

# डॉ. लाजपतराय मेहरा न्यूरोथेरेपी अँकेडेमी सूर्यमाल

## ANNEXURE 2

Dr. Lajpatrai Mehra's Neurotherapy –  
Introduction and uniqueness – in English



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# ***DR.LAJPATRAI MEHRA'S NEUROTHERAPY***

The following pages describe in brief, a radical new approach to healing, abbreviated as LMNT, which has, over the past decade, been showing phenomenal success in more than 650 centres all over the country. The main purpose is to motivate the reader to give this therapy a serious thought. More details can be furnished on request.

LMNT stands for Dr. Lajpatrai Mehra's Neurotherapy, a non-medical therapy named after its founder-creator, Sri. Lajpatrai Mehra of Mumbai. Sri. Mehra, has been treating people and perfecting the technique for the past 60 plus years. In 2004, he was awarded an honorary degree of Doctor of Science by World Zoroastrian College, *in appreciation of his service to society*.

## **Basis of the therapy**

LMNT is like yoga, an experiential therapy\*, whose results have been confirmed by treatments given to several patients on repeated occasions all over the country. The therapy has been found to stimulate glands and the internal organs. Glandular secretion takes place only when there is proper nervous stimulation, in addition to proper blood supply. So it is theorized that this therapy streamlines the working of the nervous system, probably through stimulation of synaptosomes on the skin. Hence since 1976, this therapy came to be called *Neurotherapy*, to denote a therapy dealing with the nerves and glands.

Some of the most important assumptions of Neurotherapy (LMNT) are :

- From the knowledge of the process of conception, it can be easily understood that the Nabhi or navel is the epi-centre of the body. Disturbance in the relative distance between the navel and the internal organs will show up as pain or hardness in one or more places around the navel, when palpated in a special fashion. This pain indicates disturbance in blood/lymph/ nerve supplies to one or more internal organs, esp. the organs of digestion.
- As a rule, deficiency in blood/nerve supply to any part manifests itself *primarily* as a pain in one or more locations in the body, with perhaps a few exceptions. All body organs are programmed *to* function *normally* until they do not receive proper blood supply / appropriate nervous signals, as the case may be. Pain around the navel means improper blood supply to the organs of digestion which means their normal function will be hampered. This means the end products of digestion would not be made properly.
- All enzymes and most hormones are made from amino acids while some are from cholesterol. Improper digestion and assimilation means proteins or fats will not be digested properly. This, in turn, would mean improper production of hormones and/or other body chemicals. When this goes on for a long time, the body would go into a diseased state. This is why we say that improper

digestion is the root cause of almost all chronic diseases. In LMNT we stimulate the nerves and improve the supply of blood to the organs of digestion and this starts the healing process. The rest is done by the body itself.

- LMNT divides general symptoms into two main categories – those due to *acidosis* and those due to *alkalosis*. We theorize that these symptoms indicate a disturbance in the chemical composition of the body fluids / ECF.
  - The following symptoms are classified as being due to acidosis since they are associated with a decrease in fluid content in the body. Examples are: constipation, very hard stools, piles, low BP, dry hair, blocked nose, yellow urine with burning sensation, scaly skin, itchy dry rashes etc. It has been observed that these symptoms are generally found in persons who drink less water. Such people usually have pains on the left side of the navel/body.
  - Conversely, symptoms associated with increased fluid content are considered to be due to alkalosis. Prominent examples are: loose motions, high BP, running nose, white colour-less urine, etc. Most people with such symptoms usually have pains on the right side of the navel/body.
- LMNT postulates that acidosis or alkalosis can change the texture of the skin or hair etc., and can even influence the tonicity of muscles and for this we require proper flow of blood.
  - For example, dry hair or dry skin is associated with other symptoms of acidosis while 'weeping' rashes with watery exudates, edema (swelling) etc are associated with alkalosis.
  - Acidosis causes muscles to become loose and is one of the causes for varicose veins, piles, prolapse of uterus etc., while alkalosis causes muscles to tighten such as is associated with spasticity, cramps etc.
  - Smooth flow of blood is dependent on the state of relaxation of muscles, be it the smooth muscles of the walls of the blood vessels, or other muscles in the body. Alkalosis is associated with high BP, while acidosis is related to Lo BP.
- It is well known in Yoga that both nostrils do not function similarly; breathing through the left nostril cools the body and promotes anabolism, while right nostril breathing heats up the body and promotes catabolism.
  - In a similar fashion, it is Dr. Lajpatrai Mehra's unique discovery - based on observation on hundreds of patients - that both the kidneys, the ovaries and the medullas (the interior part) of the adrenal gland do not perform identically. Some examples are :
  - When we stimulate the left kidney we find it reduces symptoms of acidosis the burning sensation goes away, the urine becomes whitish; blocked nose clears up; while when we stimulate the right kidney, weeping wounds dry up, watering in the nose reduces dramatically. In fact this treatment is so powerful that if we stimulate the left kidney in a person with running nose his nose will start to water so much that

