THE DOCTORED TRUTH

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Author

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This book is written with deep humility and respect for the doctors who sacrifice their lives to save people. I dedicate this book to my Karma, Parents, Teachers, Gurus, Friends and all those souls who have had an impact on me as a person.

Foreword

In the intricate tapestry of life, we encounter individuals who leave indelible marks on our journeys. These are the people whose actions and character profoundly influence our perspectives and inspire us to rethink the status quo. Dr. P.Yuvabharat is one such individual, a beacon of hope and healing in a world where the healthcare industry is increasingly dominated by commercial interests.

In today's world, where the commodification of healthcare is rampant, Dr. P.Yuvabharat stands as a refreshing exception. He embodies the archetype of a physician whose primary concern is not financial gain but the well-being of his patients. His dedication to healing through natural and holistic methods challenges the prevailing norms of modern medicine.

My encounter with Dr. P.Yuvabharatcame through a mutual friend, Mr. Saidhai Duraisamy, and it marked a significant turning point in my health journey. After spending over five decades advocating for various social issues, my health began to decline. Conventional allopathic treatments offered no relief, as I was subjected to numerous tests and a regimen of medications that only drained my energy without addressing the root causes of my ailments.

Enter Dr. P.Yuvabharat, with his maverick yet effective methods. Without resorting to lengthy diagnostics, he simply pressed on my palm and seemed to understand everything about my condition. His confidence in his diagnosis was matched by the precision of his treatment, which involved massages, steam baths, and dietary changes. To my amazement, within a few months, I was liberated from chronic diseases like diabetes and hypertension, all without a single pill.

This experience defied the disbelief of my allopathic colleagues and underscored the uniqueness of Dr. P.Yuvabharat's approach. His methods challenged conventional wisdom and showcased the power of holistic, drug-free healing. Today, my health is a testament to the efficacy of his techniques, and I am grateful to share this journey with you.

In *Doctored Truth,* Dr. P.Yuvabharat presents a comprehensive blueprint for reclaiming health and vitality through natural means. This book is more than a compilation of facts; it is a guide to understanding, trusting, and adhering to holistic principles that promote well-being. Whether you are battling chronic illness or striving for optimal health, this book is an invaluable resource on your path to wellness.

Prepare yourself for a transformative journey that extends beyond conventional medicine. *Doctored Truth* invites you to embrace a lifestyle that not only heals the body but also enriches the spirit. Let Dr. P.Yuvabharat's wisdom illuminate your path to health and happiness.

Thamizharuvi Manian
M.A., B.L., M.Ed.
Leader, Gandhiya Makkal Iyakkam

Author Note

Dear Brothers and Sisters,

It gives me immense pleasure and happiness to have the opportunity to write about this book. Because I believe that this society will help to improve the health of the entire population. The true meaning of the word 'doctor' is 'teacher'. Our goal is not to care for someone else. People should ideally live healthily without the constant need for medical intervention. But, on the contrary, there are physicians dependent on diseases. They have little knowledge of health and are acquainted with the knowledge. Still, doctors are trained only to treat diseases through drugs. One shocking fact is that only 6% of doctors are aware of the full health of nutrients or food.

There is a proverb. "A quarter of the food you eat will make you live, and the remaining three-quarters make the doctors live." This is noteworthy because most people do not know have to eat, when to eat and what and drink. Today, 98% of diseases are related to stress and lifestyle choices. If you do not change your daily routine and dietary practices without changing your approach, then there will be many illnesses coming from the wrong way of life. The symptoms are identified and pharmaceutical drugs are sold well to suppress them. Thus, the root of the disease, that is the source of the root cause of the disease, does not take the medicine or treatment to completely solve the disease. The fun is that we see only where the disease sign is visible in the body. It does not come into thinking about what it is. If a house burns, then the smoke can be seen through the windows. Can you put the smoke off and put the fire off? Will the fire extinguish if you close the windows (windows)? Similar medical treatments are provided. So it is like putting the smoke into the place where the fire will stop as if the fire is stopped by the outside. Therefore, the disease needs to be identified at the root and treat it with the medical treatment. It is best to change our food habits and lifestyle before seeing a doctor.

A doctor is the best when he teaches people that medicines are not necessary. It is through this that well-being is achieved. For me, as long as the drugs are to be consumed, this medicine will kill you, and the medicine does not help you survive. Now a good change can be felt in people's minds. People are now aware 'Modern System of Medicine' is the 'Money System of Medicine' and that the medical profession has become the most economical business. Alternatively, natural medicine identifies the toxins and unnecessary substances in the body that produce diseases. So removing toxins is a therapeutic method. If you keep your body and your mind clean, then you can enjoy a long life. According to Valluvan, living an everlasting life. A hundred years of life can be lived without a health burden. I am deeply indebted to Mr. Thamizharuvi Manian for the foreword.

Caringly,

Dr. P.Yuvabharat
B.N.Y.S., P.G. (PAHM) UK

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