

NATURE CURE

(One Year Home Study Course)

CATALOG

A WORD FROM THE DIRECTOR

Dear Friend & Prospective Student,

Thank you for inquiring about Nature Cure Institute & welcome to the exciting world of Naturopathy.

As we approach the year 2020 there is a steady increase in public interest & demand for natural healing. Naturopathy in particular is enjoying a great resurgence in popularity.

Today we are not only in the Nuclear Age but also the antibiotic Age. This is the dark age of medicine now a days there is much controversy over health care & concern about education. Nature Cure Institute can provide answers to many people. At this time, when good holistic health & nutritional advice is practically unavailable, you are in position to offer a very important service to your community. You can help others learn to live in balance with nature & take responsibility for their own health.

People of India are sick & tired of being ill! They are craving for information. You as a health counsellor can provide it & can make a good living.

Alternative health maintenance & nutrition are among the most stimulating & rewarding general interest areas of science today. Not only do more people want to learn about these fields, but there are more & more people looking for help in staying healthy. If you wish to provide such help, I invite you to examine our catalogue & to consider our Institute as the road to self fulfilment & a successful future. For the last 5 years we have found that these are topics which students can successfully study at home. For people who want to continue their education or change careers, I believe that home study is a viable alternative to traditional college education. For many, it may be the only option.

If you believe that you can take charge of your own health, that you can change your diet & lifestyle to become a healthier, happier person, then this home study course is for you. You have written at the perfect time. We have given all necessary details in this catalogue. After reading this if you have any questions please call our counsellor at (91-0253-2590444).

Thanks again for your interest in this important & fascinating science which has so much to offer mankind.

***JOIN THE INSTITUTE TODAY!
YOU WILL BE GLAD YOU DID!!***

WHAT IS NATUROPATHY?

Naturopathy is the treatment system of curing the diseases with the help of five elements of nature namely Earth, Water, Fire, Ether, & Air.

Naturopathy is based on the recognition that the body possesses not only a natural ability to resist disease but inherent mechanisms of recovery & self regulation. In practice naturopaths employ only agents upon which life depends & more or less as they are found in nature, such as water, fresh air, clay, natural food, sunlight, exercise etc. modern naturopaths also use methods such as acupressure, magnet therapy, massage therapy, acupuncture, herbalism etc.

The two basic principles of naturopathy are (1) There is one and only cause of disease : the accumulation of toxins in the body (2) It is Nature that heals, not the physician or medicines.

Naturopathy is a philosophy and a set of principles based on sciences that lead an extraordinary level of personal health and happiness.

It recognizes that personal health, environmental health and community health are parts of a whole Naturopathy teaches that the best way to achieve optimum health is right living, developing self-esteem & a positive attitude towards life, eating fresh, whole natural foods, exercising regularly, getting plenty of rest & sleep, getting plenty of fresh air & sunshine, learning to handle stress and avoiding all negative influences of life.

WHY IT PAYS TO BE A NATUROPATH?

Weary of being treated as mere machine, disgusted by various pathological tests & by innumerable medicines they are made to swallow every day, people are now looking for other simple & safer therapies. To all of them naturopathy is best alternative.

We all want to have control of our health but we do not have it. Almost everyone is overwhelmed and confused about their health as a result of never ending onslaught of different opinions.

But there is a whole world of possibilities open to us before there were doctors, dieticians, hospitals, costly machines or prescriptions pads, there was a Mother Nature ready to supply us with everything we need, not only to grow but also to maintain our bodies healthfully. The truth is we know that the elements of health are but we have forgotten how to use them & they are free.

Join our course, become naturopath and you can see that there elements of health are extraordinarily easy to incorporate into your lifestyle by using them you vastly improve your existence. Without harmful side-effects you get result for yourself quickly, effectively and pleasantly. In short, the most important advantage of joining our course is **MANY ADDED HEALTHY YEARS TO YOUR OWN LIFE.** The above reasons will suffice for the wise to take up our unique course and become health teacher.