even thick towels cannot contain the watering. We do not recommend anyone to try this experiment, however we confirm that this can be demonstrated effectively.

- Pain in the left ovary region is associated with heavy flow in menses; while pain in right ovary region usually accompanies scanty flow during menses. We say that left ovary produces estrogen predominantly, while right ovary produces more of progesterone. Most auto immune disorders are due to hyper activity of the thymus; and it is known that estrogen inhibits the thymus gland. To inhibit thymus, we stimulate the left ovary to produce estrogen and we have found that a number of patients of auto immune disorders get benefitted immediately. This strengthens our belief that the left ovary produces estrogen primarily.
- When we apply a special type of pressure on both sides of the spine between T6 – T8 vertebra, we have found it to stimulate the adrenal medulla. We have found that stimulation on the left side mimics the action of epinephrine and causes bronchodilation. This technique is used to open up a blocked esophageal / cardiac sphincter or the urinary sphincters too.
- Conversely when we wish to cause vasoconstriction or closure of valves, or blood vessels etc. as in case of varicose veins, we stimulate the right adrenal medulla, by applying similar pressure BUT only on the right side of the spine.
- Neurotherapy views the findings of physiology from a different angle. Our view is that whenever any disorder arises because a particular gland does not secrete a particular chemical, or it does not perform a particular function adequately, then all we have to do is to stimulate the gland appropriately.
  - For example, it is known that Kupffer cells of the liver are responsible for destroying pathogens in the blood. So we stimulate the liver by LMNT technique and in most cases, we have found it to bring down fevers due to ANY CAUSE within A FEW DAYS. This treatment has been found extremely beneficial in treating malaria and jaundice in a number of persons.
  - This treatment is very simple. We recommend to our students that this treatment should be taught to villagers in malaria-prone areas prior to the onset of monsoon, as a preventive measure. It will be a boon for controlling outbreaks of these diseases in rural areas.
  - By the same token, by stimulating the liver in small doses, we are able to bring good relief to patients of jaundice, typhoid and even in cases of hepatitis and liver cirrhosis etc.
- To cure viral / bacterial infections, all that we have to do is to stimulate the spleen, the thymus, the lymph nodes etc. This is the LMNT basis for treating infectious diseases and it has been found to be extremely beneficial.
- Some more assumptions & FAQs, based on Dr. Mehra's observations and study of the principles of physiology, are presented later on.

Based on meticulous observation, what started as a series of assumptions four decades ago in Mumbai, has subsequently been repeatedly confirmed on lakhs of patients all over India in the past decade. This explains the continued success of the therapy.

**NOTE :** The word 'experiential therapy' in relation to LMNT was coined by the stalwart Dr. Raghavendra Kulkarni, All India president of Arogya Bharati, meaning a therapy whose results and knowledge are borne by experience OF HUNDREDS OF PEOPLE and not by laboratory experiments .

The next most important factor influencing the functioning of muscles is body posture – a fact which is recognized and corrected by yoga through asanas. In Neurotherapy we give a combination of certain specific techniques known as MRTs (Muscle relaxing techniques) to relax the muscles in the region.

