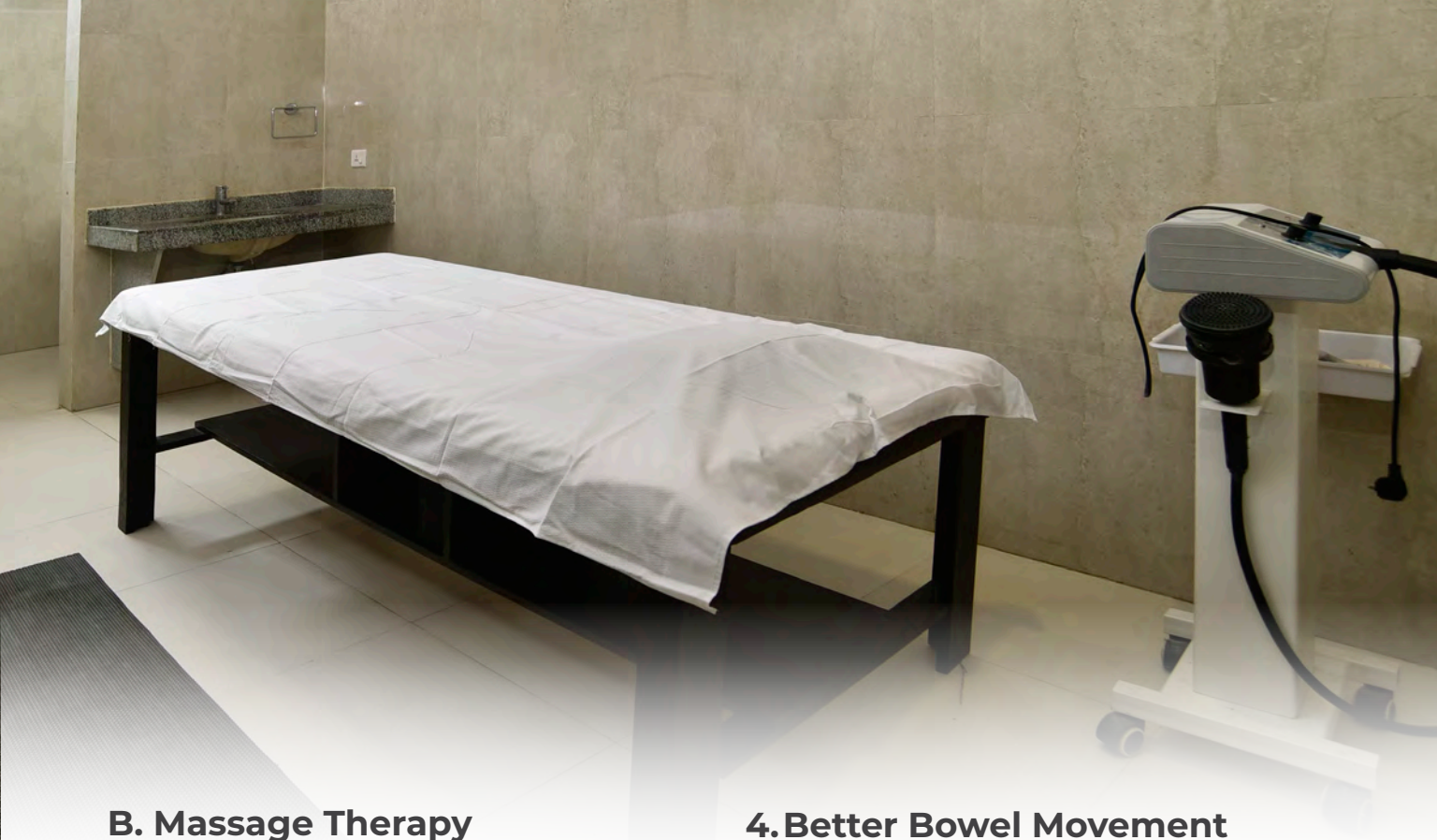


Nutrient deficiencies



Medication timing





## B. Massage Therapy

Massage therapy can help manage symptoms of lower gastrointestinal (GI) issues like IBS, constipation, and bloating, especially when these are related to motility or stress. While it's not a cure, it can support overall well-being.

### Key Benefits:

#### 1. Better Bowel Movement

- ▶ Abdominal massage (especially clockwise) helps stimulate digestion and ease constipation.
- ▶ It can speed up how quickly stool moves through the colon.

#### 2. Less Pain and Cramping

- ▶ Massage relaxes tight abdominal muscles.
- ▶ Gentle internal organ massage (visceral massage) may reduce pain sensitivity in the gut.

#### 3. Relief from Bloating and Gas

- ▶ Helps move trapped gas and ease pressure.

#### 4. Better Bowel Movement

- ▶ Stress can worsen GI symptoms.
- ▶ Massage lowers stress hormones and promotes relaxation.

#### 5. Improved Quality of Life

- ▶ Regular massage may improve sleep, reduce pain, and enhance well-being.