If you are one of those people searching for a proper institute to learn naturopathy, you can start to celebrate right now because ours is the perfect institute for you.

ALL THAT YOU WOULD LIKE TO KNOW ...

Q : When was the NATURE CURE INSTITUTE founded and by whom?

A : It was founded in 1988 by Dr. Subhash K. Bhandari. Formerly it was known as 'Indian College of Naturopathy.' It is a private home-study institute.

Q : Who is Dr. S. K. Bhandari?

A : Dr. S. K. Bhandari practices as a naturopathic doctor in Nashik city. He has diploma in homoeopathy, naturopathy, magnet-therapy, acupuncture from various institutes in India and Diploma in homoeopathic Pharmacy, Doctorate in homoeopathy Diploma from medicina Alternativa Institute, Colombo. He has PG diploma of world famous Dominion Herbal College, Canada and has 'Chartered Herbalists' degree from it. He was also a recipient of silver plated shield of merit for his naturopathic Excellence. At his clinic in Nashik, he effectively combines various complimentary therapies like nature cure, nutrition, kneipp hydrotherapy, magneto therapy, acupressure, flower-remedies, wheat grass juice and has more than 20 years experience in treating the patients with safe, effectively, natural, non medical methods. In addition to maintaining a private holistic health practice he is columnist & author & has so far published 20 books on health care, good nutrition, exercise, fresh air, pure water and sunshine and has lectured widely on magnet-therapy. He is currently engaged in a research project to document the benefits of Wheat Grass juice and Magnet-therapy.

His Community involvement and affiliations have been:

President for Naturopathic Association, Nashik; Member and past joint Secretary, Indian Nature cure Practitioners Associations, Delhi. Member for Indian Board of Naturopathy, Lucknow, Nature cure practitioners guild, Mumbai, Homoeopathic Association, Delhi, international Homoeopathic Medical league, Geneva, Asian homoeopathic Medical League, India, International foundation of Homoeopathy, Colombo, American Natural Hygiene Society Inc., Florida and Alternativa Medical Foundation, U.K.

Q : What was the original purpose of the Institute?

A : The original purpose of the institute was and still is to popularise naturopathy and spread it all over India by leaps and bounds & to show to the people that both prevention and management of disease may be obtained without drugs. The purpose is also to make every man awake to the possibility of preservation of fitness by the power within him by obedience to the laws of nature. This will naturally tend to uplift the social structure of the society and create an atmosphere of hygiene and good health. Our course is designed in the belief that (a) Medical knowledge should not be the guarded secret of a select few, but should be freely shared by everyone (b) Ordinary people provided with clear simple information can prevent and treat most common health problems in their own home earlier, cheaper and often better than doctors (c) Informed self-care should be the main goal of the health programme.

Q : Is it possible to study by correspondence?

A : Yes, it is the ideal method of study in this day and age. You can study at the comfort of your own home and can select your own time for study by providing an opportunity for home study we give maximum freedom to our students. This approach helps motivate them to put extra effort into their studies & consequently learn more. It is our belief that home study is best alternative for many as it enables you to work at your own pace, as time allows and at a reasonable cost.

Q : What are your requirements for Admission?

A : Anyone with good general education and a commitment to naturopathy can apply for admission. We have an open admission policy. We feel that if you have the desire, self discipline and motivation to learn through independent study, you deserve a chance to earn our Certificate.

Q : What is the medium of the course?

A : The lessons of the course are in English & Marathi. Simple working knowledge is enough. However the books of the course are available in Marathi, English, Hindi & Gujrati. Our test questions can be answered in any of these languages.

Q : What are the learning tools?

A : To each student we provided a file containing 40 lessons & a set of 17 books, one video C.D. and Yoga, Acupressure charts which are retained by student. Lessons cover every aspect of nature cure while books are selected for their quality & authority and we have made efforts to provide texts which are enjoyable to read, not dry or academic. All books are current best sellers and they represent the most accurate resources for each subject. We continually review our curriculum, revising when necessary & making sure it meets the objective of the institute to promote a healthier life-style. To support our reading material various video tapes are shown at our clinic. All our course material will form the core of a personal reference library that will help you for years to come.

