

Reset Your Body to Creator Settings in 30 Days

Heal Naturally, Live Stronger

BEBETTER

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INTRODUCTION

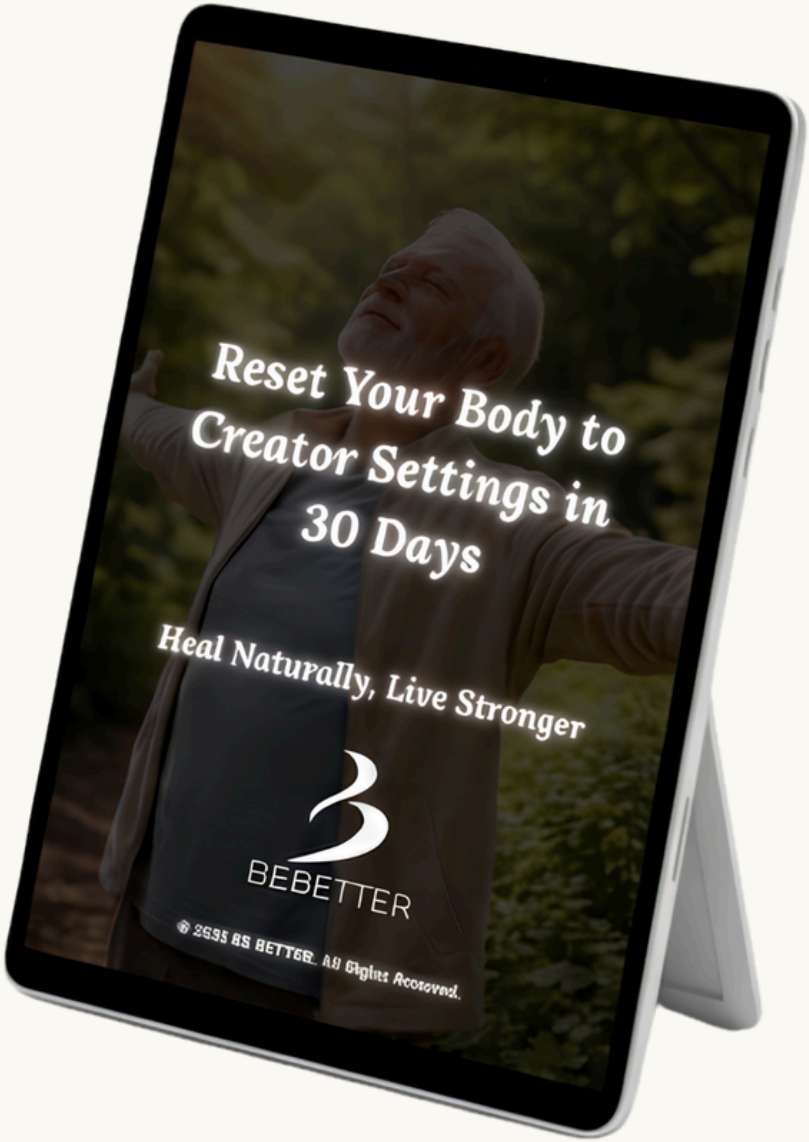
In this book, you'll find valuable information based on traditional Indian medicine and natural healing, focusing on treating the root cause of illness rather than just the symptoms, as modern medicine often does.

Together, we'll explore ways to address common health issues faced by many people worldwide, such as obesity, insulin resistance, high blood pressure, diabetes, and irritable bowel syndrome.

Our goal isn't just to treat diseases, but to build a healthy lifestyle that makes your body stronger against illness and less likely to get sick in the first place.

All of this is achieved without the need for chemical medications, which often do more harm than good.

CHAPTER 1
BOOK OVERVIEW



✨ The Natural Methods We Will Follow on This Journey

"Step by step, we will restore your body to its pure, original state — strong, clean, and resistant to disease, with the power of nature."
In this book, we will follow three essential natural methods that work together in harmony to create real

✅ 1️⃣ Cleansing the Body from Within

Over the years, toxins and waste build up in our bodies, blocking vital organs and preventing full absorption of nutrients. Our first step will be to gently and effectively remove these obstacles using two simple tools:

- Pure water: Drinking clean water in a mindful way helps the kidneys and liver work more efficiently to flush out toxins.
- Natural herbs: We will use carefully selected herbs to support the internal organs and speed up the cleansing process.