**Avoid If:** You have an active infection, recent surgery, or severe inflammation.



Better Bowel Movement



Abdominal Muscles Therapy





### C. Hydrotherapy

Hydrotherapy (water therapy) can help support treatment for some lower gastrointestinal (GI) disorders when combined with medical care and healthy lifestyle changes.

#### Conditions That May Benefit

##### 1. Irritable Bowel Syndrome (IBS)

- ▶ **Warm baths:** Help relax muscles, reduce cramping and constipation.
- ▶ **Contrast hydrotherapy:** Alternating hot and cold water may stimulate bowel movement.

##### 2. Chronic Constipation

- ▶ Hydrotherapy uses
  - **Colon hydrotherapy (colon cleanse):** May give temporary relief.
  - **Warm water enemas** to relieve severe or refractory constipation or impaction.
  - **Warm sitz baths:** Relax pelvic muscles, easing bowel movement.

##### 3. Diverticulosis (non-acute stage)

- ▶ Can reduce abdominal tension and discomfort.
- ▶ Avoid during flare-ups (diverticulitis).

##### 4. Inflammatory Bowel Disease (IBD) - Crohn's or Ulcerative Colitis

- ▶ Warm baths may relieve discomfort during remission.
- ▶ Avoid colon cleansing and aggressive methods.







## Packs

### ► Warm Packs

- Reduce pain and cramping
- Improve bowel movement

### ► Cold Packs

- Reduce inflammation during IBD flares

### ► Contrast Packs

- Stimulate circulation & digestion

## How to Use

- Hot: 15–20 min, 1–2x/day.
- Cold: 10–15 min during flare-ups.
- Alternating hot/cold: improves gut movement.

## Caution:

### Avoid Colon Cleansing During:

- IBD flares
- Severe inflammation
- Post-surgery recovery

Hydrotherapy (warm baths, packs, sitz baths) and mud therapy can offer comfort and support for some lower GI issues - especially IBS and constipation. They're not cures, but they may help with pain relief, stress reduction, and better bowel movement when used carefully and under medical guidance.





# YOGIC MANAGEMENT

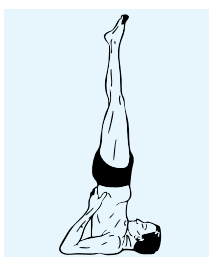
## 1. Yoga Postures (Asanas)

These help with digestion, bloating, constipation, and gut movement.

Condition	Helpful Poses
<b>IBS / Constipation</b>	Pawanmuktasana, Ardha Matsyendrasana, Vajrasana, Malasana
<b>Diarrhea / IBD</b>	Balasana, Supta Baddha, Konasana, Viparita Karani
<b>Hemorrhoids / Fissures</b>	Sarvangasana, Halasana (if tolerated), Mula Bandha



Vajrasana



Sarvangasana

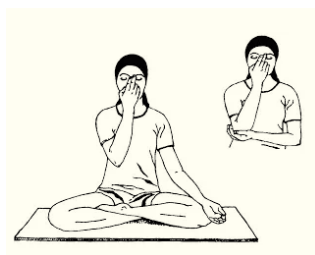


Konasana

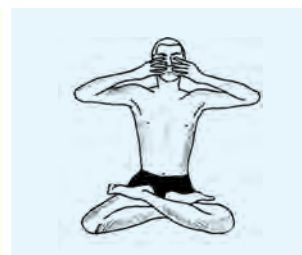
## 2. Breathing (Pranayama)

Calms the nervous system and gut stress:

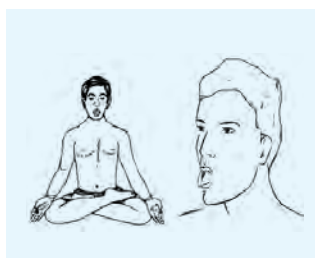
- **Nadi Shodhana** – Balances nerves
- **Bhramari** – Soothes anxiety and the gut
- **Sheetali / Sheetskari** – Cooling breath, good for IBD.
- **Avoid vigorous breathwork** (like Kapalabhati) during active flares



Nadi Shodhana



Bhramari



Sheetali



Kapalabhati



### 3. Cleansing (Kriyas)

Used for colon and digestive cleansing (only with guidance):

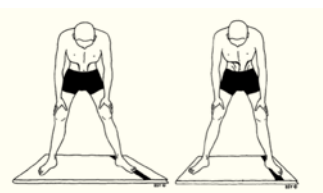
- ▶ **Shankh Prakshalana** - Full intestinal flush
- ▶ **Laghu Shankha Prakshalana** - Gentle version, helps constipation
- ▶ **Basti** - Yogic enema
- ▶ **Nauli Kriya** - Advanced abdominal massage



Shankh Prakshalana



Basti



Nauli Kriya

### 4. Meditation & Mindfulness

For reducing flare-ups and managing stress:

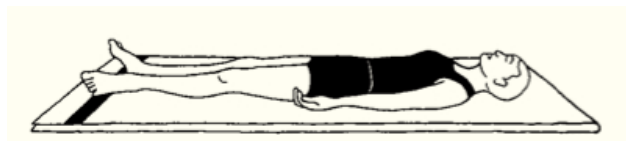
- ▶ **Yoga Nidra** – Deep relaxation
- ▶ **Mindfulness Meditation** – helps IBS & IBD
- ▶ **(e.g., Om)** – improves vagal tone



Meditation



Chanting



Yoga Nidra

Yoga and breathing exercises calm the nervous system, improve digestion, reduce stress and strengthen gut-brain communication. Meditation and mindful breathing can also ease symptoms.

