

Get Healed Without Drugs  
(Simple practical steps to curing sicknesses and  
diseases permanently without drugs)

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## **Table of Contents**

Preface	5
Healing Through Revelation Knowledge	7
Nature Cure	10
Fasting – The Cornerstone of Natural Healing	11
Enema	18
Menstrual Disorders	20
Arthritis	29
Diabetes	38
Habitual Abortion	47
High Blood Pressure	57
10 Cancer Symptoms Most People Ignore	67
7 Surprising Ways You’re Destroying Your Health	71
10 Health Benefits of Honey	77

To God Almighty – *Our Great Physician*

## **Let Nature Heal You Now**

In this book you will learn how to...

- 1.** Depend on nature's gifts and provisions for a healthy living.
- 2.** Use food and water to heal yourself of sicknesses and diseases.
- 3.** Stop fighting against yourself (in the course of battling to be treated, you still unknowingly eat things that cause / contribute to the growth of the sickness).
- 4.** Maintain your health through simple daily practices.
- 5.** Guard against sicknesses and diseases.

## **Preface**

Nature cures... People often wonder what this means. Can nature truly cure? How can this happen? What does nature cure? How do I access it?

Some patients are just too tired of living. The simple reason is because drugs have failed to restore their health. They are just waiting for the end to come either by a miracle, which would restore their ailing system to normalcy or an end to their suffering by death. If euthanasia were to be an easy decision, especially in nations it's permitted by law, many patients would have chosen it. Why? Just because they want to put an end to their sufferings... they'd trusted physicians, they'd spent their life's earnings on therapies, and they'd religiously adhered to and observed medical advice, which included strictly adherence to regular drug intake. But all failed them. Some have even been unwittingly and subconsciously initiated into drug abuse.

Some sick people live on drugs. They've been placed on medication for life and though they're tired of it, they can't help but continue if they must keep breathing and hoping to get healed someday.

Some of such persons keep wondering: *how do I stop the stranglehold of drugs (medications) on my life?* This last query was the state of a man (my friend's customer) who had been a chronic Activan user for six straight years due to high-level high blood pressure, until we met in November 2012.

In my quest for answers to these questions (a few of which I've asked before), my knowledge of Applied Biochemistry led me to stumble on naturopathy – the processes through which nature cures sicknesses and diseases without drugs. Nature cures... through natural foods' intake, exercises and principles governing healthy living.

I welcome you to study, learn and *faithfully* practice these simple steps. They will free you, family, friends and neighbours from the devastating torment of sicknesses and diseases. They will also stop drugs from siphoning your hard-earned money!

Drugs treat... yes. But not always... And when they do, you will need to recover twice. First, from the sickness; next, from the effects of the drugs. You may have heard that every drug is a potential poison. This is true!

Discover the safest ways to healthy living here. And note: your healing depends not just on studying this but in practicing it religiously.

P.S.: This is not an attempt to ridicule the medical profession in any way. It will never be! The steps you will learn in this book are results of proven research work. However, you must understand that it's your choice what to do with it.

*“Nature cures, not the physician.”*

--- Hippocrates

## **Healing Through Revelation Knowledge**

On a bright Saturday mid-morning in November 2012, my friend Tony and I went to see his customer, who had been on clinical medication, drugs to be precise, for six years running. He had been suffering from severe high blood pressure (hypertension), which had crippled his business, kept him indoors and virtually inactive for a long time. That day marked the end of an era of severe clinical militancy in his life.

When I told him he would have to go off drugs and allow nature to heal him, he was skeptical. I guessed this was because he didn't understand the phenomenon. But the moment he heard me say, "If you believe..." his mien changed. I'm so thankful to God that we went there in His name, and He caused the man to see us from that light.

Later in his testimony the man recalled, "When Mike spoke those words, '*If you believe,*' it was like a pastor speaking. I believed."

He believed, and today, he's not just healed but celebrating. Nature cured him. It's all God's glory, I must say here!

Nature cure is a way of life. It is a simple process which involves the correction of bodily disorders, restoration and maintenance of health through elements God has provided free in nature. The body has powers to cure, and what you eat, how and when you eat it matters. Nutrition is the major problem of human life. Man can enjoy perfect health by proper regulation of eating, drinking, breathing, bathing, dressing, working, thinking, and other social activities on a normal and natural basis.



Though this book is recommended for everyone who desires to restore health structure and function, it will be especially important to only that person who is tired of drugs and their highly tasking side effects.

# 1

## Nature Cure

Nature cure is a constructive method of treatment. Its objective is to remove the basic cause of disease through the use of elements freely available in nature. It is a system of healing as well as a way of life. Nature cure is based on the truth that a man born healthy and strong can stay as such when he lives in accordance with the laws of nature.