### **Diagnosis and treatment techniques**

- By experience over the years, Dr. Mehra has located 16 specific points of pain around the navel and the hip. Removal or reduction of one or more of these pains results in a sense of well-being, which is confirmed by the patient. Cure is effected when this duration of the feeling of well-being becomes progressively longer and longer until the person is totally free from all his symptoms. Backed by study of physiology, Dr. Mehra has correlated combinations of these pain points with different symptoms associated with different diseases.
- Based on practical observation and experience, Dr. Mehra theorizes that one of the reasons for pains around the navel is a reduction in the quantity of, or obstruction to the flow of, blood and/or lymph, to one or more of the internal viscera in the region. An organ deprived of adequate blood for a prolonged period of time, will naturally lead to a diseased state. A simple but effective technique similar to palpation, helps to ascertain the region of pain.
- Deficiency of blood to any one region(s) must be accompanied by an excess blood flow to some other region(s), since the blood volume cannot physically diminish/increase erratically, except in case of an accident or a hospital procedure. Therefore, any technique which can divert the flow of blood from region(s) of excess flow to region(s) of deficit flow should bring results of some kind or other.
- So the first step in diagnosis is to palpate and look for hardness / tenderness / pain in the LMNT pain points.
- The next logical step is to select from a set of pre-determined set of formulas already formulated by the treatment protocol developed by Dr. Mehra, involves application of pressure on pre-determined areas of the body, in a specific sequence and for a specific time period, typically 6 seconds. When this is repeated a certain number of times, it is found to relieve pain in specific areas. It is theorized that application of such pressure diverts the flow of blood and/or lymph to the desired region.

## Determination of the location for application of pressure

Since the LMNT technique addresses itself to reducing the pains in and around the navel, it stands to reason that even for the same person, the treatment protocol will necessarily have to change after a few days, depending upon his pain points for *that* day. This is exactly what makes Neurotherapy so unique. Likewise, the same treatment may be required to be given to different persons with different ailments, but who have the same pain points.

A detailed discussion of the formulas and their use is available in Dr. Mehra's book titled *Neurotherapy Ved*. However, the basic principles are outlined here.

As said earlier, the navel is the centre of the body. It can be demonstrated again and again, beyond any doubt, that pressure applied on both legs, between the groins and the ankles relieves pains above the navel, while pressure applied on the arms or forearms up to wrists relieves pains between the navel and the perineum. Likewise, pressure on the left arm or leg relieves pains on the right side of the navel and vice-versa.

With this knowledge, it is possible to work out different permutations and locations to accurately relieve pains in specific areas around the navel. By doing so, the blood/nerve flow to an organ is restored, which in turn stimulates the organ to normal functioning, without recourse to any medicines. Being of a practical nature, the actual manner in which pressure is to be applied is to be learnt from any of the students/teachers who have gained experienced in the therapy by taking training from Dr. Mehra or his team.

Disorders and symptoms due to acidosis are accompanied by pain on the left side of the navel; hence they are treated by applying pressure on different places on the right arm and leg etc; while symptoms due to alkalosis are treated by applying pressure on the left arm and leg, since they are accompanied by pains at or more places on the right side of the navel. We give a few examples :

- Two persons may be suffering from headache, one may have headache due to acidosis and another due to alkalosis, then the treatments would be different.
- An example of this is seen while treating vomiting. We find that a person who has greenish vomit - meaning his system is depleted of bile, an alkaline product - would have to be treated for acidosis, while a person with whitish vomit means that his system is depleted of HCl and so would have to be treated for alkalosis. Needless to say that this is borne by patients' symptoms
- Similarly, a person with a particular disease/symptom may be required to be treated differently on different days depending upon his constitution on that particular day.

This is the uniqueness of this therapy, which takes into account the personality of the individual. We have even found that the treatment for left frozen shoulder or left eye squint is different from the treatment for right frozen shoulder or right eye squint.

### How to judge the efficacy of LMNT treatment

Before we start the treatment we check the LMNT pain points of the patient and then again, after treatment we once again check the same pain points. And it can be demonstrateds time and again, that the pain/hardness/tenderness in one or more of the pain points is reduced, as affirmed by the patient. And this is how the efficacy of LMNT is proved instantly.

### Duration of treatment

In most cases, regular treatment produces almost a permanent relief from the ailment. Duration of treatment varies from person to person, depending upon the person's constitution; the average being between a week to 10 days for ordinary ailments, to about a year or more for chronic ailments.