Q : When does course begin? What is its duration?

A : As this is a correspondence course, enrolment can be made at any time and the course will continue for 6 months. You are free to proceed through the course at your own pace, although we recommended that you do not try to rush. There is no time limit for completing your work.

Q : How much will my Education cost:

A : The complete course fee is Rs. 7500/- all fees are inclusive. This includes all of your books, lessons, the Certificate plus various postal expenses while you are a student. The fee is payable in lumpsum to 'NATURE CURE INSTITUTE, NASHIK' by cash/ M.O./ D.D. Fees are not refundable in the event of withdrawal for any reason.

The course fee is to be send along with the application & the complete study material is sent 15 days after the receipt of application.

The complete course fee for overseas student is US \$250. This is to cover the additional postage and handling costs involved. This amount may be sent by International money-order.

Q : What about the examination and award?

A : There are 3 objective type examinations during the course & one final examination at the end of the course. The objective exams are simply to help you & should not be sent for grading. The final examination consists of 3 test papers which if found satisfactory on evaluation; you will receive our Certificate.

Q : Will my course work be graded?

A : Yes, passing is 50% anyone making a lower grade will be given the opportunity to repeat the exam. After all your academic & financial requirements have been met you will receive a grade report along with embossed certificate which will entitle you to become member of Indian Naturopathic Association, Delhi.

Q : What can I do with my Certificate?

A : Our Certificate is an earned credential. It means that the student has good knowledge of naturopathy and has passed the final examination of the institute.

Our Certificate is not a passport for seeking the job, it makes a man understand the art of being healthy to help lead a happy life hence many of our students enrol with simply the goal of personal enrichment & to have opportunity to help family & friends live a healthy life.

In India, Naturopathy is recognized by Central Govt. by almost all State Govts. There is no special legislation pertaining to naturopathy & all trained persons have freedom to practice it. As there is no statutory legislation governing naturopathy and other alternative therapies many students practice it under to constitutional guarantee which permits anyone to practice anything for which there is no existing legislative control. Some practice it as a hobby while some take it as a career. So if you have wish to enter the alternative health fields, open to you are careers such (a) Naturopathic counsellor, (b) Holistic consultant, (c) Nutrition consultant, (d) Mangnetotherapist (e) Product retailer (f) Freelance writer specializing in health topics (g) Wheat grass therapist (h) Accupressurist. Once established a counsellor can reasonably expect to charge upto Rs. 200 to Rs. 300 per hour. In addition you will have an opportunity to help family and friends live a healthier lifestyle. The outlooks of our students are bright and growing brighter as worldwide interest in safe and natural health alternative increases.

Q : What about the affiliation of the Institute?

A : We do not have any affiliation from any university in India. However we have stamp of approval from INPA, Delhi which is active Association of Naturopaths, Regd. by Govt. we also have affiliation from Medicina Alternativa which is international scientific society on alternative medicine formed as per 1962. WHO Alma Ata declaration & accorded International recognition to make alternative medicine popular. Students of Nature Cure Institute, Nashik are now eligible for the Membership cum Registration from International Council for complimentary medicines, Lucknow (India). Each member of the Council will receive a beautiful bi-coloured Certificate which will entitle him/her to practice as a alternative medical practitioner in any part of the country as per the constitution of the council.

Q : What if I have inquiries after enrolment?

A : For this you may call 0253 - 2590444 & speak with the director or you will need to write to the director & all your questions will be answered individually by Dr. S.K.Bhandari.

Q : Any Seminars & practical work arranged for the students?

A : As Naturopathy is applied Science some practical exposure is necessary. Optional Clinical experience may be arranged for our students at many health clinics of our past students if travelling distance permits. Students are also informed about seminars on naturopathy held by Medicina Alternativa from time to time all over India. Video tapes showing various treatment procedures are also available with the Institute, and are shown to students.

Q : Do you publish any news letter?

A : In view to popularise Naturopathy we have started a division viz. Nature cure Publications to publish research bulletins, magazines, books on naturopathy. 4 books were already published & they are best sellers.

