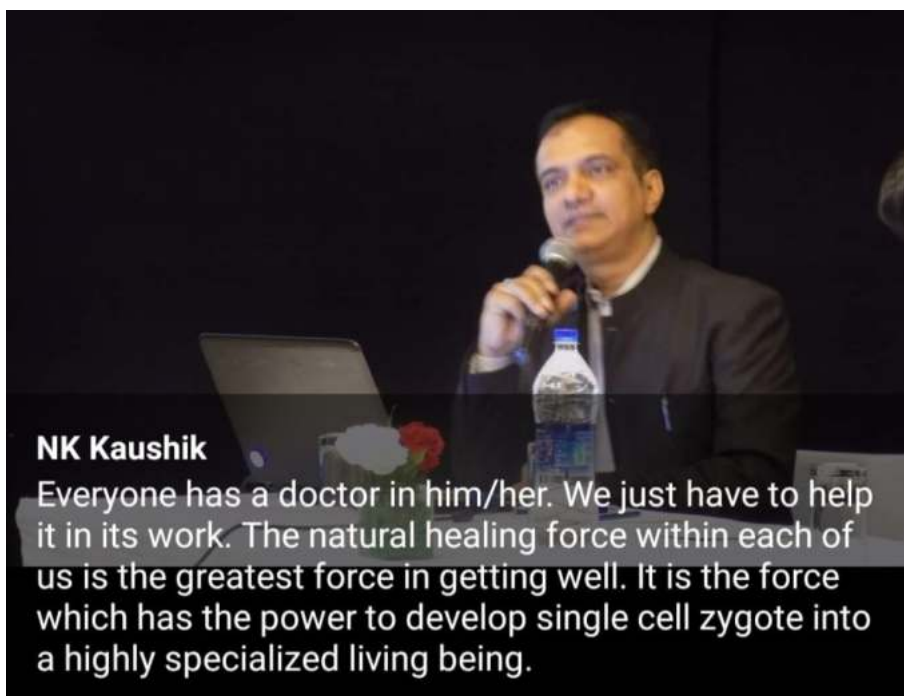


Health and lifestyle Training / Workshop

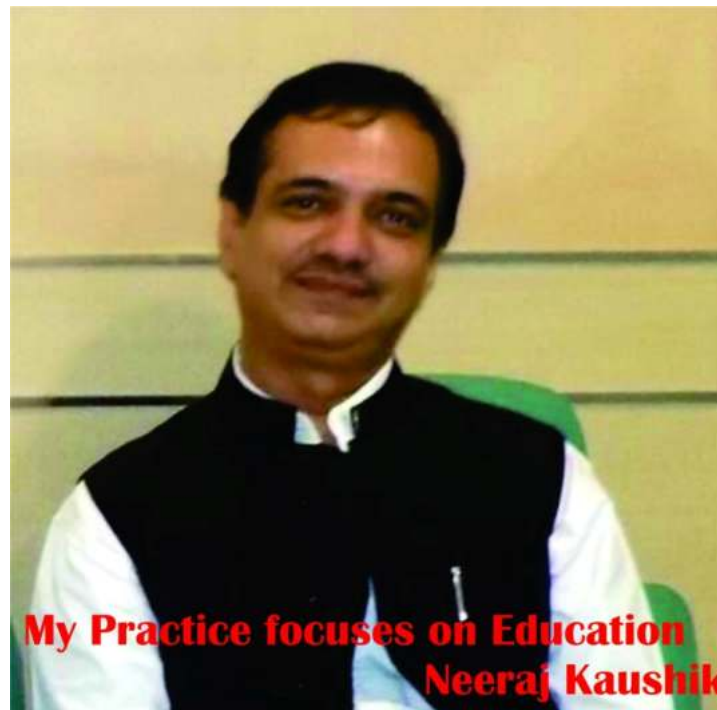
Get Your Health Back Today

by Dr Neeraj Kaushik



NK Kaushik

Everyone has a doctor in him/her. We just have to help it in its work. The natural healing force within each of us is the greatest force in getting well. It is the force which has the power to develop single cell zygote into a highly specialized living being.



**My Practice focuses on Education
Neeraj Kaushik**

Human DNA is designed to last 100 year. Because of poor life choices and lack of education, we damage our own DNA which effects health & longevity.

This 3 day workshop educate & train you in various healthcare tools and techniques and will disclose ancient secrets of Indian, Chinese, Tibetan, Mediterranean health cultures. This is an opportunity to get your health back & learn techniques to be healthy. Join us and learn the secrets of our ancestors who were not only healthy but lived long.