### Results

In this technique, the emphasis is not on curing the symptoms alone; the success of the therapy lies in the fact that the body organs are gently stimulated so that they automatically start resuming their original functions all by themselves. When taken for a number of days, LMNT treatment has been seen to bring about a substantial improvement in the quality of health.

Due to the above methodology, it is not surprising that LMNT is able to bring enormous relief in almost all patients. Most patients claim that their hunger and sleep is much improved, and they have a better energy level than before treatment. Excellent results have been seen in a wide range of ailments over the past six decades. Yet, we enumerate only a few where success has been obtained in a reasonably short period:-

- All types of gastric problems, including peptic and duodenal ulcers.
- Various menstrual/gynaecological disorders such as irregular periods, pain during menses and *including* hypo-plastic uterus, ovarian cysts, uterine fibroids etc.
- Normalization of blood pressure, blood sugar level, serum cholesterol, serum uric acid, including an improvement in  $T_3, T_4$  levels and a corresponding reduction of TSH levels.
- Over the last decade, a number of patients with gall stones or kidney stones, prolapse of uterus etc have been benefited through LMNT treatment, all over the country, without recourse to surgical procedures.
- In addition, LMNT has had extraordinary success in bringing a substantial improvement in the quality of life of children with various disorders branded as 'incurable.' This list includes mental retardation, Down syndrome, Fanconi's syndrome, Attention deficiency disorders, (ADHD) dyslexia, ataxia, fits, autism epilepsy etc.

### Points to be remembered during diagnosis & treatment

1. Application of pressure cannot be done in a random sequence. The general rule for proper peristaltic movement, is: **right follows left** – i.e., first stimulate the organs on the right side of the navel and then stimulate the organs on the left side of the navel. A reverse order can cause constipation; and is to be



resorted to **only when** we wish to arrest the peristalsis, eg., as while treating frequent loose motions.

2. Pains on specific sides of navel are associated with opposing symptoms. Pains on the left side of the navel are accompanied by one or more symptoms of acidosis; while symptoms of alkalosis are accompanied by pains on the right side of the navel.
3. Removal of the pains by appropriately diverting the blood flow, cures most associated symptoms. As a corollary to the above observation, Dr. Mehra theorizes by saying that *both ovaries and both kidneys perform different functions, since pain in these regions are associated with contradictory symptoms.*
4. In patients with high BP, pain is seen in the region of the flesh just above the right kidney and this is often accompanied by whitish watery urine, while pain on the opposite side is associated with yellow concentrated urine, which may sometimes produce a burning sensation, corroborating our contention that it is a symptom of acidosis.
5. In chronic cases, mixed symptoms and pains may be found. Hence, even for the same disease and/or person, the treatment will be different. For example a diabetic who normally has loose motions will be given a different treatment on the day when he has constipation, and both treatments will be found to be effective in reducing his blood sugar.
6. In LMNT, disorders due to infection and those due to inflammation are to be treated differently. When we stimulate the area of the sternum just above the thymus gland, it is found to increase immunity and is found to benefit patients suffering from infectious disorders. So it is theorized that this region stimulates the thymus gland.
7. But when we stimulate the area of the back between the sixth and twelfth thoracic vertebra, in a particular fashion, it is found to reduce inflammatory conditions. We strongly believe that this treatment stimulates the adrenal cortex. It has been found that stimulation of the thymus in inflammatory conditions, or stimulation of the adrenal cortex in infections aggravates the situation.

There are a number of other situations in which treatments on opposite sides of the body produce diametrically opposite results, which can be demonstrated on any normal person repeatedly with identical results. Hence it may not be wrong to claim LMNT to be a scientific procedure, because the same results can be duplicated even by new-comers.

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Some more unique features of Dr. Lajpatrai Mehra's Neurotherapy (LMNT) are:

1. It sets right the root-cause, i.e., *the tendency of the body to become diseased*, by correcting the internal organs, so that they start functioning normally.
2. LMNT has its own methods of diagnosis, but also integrates the information from modern investigations, such as blood tests/ X-Ray reports etc.