Q : I am an art graduate. Can I join your course?

A : Our course is for every health loving person. If a person wish to learn about the future of the health care not before it is too late & wish to protect himself & his family from out of date concepts no one can stop him from joining a course teaching the real health options.

SYLLABUS OF THE COURSE

Lesson No. 1	:	Introduction History & Philosophy of Naturopathy.
Lesson No. 2	:	Landmark in Nature Cure.
Lesson No. 3	:	General outline of the body as a whole. Notes on bony system
Lesson No. 4	:	Muscular System & Digestive System.
Lesson No. 5	:	Respiratory System Lymphatic System.
Lesson No. 6	:	Excretory System & Circulatory System.
Lesson No. 7	:	Reproductive System & Circulatory System.
Lesson No. 8	:	Endocrine Glands
Lesson No. 9	:	Organs of the Senses & the Teeth.
Lesson No. 10	:	Concept of Health & Disease.
Lesson No. 11	:	Urine Analysis - Blood Analysis - Recording of Blood Pressure - Normal Blood Pressure Values - Analysis of Cerebro-spinal Fluid.
Lesson No. 12	:	General Diagnostic Methods and case taking.
Lesson No. 13	:	Instructions on general physical examination including pulse taking, temperature recording.
Lesson No. 14	:	Pathology & Etiology.
Lesson No. 15	:	Bach Flower Remedies: Introduction & Philosophy

- Lesson No. 16** : Symptoms of 39 Bach flower remedies their doses - Repetition etc.
- Lesson No. 17** : Fasting: Efficacy of tasting - some Do's & Don'ts of fasting - Positive effects of fasting
- Lesson No. 18** : Mud treatment - use of earth as a remedy. Air Bath
- Lesson No. 19** : Chromo therapy, its method - Health giving properties of different colours.
- Lesson No. 20** : Massage therapy Efficacy of massage - some important instructions - Different methods of massage - Urine massage.
- Lesson No. 21** : Acupressure Therapy & Magnet therapy.
- Lesson No. 22** : Wheat grass juice - its efficacy - How to grow it & use if as natural medicine.
- Lesson No. 23** : Auto Urine Therapy and its different methods
- Lesson No. 24** : Heliotherapy - Efficacy of Sunlight as a remedy - How to use it- some important instructions.
- Lesson No. 25** : Hydrotherapy - Health giving properties of water - Hot baths - Cold baths - sit bath - Hip baths - Steam bath - Jet Spray Massage - Hot & cold packs - Notes on enema
- Lesson No. 26** : Dietetics : How to start eating - when to eat- what not to eat - proper diet - Natural balanced diet for health - Acid - alkaline & Acid forming foods.
- Lesson No. 27** : Vitamins & Minerals - their important natural sources.
- Lesson No. 28** : Row Juice Therapy
- Lesson No. 29** : Milk diet
- Lesson No. 30** : Use of Catheter & First Aid for different emergencies - Artificial Respiration.
- Lesson No. 31** : Drugless healings-Chiropractic - Osteopathy -Electrotherapy - Music therapy. Acupuncture - Vibrotherapy etc.
- Lesson No. 32** : Homoeopathy - Biochemistry - Has Homoeopathy place in Naturopathy?
- Lesson No. 33** : Home remedies - Their importance in these days -Treatment of common disorders with home remedies.
- Lesson No. 34** : Family Planning, Naturopathy in nutshell.
- Lesson No. 35 to 39** : Naturopathic treatment of different disorders. Nature cure for Acidity, Anaemia, Asthama, Arthritis, Allergy, Backache, Cancer, Common Cold, Constipation, Diabetes, Hair Disorders, Piles, High Blood Pressure etc.
- Lesson No. 40** : This is the final lesson. It deals with ethics of practice, How to launch yourself, Name and address of equipment manufactures, Equipments necessary for clinic, list of some very useful books for references, Addresses of some famous Naturopathic Health Clinics in India & abroad, Address of

WHO, Indian Naturopathic Association, Central Council for Research in Naturopathy, Different bulletins and magazines on Nature cure from abroad & in India. A project report on Naturopathy Hospital.