Schedule Day 1

Inauguration 10 AM

Session 10:30-1 PM Health is in your hands-I By Dr Neeraj Kaushik
(Understand secrets of health for reversal, prevention of chronic diseases & longevity)

Lunch 1-2 PM

Session 2-3 PM Paidalajin by Dr Neeraj Kaushik
(Paidalajin is a great technique to keep your body flexible, zero stiffness & zero pain with great circulation)

Session 3-4 PM NK's way to immunity /25 ways to boost your immunity

Tea 4 -4:15PM

Consultation 4:15 PM onwards Dr Neeraj Kaushik/Dr Manika Kaushik
(Individual consultation/ Treatment for selected participants)

Schedule Day 2

Session	10:00-10:45 AM	Chinese Self Massage with Dr Kaushik
Session	10:45-1 PM	Health is in your hands-II By Dr Kaushik
Lunch	1-2 PM	
Session	2-2:45 PM	Emotional Freedom Technique with Dr Manika
Session	2:45-4 PM	Qi-Gong-Tai-Chi and Shiatsu for health.
Session	4-4:30 PM	Mediation & Tratak by Dr Neeraj Kaushik

Schedule Day 3

Session	10-11 AM	Daily power Yoga for health
Session	11-12 PM	Real Health stories by Dr Kaushik
Session	12-1 PM	The power of Hormones in Perfect Health & Secrets of breathing by Dr Kaushik
Lunch 1-2 PM		
Session	2-2:45 PM	Daily Acupressure points for good health Dr Manika & Dr Neeraj
Session	2:45-4 PM	Diet for Perfect health & reversal of chronic diseases & also your answer to obesity
Interaction	4 PM onwards	Panel : Dr Neeraj/ Dr Manika/ Dr Aslam
Followed by closing remarks		



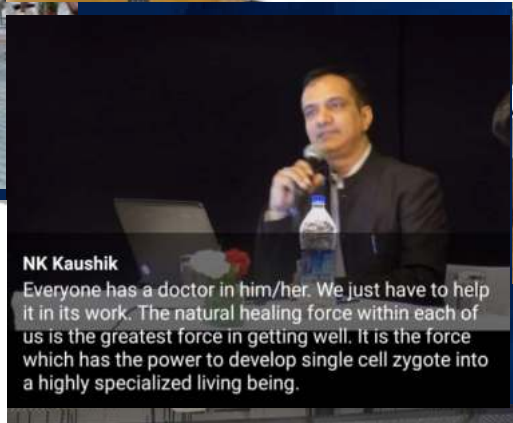
DR NEERAJ KAUSHIK

- BSc(Life Sciences), MD-(Alternative Medicine),
- Diploma in Acupuncture, MITBCCT,
- Certification-Chinese Acupuncture, Wushan(China)
- Certification on Type 2 diabetes Reversal, USA
- Diploma- Holistic Pain Management, USA
- Certification-Chinese Medicine & Nutrition, USA
- Fully accredited diploma Professional nutritionist, USA
- Diploma in Professional Psychotherapy, USA
- Mem-British Council for Complementary Therapies
- Trained on Healthy Ageing- By Prof Vladimir Jakovljevic,
- Sechenov University, Serbia.
- Trained on Joint Pain Management by Luke G Dahl, USA
- Trained on weight loss management-USA
- Diploma in Classical Homeopathy, USA.
- Fully Accredited Diploma in Naturopathy, USA
- Certification -Sujok Acupuncture
- WHO Certification in Infection prevention & Control
- WHO Certification-Injection safety & Needle Inj Management
- WHO Certification in Clinical Care
- WHO Certification in COVID 19 management & control
- WHO Certification in Environmental Cleaning & Disinfection
- WHO Certification in Waste Management
- Traditional Indian Yoga/Meditation Trainer,
- Advisor-WORLD HEALTH COUNCIL,
Editor- Healthcare for All
- Sr. Con-Kaushik Acupuncture & Natural Medicine Research
- Sr Consultant- Arise Hospital & Alternative Therapy Clinic
- Member-International Naturopathy Organisation
- Ex-Mem- CDC, under Ministry of Sc & Technology.
- Ex-Sr Consultant- Crystal Healthcare

Dr Neeraj Kaushik has treated many patients with the help of alternative medicines. He has experience in dealing with following disorders. Immunity / Autoimmune Disorders, Allergies, Obesity Holistic Pain Management, Joint Pain Management/ Arthritis/ Sciatica, Chronic Headache/ Cervical/ Back Pain, Psychological Disorders, Skin Disorders , Healthy Ageing, Insomnia, Sedentary Lifestyle Diseases, Neurological Disorders Heart & Lung Disorders, Chronic Kidney & Liver Diseases, All Chronic Disorders, Health and Wellness.

