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Naturopathy & Massage Therapy

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Naturopathy is an art & science of non-invasive healthcare & health assessment in which neither drugs nor surgery are used. Emphasis is given on five elements of Nature like Air, Water, Earth, Ether and Sunlight. Also the help of natural substances like fruits and Vegetables or their juices is taken for Eliminative, Curative and Preventive diets. Naturopathy believes that healing comes from within & body is capable of healing itself. Body Massage is playing a major role for toning of body muscles. Hippocrates, the father of Modern Medicine, formulated the basic Naturopathy concept. Naturopathy is first & foremost preventive system of medicine. Fruits and vegetables is one of the tried & true recommendations for a healthy diet. Eating plenty of fruits & vegetables can help you ward off stress, control blood pressure & cholesterol, prevent some types of cancer, avoid a painful intestinal ailment called diverticulitis.

Body Massage-Our body is made up of flesh & bone, as well as spirit, all interconnected with the integrated & unifying brain & nervous system. The nervous system, structurally an elongation of the brain itself, extends from the base of the skull, through the vertebral canal & the openings of the vertebrae of the backbone, finally penetrating every gland, organ, muscle, bone & tissue, ending in the cells in remotest & deepest parts of our body, as well as our fingertips, toes & skin. Any muscles are tense; there is inevitably a reaction in greater or lesser degree, upon the entire nervous system. Thus Naturopathy and Massage play important role for healthy Body, Mind and Spirit.

Biography:

Dr. Prakash Kondekar currently is Director of Indian Institute of Naturopathy, India. He had conducted 18 Workshops, Health Management in UK, USA, Germany, Mauritius, Singapore, UAE, Vietnam, Austria, Italy & India. He is faculty member of Food Laws, Science, Microbiology departments in Mumbai & Saurashtra University.