3. It uses the findings of medical physiology, but views them from a uniquely different and refreshing approach, one that negates the use of medicines or drugs.
  4. Being a medicine-less therapy, it has **absolutely no side-effects** and is inexpensive.
  5. The therapy is simple to learn and can be practiced by all.
  6. It can even be taught 'en-masse' to people of all ages.
  7. The therapy is scientific in that its methods can be repeated over and over again, with identical results, which have been proved on hundreds of patients all through the country.
  8. The results can be duplicated - irrespective of the therapist's age, sex, height, body-weight etc. An 8-year old kid can produce the same results as a 25-year old youth.
- Neurotherapy also lays emphasis on modifying one's diet and lifestyle.

#### FURTHER IMPORTANT ASSUMPTIONS OF LMNT DIAGNOSIS & TREATMENT

- Most diseases arise in the body due to one or more of the following reasons :-
    - i. Imperfect functioning of the glands;
    - ii. or the chemicals produced by the glands are either less or more than normal;
    - iii. or the chemicals do not reach their intended place in the appropriate quantity or appropriate time.
- If we set right the root cause, the disease will become OK by itself.
- If food is not properly digested, then some portion of what we eat may appear in its original form in stools. It is Gururji's unique discovery that this is the main cause for all major diseases.
  - Pain in the solar plexus region is associated with almost all disorders, meaning improper blood supply to the region of the abdominal aorta. If we can reduce or remove the pain in that region, the patient will automatically get better. The LMNT code-word for that region is 'Pan'. We find we can treat several diseases by stimulating 'Pan' in different number of times/ways.
  - If the lungs, kidneys and abdomen (i.e., the digestive system) function properly, then no disease can arise in the body.
  - Many diseases arise due to the disturbance of the acid-alkali balance in the body fluids. An increase in acidic components in blood, can cause pain in the organs of the left side of the body; an increase in alkaline components leads to stiffness of the muscles and leads to incurable disorders. So in LMNT our emphasis is on restoring this balance of body fluids.
  - The Nabhi or navel is the epicentre of the body. We stimulate different glands either by rubbing or pressing or by applying pressure at specific locations for a specific time, in a specified sequence. By doing so, the gland which was not working properly earlier, starts functioning normally and the disease becomes OK. Barring a few exceptions, the pressure is applied exactly for 6 seconds and this timing should be strictly adhered to.\* (See note below)
  - In our body, several important chemicals are produced at two or more organs (locations). If a major part becomes diseased, then the required chemicals will

not be made. Then we stimulate the alternate organ by LMNT, to produce that chemical, causing regression of the disease.

- We stimulate the pituitary gland to set right several endocrine disorders, because the pituitary gland exerts control on several organs / glands.
- All hormones of the body are made only from three types of raw materials – cholesterol, tyrosine amino acid and proteins. For proper production of these three materials, it is necessary that the digestive system should be all right. Setting right the digestive system is the hall mark of LMNT diagnosis and treatment and thus hormonal imbalances are corrected.
- Insufficient production of any of the chemicals of the brain, causes disorders of the central nervous system. Then we stimulate the nervous system of the intestines and thus set right the diseases of the brain. (See explanation at the end.)
- Only vitamin K and folic acid are made in the body. All other vitamins are to be procured only from food. And for this too, it is essential that the digestive system must be all right.
- We treat viral/bacterial infections by stimulating the spleen, thymus and the lymph nodes. But for these to be effective, it is essential that the digestive system should be OK.
- When the cells of the thymus gland become hyper-active, they start destroying the cells of the body tissues, which is known as auto immunity. Diseases due to this are known as auto immune disorders. Such patients are usually treated by giving steroids. LMNT has control over the adrenal gland, which suppresses the thymus. So in LMNT we treat such diseases by stimulating the adrenal cortex, which produces steroids within the body, which have no side effects.
- It is LMNT's unique discovery that both the kidneys, the ovaries and the medullas (the interior part) of the adrenal gland have different functions. Some examples are :

Left kidney	Filters 80% acid	Right ovary	Produces 80% progesterone
Right kidney	Filters 80% alkali	Adrenal Medulla Left	Produces 80% epinephrine
Left ovary	Produces 80% estrogen	Adrenal Medulla Right	Produces 80% norepinephrine

\* Note : For example, in Cancer patients (2) Pan, given for exactly 6 seconds each, has been found to reduce the size of certain tumors dramatically. We postulate this is due to the production of somatostatin, a chemical known to destroy tumors. But, in place of 6 seconds, if we mistakenly give treatment for 12 seconds each, it will become (4) Pan instead of (2) Pan. It has been found that this does not benefit reduction of tumours. We theorize that this treatment stimulates glucagon, which will increase blood sugar and may give more energy to the cancerous cells and this may harm the patient.