Apart from successfully treating patients through non allopathy system, he is also providing training and conducting workshops on chronic health care management as well as chronic pain management. He has provided training and treatment to DELHI POLICE, CRPF, RPF, RELIANCE, HERO HONDA, GOVERNMENT INSTITUTIONS, EMBASSIES, DOCTORS FROM INDIA AND ABROAD. HE IS ADVISOR TO WORLD HEALTH COUNCIL. He is member of BRITISH COUNCIL FOR COMPLEMENTARY MEDICINE. He is organizing Alternative Therapy Clinic at Corporate Level, school level, government level through consultation, lectures, practice sessions. He got an opportunity to learn Yogic Kriyas from Yogiraj Lal ji Maharaj. And Yogi Dharendra Bramhachari. He has also assisted thousands of patients in managing their health issues including psychological, mental & physical deformities. His main research and practice topic is brain & spine problems, diabetes, and disorders related to sedentary life style like chronic pain management, Blood Pressure, Heart, diabetes, obesity, thyroid, paralysis, stroke, cancer etc. He is also Chief Editor of Healthcare for all. He is also member of International Naturopathy organization. Ex-member, CDC under ministry of science & technology.

Glimpses



NK Kaushik
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Get your health back with
.....N Kaushik

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N Kaushik: Chief Consultant, Acupuncture & Natural Medicine Clinic
www.alternativetherapyclinic.net, www.dentek.in



Remember
Your DNA is designed to live 100 years
Do not kill it early with stress & Poor life choices
...Dr Neeraj Kaushik

7:43

7:44

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New Delhi, Apr 16 (PTI) The second wave of coronavirus can last up to 100 days and such waves will keep coming till 70 per cent of the population is vaccinated and herd immunity is achieved, according to an advisory prepared by an expert for Southeast Delhi Police.

Aimed at creating awareness among police personnel, the advisory by Dr. Neeraj Kaushik said the new mutated virus has potential to skip immunity and even vaccine. "This is the reason for re-infection and cases among vaccinated people."

This mutated virus is so infectious that if one member is affected, the whole family gets infected. It is preying on children too, Dr Kaushik said in the document.

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smell is a very strong indicator that a person is corona positive.

"The second wave of coronavirus can last up to 100 days and such waves will keep coming until we attain 70 percent vaccination and herd immunity. So, do not lower your guard, especially mask," the advisory read.

It said surface transmission of virus is no more a threat now as per the recent trends. Hence, not much emphasis on surface disinfection is needed.

The doctor told police personnel that the chance of getting infected becomes very high "when you come in contact with the positive person for more than 15 minutes".

People with comorbidities such as obesity, diabetes, chronic kidney disease etc. must take extra precaution, he said.

Dr Kaushik advised police personnel to avoid over exercise and junk food.

"Go for nutritious foods including juice, coconut water. Dalia in meals," he said.

He also suggested the personnel change their "careless mindset and attitude and learn to wear masks professionally".

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Deputy Commissioner of Police (Southeast) RP Meena said Kaushik has been working with the district police since the pandemic began.

He has conducted several various campaigns and prescribed medicines for our staff, Meena said, adding suggestions by him will help us understand and deal with the second wave.

Training / workshops by Dr Neeraj Kaushik – Health and lifestyle

1) Health is in your hands by Dr Neeraj Kaushik :

This workshop trains you on how with the help of water, diet, sleep, supplements etc, you can reverse your chronic disease and can also prevent health issues.

2) PAIDALAGIN :

Self healing technique is a tool to heal your physical problems.

3) The power of Hormones in Perfect Health :

This workshop trains you to understand the chemistry of your body in a simple manner & how you can keep your body healthy by balancing these chemicals naturally.

4) Secrets of breathing :

Learn the ancient secrets of breathing with Dr Neeraj Kaushik & change your life & health status.

5) Quick reversal of Diabetes :

Correct your Pancreas's malfunction inspired by my own experience.

6) Nutrition & Immunity :

Boost your immune system naturally.

7) Nature cure for immunity & Perfect health :

How to improve immunity & boost health through nature cure?

8) Loose Weight naturally

9) Leading a healthy lifestyle

This workshop will help you identify health behaviors you could incorporate into your lifestyle to reverse aging & chronic disease.

10) Keep HbA1C below 5%

Practical tools to control your blood sugar level & stop dependence on drugs.

11) Indian way to health Ayurveda and Natural holistic approach for Health & Longevity.

12) Immunity is best answer to Pandemic like COVID 19

This workshop help improve immunity naturally.

13) How to fight chronic fatigue & get more energy?

- 14) **Healthy eating for a healthy mind & body?**
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- 16) **Get your Health back with Dr Neeraj Kaushik : Practical tools to be healthy based on my own clinical experience.**
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- 25) **Course on Nutrition**
- 26) **Qigong/ Taichi Tools and techniques for Health**
- 27) **Acupressure techniques for General Health & reversal of chronic diseases.**
- 28) **Emotional Freedom Technique for stress and emotional health.**
- 29) **Chinese self massage for general health and chronic diseases.**
- 30) **Shiatsu-Japanese acupressure technique for health.**

For details, pl contact Dr Neeraj Kaushik