Some Credentials

Kshitij Patukale Delhi Writes - "Your course is something like a boom to my present life structure and thinking capacity."

Mr. S. S. Sehbi, Dehradun Writes - "I am very much satisfied by your course and only wish that everyone who is interested in keeping good health must do this course."

Col. Williams, Siachen Writes - "I must compliment the institute for a very fine insight in Naturopathy."

Mr. S. Edwards, Vijaywada Writes - "I have changed certain aspects of my life style after studying this course and enjoying sound health for the first time. I will encourage many others to join this course."

Dr Bharati Solanki, Pune Writes - "your course is very good mini training package for any layman for health without toxic drugs. It deserves the very widest attention. The course is good value for money. I recommended this unreservedly to every health loving person."

Mr. T. R. Jayaraman, Madras Writes - "On seeing the books and lesson, I feel that I should have joined this course some five years back."

Mr. B. Sasmal, Deputy Collector, Cuttack Writes - "Your course is small but right step for rejuvenation of the glorious Indian culture which was in tune with Nature."

Mrs. Savitri Kushwaha, Cochin Writes - Every page from your file is stimulating. Informative, highly readable contains something for everyone. Your course deserves to be made widely available in entire world. God bless you all.

Application Form
Nature Cure Home-Study Course

Nature Cure Institute

Shreeji Chambers, Tilak Path, Nashik - 422 001

Please enrol me as a student for your home study course in nature cure.

Name _____

Age _____ Sex _____ Occupation _____

Address _____

Pin _____ Phone No. _____

Educational Qualification _____

Allied Subjects (if any) _____

Medium for the Course _____

Books Required in _____

Marathi/English/Gujarti/Hindi

Why do you wish to Enrol in our Course?

Carrer Opportunity	<input type="checkbox"/>	Personal Health & Well Being	<input type="checkbox"/>
Further Knowledge	<input type="checkbox"/>	Ecological Reasons	<input type="checkbox"/>
To Save on Medical Expenses	<input type="checkbox"/>	To Help Other People	<input type="checkbox"/>
To Teach or consult	<input type="checkbox"/>	Further Motivation to Live Healthfully	<input type="checkbox"/>

Other Reasons _____

Payment Rs. _____ is Sent Herewith by

Cash/Money Order/Demand Draft No. _____

Tuition Fees

Complete Correspondence Course **Rs. 7500/-** or **US \$250** (for overseas students) to be paid in full with the application

Please make the remittance payable to

Nature Cure Institute, Nashik.

Signature _____

Date _____

(Fees are not Refundable under any circumstances)

For Office Use Only

R. Date _____

Regd. No. _____

A Message from the Secretary

Thank you for contacting us.

And welcome to Nature Cure Institute Nashik. We are thrilled that you are interested in this very special course & the remarkable benefits it offers you.

Your letter for our catalogue is itself the first step towards healthier & Productive Life. It is excellent beginning along the road to health.

There is no greater satisfaction than knowing you are taking positive steps to improve your life & health. The steps you take today will benefit you for the rest of your life. The best time to start your new, healthier life is now. This course is designed to prepare you the student to qualify as a natural health teacher. Our teaching methods & the arrangement of lessons have proven to be very successful. Apart from the financial gains to be had as a naturopathic counsellor, our course is also useful for those who would like to use the healing forces of nature in their own house in order to have more positive health & for those who wish to live more rationally & naturally. Our course is open to all age groups from 18 years to as young as one feels. You are never too old to start a new beginning.

Admission to our institute will provide you with tremendous life time benefits for a very small investment.

If you have missed joining any regular medical course & have inclination to serve humanity do join our course. Bringing health, happiness & prosperity to others will give you the greatest pleasure & satisfaction of a full rich & rewarding life.

Join the Institute today. When you are part of something this good, your life will never be the same.

Best wishes for good health

May Health Always be your Goal & Your Reward