### Final Note

Lower gut problems can be complicated, but managing them is possible with lifestyle changes, healthy eating, natural supplements, stress control, and medical help when needed. Naturopathy and yoga provide a holistic approach by healing both the body and mind.

### Important points:

World Digestive Health Day (WDHD) is celebrated annually on May 29, theme for 2025 is

**“Your Digestive Health: Nourish to Flourish”** — promoting the importance of good nutrition, hydration, and mindful eating to support digestive wellness and overall vitality to raise global awareness on digestive disease prevention, diagnosis, and care; encourage health-promoting habits like balanced diet, adequate fluid intake & stress management.

A recent WHO study projects 1.6 million new cases of gastric cancer in India, with *Helicobacter pylori* infection being a major risk factor. The rate of increase in gastric cancer cases in India is among the highest globally, particularly affecting younger populations.



# LOWER (GI) DISORDERS RECIPES





# MILLET RAVA UPMA



## INGREDIENTS

- 1 cup millet rava (e.g., little millet or foxtail millet semolina)
- 1 tbsp oil (coconut oil or cold-pressed sesame oil)
- 1 tsp mustard seeds
- 1-inch ginger, finely grated
- ½ cup carrots, finely chopped
- ½ cup spinach, chopped
- 2.5 cups water
- Salt, to taste
- Coriander leaves
- Lemon juice – 1 tsp(optional)

## INSTRUCTIONS

Lightly roast the millet rava on low heat until aromatic (3–4 minutes). Set aside.

### **Prepare the Tempering:**

- Heat oil in a pan. Add mustard seeds and let them crackle.
- Add grated ginger and sauté briefly.
- Add chopped carrots (and zucchini/spinach if using). Sauté for 2–3 minutes. Add a splash of water if needed and cook till slightly tender.
- Pour in the water and salt. Bring to a boil.
- Slowly add roasted millet rava while stirring to avoid lumps.
- Cover and simmer on low heat for 5–6 minutes or until fully cooked and water is absorbed.
- Turn off the heat, let it sit covered for 2 minutes.
- Add lemon juice and coriander if desired.

### **Low-FODMAP Tips:**

Avoid onion, garlic, and dals (like chana dal/urad dal), as they are high in FODMAPs.





# CARROT GINGER SOUP

(Indian Style)



## INGREDIENTS

- 2 medium carrots, peeled and chopped (1 cup)
- 1-inch fresh ginger, peeled and sliced or grated
- 1/2 tsp cumin seeds
- 1/8 tsp asafoetida
- 1/4 tsp turmeric powder
- 1 tsp olive oil or coconut oil
- 2 cups water
- Salt, to taste
- Fresh coriander or lemon juice, to finish.



## INSTRUCTIONS

### 1. Prep:

- Chop carrots and slice or grate the ginger.
- Deseed and chop green chili if using.

### 2. Sauté spices:

- Heat oil in a pan.
- Add cumin seeds; once they splutter, add ginger, turmeric, and a pinch of asafoetida.

### 3. Cook carrots:

- Add carrots and sauté for 2–3 minutes.
- Add water and salt.
- Cover and cook until carrots are very soft (about 15 minutes).

### 4. Blend:

- Cool slightly and blend the soup until
- Reheat if needed.

### 5. Finish:

- Add lemon juice and garnish with chopped coriander (optional).

Serve warm.



# TESTIMONIAL

Guestspeak

Life changing experience. If you want to reset your life and get a detox, this is the best place to do it.

Comfortable stay. Food is tasty yet medicinal. The discipline and nature is out of this world. Daily yoga and teachings are a must attend.

Highly recommend

— Avijit Sarkar



# TESTIMONIAL

## Guestspeak

Nature cure exceeded my expectations in every way. I went there mainly to detox and get away from the stresses of daily life, but I ended up learning so much more about my health and body. It was great experience meeting Dr Aishwarya the way she explained each an every health issues I was going through made me understand my body much better, the various therapies and yoga sessions. I felt cared for every step of the way.

The environment is perfect for healing - peaceful and filled with nature. I spent my mornings walking around the gardens and my afternoons in relaxing treatments. The staff were all so warm, loving, caring and welcoming always ready to help or answer your questions with a smiling face. The food deserves a mention too-it's incredible what they can do with simple, wholesome ingredients!

I left feeling lighter, clearer, and more motivated to live a healthier lifestyle. Nature cure Institute offers a truly unique experience, and I'd recommend it to anyone who wants to reconnect with their body and mind should at least stay for longer duration to feel the changes would definitely plan to visit this place atleast once or twice a year.

— Supriya Bhutoria







# NATURE CURE & YOGA CENTRE

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