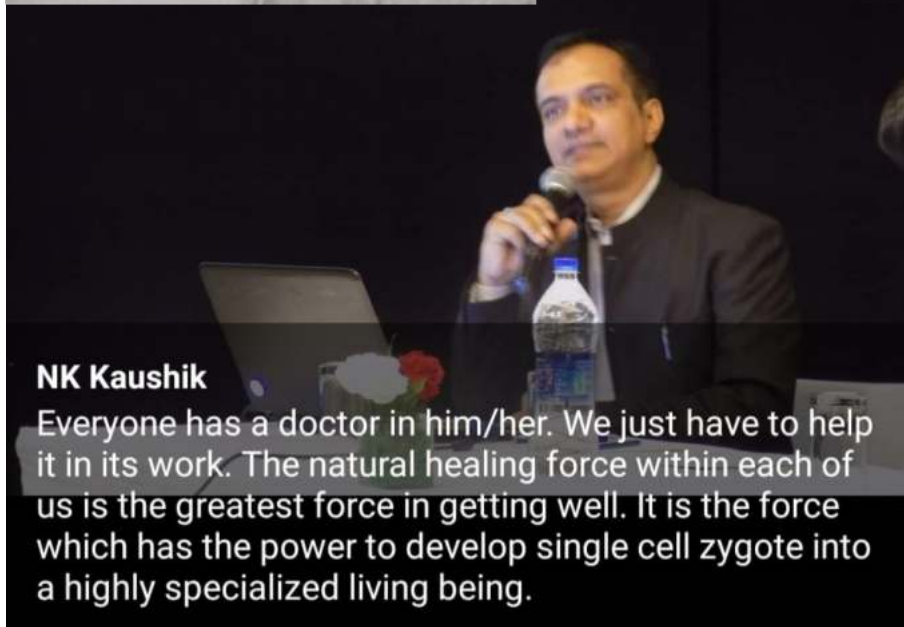


# 6 days Detox/ Natural treatment

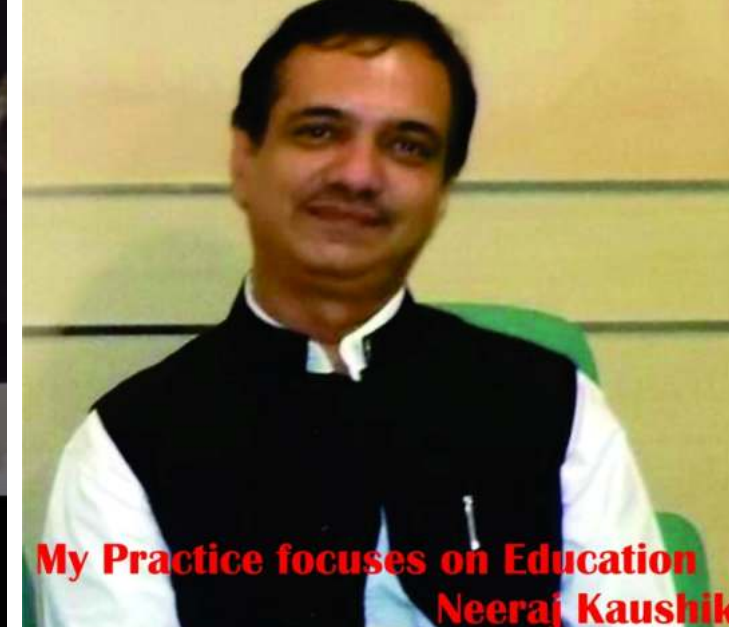
Perfect health in your hands

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**

All of us have a life force which keep us healthy, alive and ensure longevity. Sedentary lifestyle, accidents, heredity, environment, junk food, negative thoughts, aging, stress DEPLETES this LIFE FORCE resulting in life threatening chronic diseases like BP, Heart, Diabetes, Insomnia, Chronic Pains, Degenerative changes and many more. There are therapies developed and used since 5000 years which shows the research and wisdom of our ancestors and help in changing your attitude towards health in keeping fit and healthy. We have developed a 6 day DETOX/TREATMENT program for you which is going to do wonders with your health and change you forever.