### SOME FAQs on Neurotherapy

Q. Why do diseases arise in the body, according to LMNT ?

We say that diseases are caused because of one or more of the following reasons –

- 🌈 Disturbance in acid-base balance due to non-uniform functioning of both kidneys.

- ✚ Genetic disorders are due to defects/deficiencies in the mother/fetus during pregnancy
- ✚ Vitamin deficiency which is caused by poor digestion and absorption of nutrients. This can happen when the intestines are sluggish, often as a side-effect of medicines.

Or

- ✚ Hypo activity of any gland / organ (it is functioning less than normal )
- ✚ Hyper activity or excessive secretion of chemicals by any gland or organ
- ✚ Chemicals not reaching their intended or target tissues or organs.

Reasons for Chemicals not reaching their target tissues may be one or more of the following:

- ✚ Improper digestion or UDF – this will deprive glands of raw materials;
- ✚ The corresponding stimulating chemical or hormone from the controlling gland is not available (e.g. releasing hormones of the hypothalamus to the posterior pituitary or absence of order from the pituitary gland to the thyroid gland ) etc.
- ✚ The organ or gland may not be receiving proper supply of blood
- ✚ The organ may not be receiving proper stimulation.

(UDF stands for appearance of undigested food in stools)

Q. How do we cure diseases through LMNT ?

In Neurotherapy we use different methods:

- ✚ By applying pressure at specific points for a fixed time and in appropriate sequence - the blood supply to specific organs are increased or diverted.
- ✚ Stimulating certain glands by means of short jabs, or by massaging or stretching certain parts or muscles of the body.

Neurotherapy does not cure symptoms alone; it attacks the root cause.

- ✚ First of all digestion is rectified and the stomach is set by tackling UDF problem.
- ✚ Then treatments are given to eradicate pain in the respective pain points of LMNT.
- ✚ To dissolve clots Heparin treatment is given.

By these methods, the organ or gland which was not functioning properly will start functioning properly and the disease is eradicated.

Q. What is the importance of the nervous system of the intestines, in LMNT ?

The nervous system of the intestines is called as enteric nervous system.

**Importance** – Our brain has 100 billion neurons which produce 12 major chemicals by which the various activities of the body are coordinated. There are neurons in the intestines also which produce the same chemicals as produced by the brain. But there only 100 million neurons in the brain, so the chemicals produced in the intestines are much less in quantity.

There is an arrangement of capillaries called Blood brain barrier, which prevents entry of other chemicals or medicines into the brain. In disorders of the brain, the brain does not function normally. Insufficient production of any of the chemicals of the brain, causes disorders of the central nervous system. Then we stimulate the nervous system of the intestines through LMNT and thus set right the diseases of the brain.

{ For example, in Parkinson's disease, the brain is unable to produce dopamine. Then we stimulate the intestines, which will produce dopamine in smaller quantity, which gives some relief to the patient. By and by the glands start functioning better; thus the function of the brain also starts improving and thus the patient gets a substantial improvement. }

Q. In allopathy, whether it is headache or any other disease, most patients are given similar medicines and they are expected to take the same medicine for 5 to 7 days. But in NT, even though many persons may have headache, they may be given different treatments

and for the same person different treatments may be given on different days. How is this possible ?

*This statement is very true and it is the secret for the success of LMNT.*

In allopathy, the names of the diseases are related to their symptoms. When a group of symptoms appear at the same time and in many patients, then it is given a particular name of a disease. This is so, because when the doctors discuss among themselves, the common name helps them to recollect all the symptoms associated with the disease - so that they can prescribe the appropriate medicine easily.

In Allopathy the relief brought about is mainly symptomatic. The treatment stops after relieving the symptoms, which does not correct the situation. In LMNT, we rectify the functioning of the organs/glands of the body which removes the root cause of the problem. The emphasis is not on eradicating the symptoms alone.

