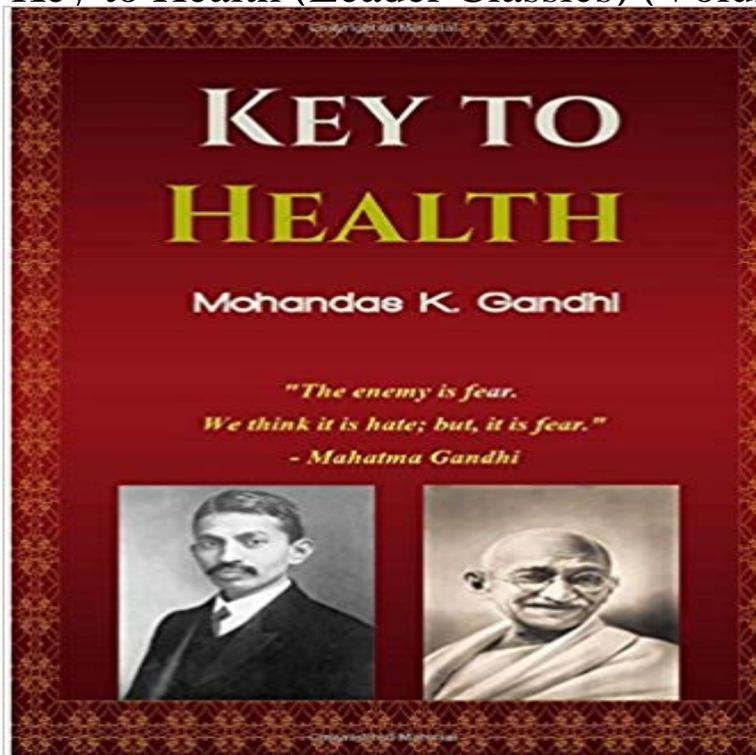


## Key to Health (Leader Classics) (Volume 1)



Health Tips for You From Mahatma Gandhi

Written by the iconic world leader, Mahatma Gandhi, this booklet is full of little tips on how you can get a better body and health. Originally written in Gujarati, an Indian language, it is now available in English and several European languages. Gandhi gave it the name Key to Health, and he told, to paraphrase him, that anyone follows the tips and guidelines in the booklet would have a power key to an optimal health. And that the person doesn't have to spend time shuttling between home and hospital. This is much like prevention is better than cure, as well as you can always get a better health when you come near to nature. Some aspects covered in the book: Human body, Fresh Air, Brahmacharya, Tea, Pure Water, Natural and Well-chosen Food, Coffee, Intoxicants, Tobacco, Condiments. Be with nature and be natural is the essence of this little book from this great man. Some excerpts from the book: 1. The human body is composed of what the ancient philosophers have described as the five elements. These are earth, water, vacancy, light and air. 2. The body has been described as a mine of dirt. Looked at in its proper perspective, there is no exaggeration in this statement. If the body was nothing else but this, there could be no point in taking such pains to look after it. But if this so-called mine of dirt can be put to its proper use, it becomes our first duty to cleanse it and keep it in a fit condition. 3. Hip bath brings down the temperature in high fever and given in the manner described above it never does any harm, and may do much good. It relieves constipation and improves digestion. The patient feels fresh and active after it. In cases of constipation, Kuhne advises a brisk walk for half an hour immediately after the bath. It should never be given on a full stomach. An Indirect Benefit: You also get to learn, at certain places, how

India was at the time. Personally, you can draw from this a valuable inspiration as well: If some people from a country that was so tough to live at the time, could succeed, you too can. In one place Mahatma Gandhi, mentions this: But everybody cannot afford to drink milk. And milk is not available in every place. I would like to mention here a very important fact with regard to milk. Contrary to the popular belief, skimmed milk is a very valuable article of diet. Not even milk was available to many by then! With better conditions, you can reach much higher stations in your life. This booklet is a very quick read. Scroll Up and Get Your Copy.

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