## Schedule Each Day

7 am	Health Drink
7.15 am	Jal Neti/ Sutra Neti
7.30 am	Secrets of breathing
8 am	Power Yoga
9 am	Healthy Breakfast
9.30 am	Acupuncture session
11 am	Health drink
11.30 am	Moxibustion
1 pm	Healthy Lunch
3 pm	Cupping
4 pm	Paidalagin
4.30 pm	Health Drink
5 pm	Acupressure/reflexology/EFT
6 pm	Qi-gong / Taichi/ Chinese self massage/Shiatsu
7 pm	Chiropractic
7.30 pm	Guided Meditation/ Reiki Healing/ Hypnotherapy
8 pm	Healthy Dinner



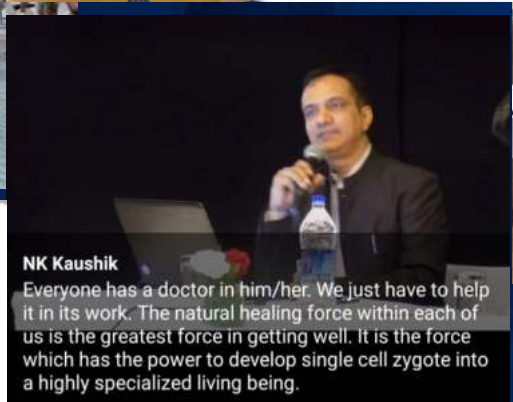
# DR NEERAJ KAUSHIK

- 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.

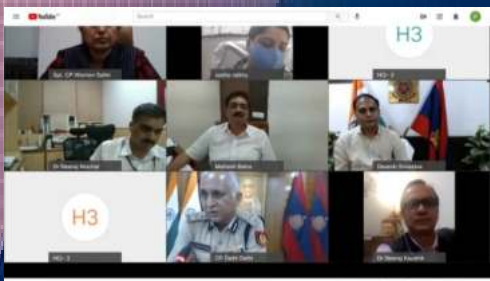
Apart from successfully treating patients through non allopathy system, he is also providing training and conducting workshops on chronic health care management as well as chronic pain management. He has provided training and treatment to DELHI POLICE, CRPF, RPF, RELIANCE, HERO HONDA, GOVERNMENT INSTITUTIONS, 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](http://www.alternativetherapyclinic.net), [www.dentek.in](http://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

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## India records over 200,000 new Covid-19 cases for second straight day

Press Trust of India | New Delhi | Last Updated at April 16 2021 22:17 IST





Topics  
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## According to an advisory prepared by an expert Dr. Neeraj Kaushik for Southeast Delhi Police, the second wave of coronavirus can last up to 100 days and such waves will keep coming till 70 percent of the population is vaccinated and herd community is achieved.

### Aimed at creating awareness among police personnel, the advisory 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.

India added a record 2,17,353 new coronavirus infections in a day taking the total tally to 1,42,91,917, while active cases surpassed the 15-lakh mark, according to the Union Health Ministry data updated on Friday. On Thursday, the ministry said 2,00,739 new cases were reported in a span of 24 hours.

The death toll increased to 1,74,308 with 1,185 new fatalities, the highest since September 19 last, the data updated at 8 am showed.

Registering a steady rise for the 37th day in a row, the active cases rose to 15,69,743, comprising 10.98 per cent of the total infections, while the natio

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By India Today | July 11, 2020



AJJO

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HEALTH

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# Outlook

THE NEWS SPECIAL

## Second wave of coronavirus can last up to 100 days: Expert's advisory

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.

He said that routine RT-PCR tests may not detect the mutated virus. However, loss of smell is a very strong indicator that a person is corona positive.

"The second wave of coronavirus can last up to 100 days. Such waves will keep coming until we attain 70 percent vaccination and herd community. 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".

Learn more


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# ms.newindianexpress.com

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Published: 16th April 2021 11:07 PM | Last Updated: 16th April 2021 11:07 PM



Patients are seen inside a Covid-19 care centre and isolation ward facility near a hospital in New Delhi, April 13, 2021. (Photo | Parveen Negi)

By PTI

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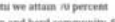
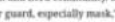


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Deputy Commissioner of Police (Southeast) RP Meena said Kaushik has been working with the district police since the pandemic began.

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.

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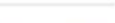


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# rediff NEWS

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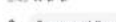
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