Even when born with a disorder, putting to the best use the natural agents of healing can eliminate the disorder. Nature cure believes that disease is an abnormal condition of the body resulting from violation of natural laws. Every such violation demands a price on the human system, and this is not always a sweet experience. Sunshine, fresh air, proper diet, exercise, scientific relaxation, constructive thinking, prayer, meditation and the right mental attitude all play vital parts in maintaining a sound mind in a sound body.

## 2

### **Fasting – *The Cornerstone of Natural Healing***

Fasting refers to the complete abstinence from food for a short or long period for a specific purpose. It is nature's master remedy. Fasting is nature's oldest, most effective and yet least expensive method of treating disease. The practice of fasting is one of the most ancient customs followed by virtually all religions. The accumulation of waste and poisonous matter in the body which results from overeating has been identified as the common cause of all diseases.

Only one remedy can heal every disease – doing the opposite of what causes it, i.e. reducing food intake or fasting. Whenever the body is deprived of food, all elimination organs such as the kidneys, bowel, skin and lungs are given opportunity to expel the overload of accumulated waste from the system. Thus, fasting is merely a process of purification; an effective and quick method of cure.

Fasting is for the healthy and sick alike.

### ***What Fasting Does...***

1. Fasting assists nature in her continuous effort to expel foreign matter and disease-producing waste from the body.
2. It helps in correcting faults of improper diet and wrong living.
3. It leads to regeneration of the blood as well as the repair and regeneration of the various tissues of the body.

### ***Duration of Fasting***

Long fasting periods can be dangerous if undertaken without professional guidance. The duration of the fast depends on 3 things:

1. Age of the patient
2. Nature of the disease
3. Type of drugs previously used.

It is therefore advisable to undertake a series of short fasts of 2 to 3 days, and gradually increase the duration of each succeeding fast by a day or so. The period however, should not exceed a week at a time.

This will enable the chronically sick body to gradually and slowly eliminate toxic waste matter without seriously affecting the body's natural functioning.

After the fast, a balanced diet and a correct mode of living will restore vigour and vitality to the body.

## ***Methods***

### **Juice Fasting**

The old classic form of fasting was pure water fast. Today, leading authorities on fasting agree that juice fasting is the best, safest and most effective fasting method, far superior to water fast. World-famous authority on nutrition, Dr. Rangar Berg notes, "During fasting, the body burns up and excretes huge amounts of accumulated waste. We can help this cleansing process by drinking alkaline juice instead of water while fasting... elimination of uric acid and other inorganic acids will be accelerated, and sugars in juices will strengthen the heart... juice fasting is, therefore, the best form of fasting."

Juice must be prepared from fresh fruit immediately before drinking. Don't use canned or frozen juice!

Fresh juice may be diluted with pure water. Total liquid intake should be approximately 6 to 8 glasses.

### ***Precautions***

- 1.** In all cases of fasting, complete emptying of patient's bowels must be carried out at the beginning of the fast. This is done through enema (I will describe this process later). It removes gas or decomposing matter formed from excrement remaining in the body from bothering the patient.
- 2.** Patient must get as much physical rest and mental relaxation as possible during the fast because a lot of energy is spent in the process of eliminating accumulated poisons and toxic waste materials.
- 3.** Discontinue fast if dizzy spells, diarrhoea and vomiting occur and persists. Give cooked vegetables containing adequate roughage such as spinach and beets until the body functioning returns to normal.
- 4.** Take only very simple exercises like short walks during fasting.

5. A warm water or neutral bath is advised during the period. Avoid cold baths!
6. Sun and air baths should be taken daily.
7. If sleeplessness occurs during fasting, use a warm tub bath. Hot water bottles at the feet or drinking 1 or 2 glasses of hot water can also put patient to sleep.

### ***Benefits of Fasting***

In practically all kinds of stomach and intestinal disorders and in serious kidney and liver conditions, fasting is highly beneficial. Various nervous disorders respond favourably to fasting, and it holds the only hope of permanent cure in many cases.

Generally, no harm comes to fasting patients, provided they take rest and are under professional care. However, fasting should not be resorted to in every illness. Long fasts will be harmful in cases of diabetes and advanced stages of tuberculosis.

During a long fast, the body feeds on its own reserves, i.e. it burns and digests its own tissues. But this is not indiscriminate. Diseased, damaged, aged

or dead cells and tissues are decomposed and burnt first. This speeds up the building of new and healthy cells.

Food digestion and utilization of nutrients are greatly improved after fasting. All the vital physiological, nervous and mental functions receive a normalizing and stabilizing effect after fasting.

### ***Breaking Fast***

Success in fasting depends largely on how it is broken, and this forms the most significant phase. Observe these rules for a successful breaking of fast...

1. Do not overeat
2. Eat slowly
3. Chew your food thoroughly
4. Take several days for the gradual change to your normal diet.

You will feel no discomfort if you plan transition to eating solid foods carefully. Be sure to continue to take rest during the transition period. Don't jump



immediately into heavy activities like work. The right food after the fast is as important as the fast itself.

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