Whatever be the name of the disease, all the diseases are caused due to improper functioning of only a handful of organs/glands of the body. And it is this root cause i.e., - *the malfunctioning of one or more of the glands/organs* - which manifests in different persons as different symptoms.

Again, the same person may have different symptoms on different days; but closer investigation will reveal that the root cause is one and the same, i.e., malfunctioning of one or more of a handful of organs.

This can be understood by the following example. If food is not digested properly in the stomach, then the patient may get headache on one day, or he may pass gas on another day, or he may have loose motions or vomit or he may experience burning sensation in the chest. Or he may experience several of these symptoms on the same day even.

Going by the nomenclature (name), headache is termed as *migraine*, passing of gas is called *flatulence*, loose motions as *diarrhea*, chest burning sensation as *acidity* and so on; and for each symptom different medicines will be prescribed. Though the symptoms are different - their root cause is the same i.e., indigestion. Therefore the treatment given in LMNT to treat indigestion, will eradicate all the above symptoms. *This is the uniqueness of LMNT.* Symptomatically it seems there are 4 different disorders, but by curing *one root cause*, we not only prevent a relapse of these 4 symptoms, but also prevent the possibility of other associated diseases.

Based on the same logic, we can understand why for the same person with a particular disease, different treatments may be given on different days.

*LMNT treatment improves the functioning of the body organs.* After each day's treatment the constitution of the body changes from the previous day. This is the reason why a different treatment based on the pain points of that day may be needed the next day.

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Q. Is it possible that by LMNT treatment, we can kill bacteria or viruses ? If not, explain how, without killing bacteria, we cure infectious diseases by LMNT.

There is no necessity to kill the virus or bacteria by medicines. Our body possesses this power. There are millions of viruses in our environment and newer strains are being constantly discovered; so killing a few of them by medicines is not going to solve the problem.

When a person's body is invaded by a virus or bacteria, the real problem is not the virus or bacteria; the root cause is the lowering of immunity in the body. All that we require to do is to strengthen the immunity.

This cannot be achieved by medicines. Antibiotics which are given to kill the bacteria, not only kill harmful bacteria but they also attack those helpful bacteria which are necessary for the body; thus lowering the body's immunity all the more.

For example, if we are asked to shorten a line without erasing any portion of it, then what should we do? Drawing a bigger line beside the original line will make it appear shorter, isn't it? This is the same logic adopted while formulating treatment for bacterial or viral infection by LMNT.

Strengthening of the body's immune system can be best done by the body only. Our body has many cells which release powerful chemicals that are capable of destroying the external pathogens e.g. natural killers, gamma globulins, immuno globulins, interleukins etc. Apart from this, the thymus gland, spleen and lymph nodes have special WBC's called lymphocytes which are responsible for the body's immunity. In LMNT, we stimulate the appropriate glands so that our body's immune system is strengthened. So no bacteria or virus can bring harm to the body. The important point is that all this is done without destroying the helpful bacteria of the body. This is how LMNT is successful in curing viral/bacterial diseases. -

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Q. How does LMNT cure disorders due to vitamin deficiencies, without giving any medicines ?

Except for vitamin K B<sub>12</sub> and folic acid, no other vitamin is synthesized by the body. So, the deficiency of vitamins can be rectified only by consuming food rich in such vitamins. But mere consumption of food rich in vitamins and nutrients is not enough. What is more important is that food should be digested properly and absorbed by the body. Only when they are properly absorbed can vitamins A, B<sub>12</sub>, D, K etc can be stored in the liver.

The hormones in our body are produced from three basic raw materials i.e., *cholesterol, tyrosine amino acid and proteins*. And for these to be properly produced, digestion of food is of utmost importance.

If there is UDF, it means proteins are not being digested properly. In absence of raw materials, some hormones and enzymes may not be produced in the desired quantities. Easily identifiable symptoms of poor digestion are : pain in 'Gas' point, or cuts in the tongue etc. Vitamin tablets or hormonal supplements cannot rectify the digestive system. So the body cannot make proper use of these supplements, in the absence of the required hormones and enzymes, even though the person is consuming vitamin tablets.

*Rectifying the digestive system is the hallmark of LMNT.* This is why LMNT is able to cure diseases due to nutritional or vitamin deficiency, without administering any medicines.

