

**VEGETARIANISM-IS IT GOOD?**

Last month Dr. Ramchand Bulchand gave a lecture on Vegetarianism at the Geeta Ashram in Las Palmas, of which he is also the President. He started by saying that in the olden days, where there were constant fights in land ownership, there were individual kingdoms (before it became United Kingdom) all over and bickering and fights all the time. At that time either you fought like a brave man, and won or as a loser you may have been subject to torture. So you had to fight through and win or die like a warrior. Such fighters and warriors never had time to dedicate to agriculture, they had to kill animals and eat meat.

Meat became associated with warrior and later with the English rule all over the world, every body felt that those who eat meat became warriors. This erroneous impression has carried on and on. Today's animals in most places are fed with antibiotics hormones etc, so that they can get fat and yield more meat and money. However the chemicals in the animals body create a havoc, and today meat is not the same, as many decades ago; for example the mad cows disease. This is why meat and milk is not recommend today which comes from sick animals. Mahatma Gandhi always took Goats milk, as his goat ate fresh and natural grass, and was healthy.

Therefore it is opinion of the many today that the meat and milk of the sick animals is definitely harmful. Recently there was prohibition of meat from UK to Europe owing to Mad cows disease. Is VEGETARIANISM good? Yes and no. If the vegetables and fruits are taken in its natural form, organic, raw and ripe and freshly cut and eaten immediately chewing properly, they do give a lot of benefit to the body. However if the vegetables are heated to boiling point with spices added, there comes a time when there is no nutrition left, and we are eating lifeless food. The results can be disastrous.

In our experience of sick people eating organic vegetables and fruits raw and ripe, freshly cut and properly chewed, light exercise and meditation, we have found that even if they are suffering from the so called incurable diseases, they have been on a road to recovery. It is practical to eat raw and ripe food all the time? No, yet those who are sick and found that there is no other solution and having tried this system, stick to it and appear to be getting young. If you can not do it all the time, do it when you can, and you will be pleasantly surprised with the results.

The age-old saying can not be forgotten. An (food), Tan (body) Man (mind) Dhan (prosperity) go together, you are what you eat, your mind depends on healthy body, and your prosperity depends upon correct decisions by the healthy mind.

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3. Healing tapes, which speak to your sub-conscious mind during your Sleep, keeping you Fresh & Healthy and Free from [Depressions](#), [Insomnia](#), and Tumours & [Tensions](#). For [Computer Vision Syndrome](#), use eye wash cups as per (1) and clasp your hands and walk bare footed on the ground to earth your self and discharge the negative rays.

(For private circulation only)

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