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Q. Why is it that many major chemicals in the body are prepared in more than one place. How does Neurotherapy use this information to treat diseases?

Based on deep understanding of the working of Mother Nature, Dr. Mehra explains that important chemicals are produced at two or more places in the body as a survival mechanism, to ensure that death does not occur from lack of a chemical due to malfunction of the organ which is *primarily* responsible for producing that chemical. Though the quantity of chemical produced at the alternative site may be less, it is sufficient for survival till the main organ resumes its function.

For instance, erythropoietin and heparin are two indispensable chemicals without which survival will be at stake. Erythropoietin is necessary for production of RBC's, while hewparin is necessary for preventing unanted blood clots. Therefore the production of these chemicals takes place by two or more organs so that if any one organ is not functioning properly then the other organ will produce these chemicals till the main organ becomes normal so that death is prevented.

*Erythyropoietin* – 85 % of it is produced in the kidneys and 15% in liver. The function of this chemical is to stimulate the bone marrow to produce RBC. In case of kidney malfunction, non-production of RBC will cause deprivation of Oxygen to all the organs of the body, finally



leading to death. During such time we stimulate the liver by LMNT technique, to produce erythropoietin but in smaller quantity so that it will sustain activity till the kidneys take over. *Heparin* – 85 % by the lungs and liver; the remaining 15% is produced in each every cell of the body. Lack of heparin will result in clots in the arteries and veins which may lead to ischemia and ultimately death.

Apart from these two chemicals, Dopamine, Serotonin, Norepinephrine and other neurotransmitters are produced mainly in the brain and to a small extent in the intestines and other places. Though these chemicals are not necessary for survival, they are essential for coordination of functions of different glands and organs.

When there is a shortage of chemicals from the brain, as in brain diseases, we stimulate the intestines and have been able to bring a temporary relief till the function of the brain gets improved and it starts producing the necessary chemicals.

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**Important rules for healthy living to be followed by all:**

*The following rules may be remembered while having food or drinking water:*

- i. Take breakfast after a minimum gap of 45 minutes after cold water bath.
- ii. Chew food well so that it is mixed thoroughly with saliva.
- iii. Do not drink water while eating any solids.
- iv. Avoid salt, sugar and papad or have it in small quantity.
- v. Keep away from tea, coffee and items made from maida (refined flour).
- vi. Drink water at regular intervals, up to a maximum of 2 litres daily. But do not drink water immediately after having tea, coffee, milk or fruits such as water melon.
- vii. Have plenty of seasonal fruits and vegetables mainly those grown in your region.
- viii. Keep away from non vegetarian food, liquor, drugs, cigarettes, tobacco etc.
- ix. Those who have pains in the body should avoid sour items of food such as tomatoes, tamarind, curd, butter milk etc. till pain subsides.

*The following rules may be remembered at the time of going to bed and on getting up:*

- i. Have a light dinner; go to bed only after two hours after food. However one should go to bed latest by 10.30 pm.
- ii. While lying down, first lie down sideways and later lie on your back; while getting up, turn sideways and later get up with the support of the palms/hand.
- iii. While sleeping, ensure that both the mind and body are relaxed. Do not sleep with your head beneath your elbow. Sleep with your legs fully stretched out for proper circulation.
- iv. Sleep with windows open for ventilation. Always sleep in complete darkness.
- v. Arise while it is dark; i.e., wake up before sunrise.
- vi. After getting up, chant God's name and arise with positive thoughts.
- vii. Do not get out of the bed in a hurry. Sit for at least 10-15 seconds before getting out of bed. If you wish to drink cold water, wait for a short while before having it.
- viii. In all seasons, take bath only in cold water. Have breakfast after a minimum gap of 45 minutes after bath.

ix. *As far as possible, avoid items made from maida, sugar, salt and papad because:*

Maida is extremely fine, has no fibre or roughage and so causes constipation. Also, it forms a fine paste which may tend to adhere to the walls of the stomach and the intestine. Thereby the digestive juices cannot come out properly. Hence food cannot be digested properly. This is the root cause for chronic disorders.

Sugar in excess quantity may lead to Diabetes Mellitus. Papad and other such snacks contain extra salt which is harmful. Salt in excess leads to high BP.