This step prepares your body to fully benefit from every natural element you will give it next.

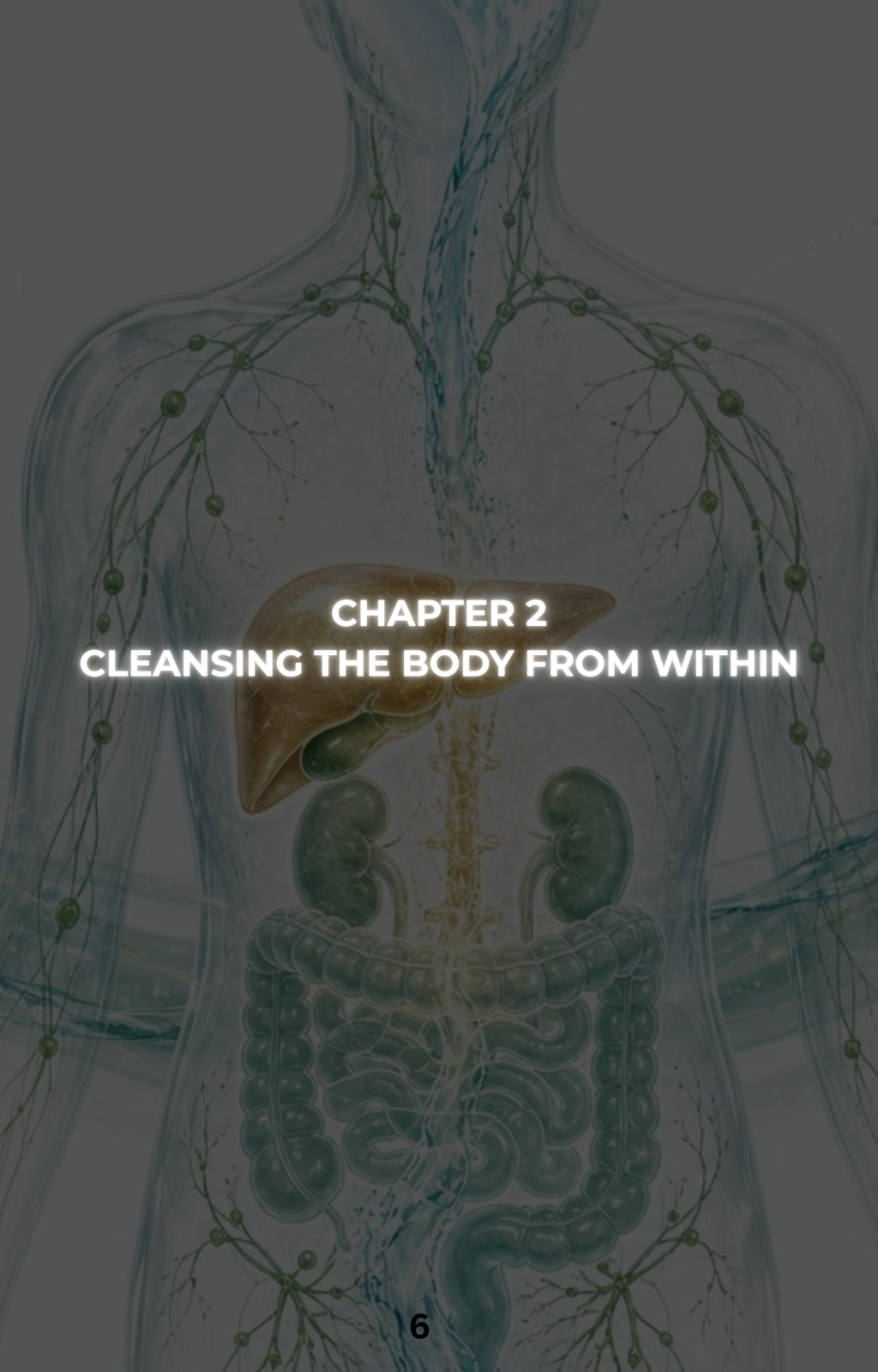
✅ 2️⃣ Eliminating Excess Fat

Excess fat is more than just extra weight — it puts pressure on our organs and slows down essential body functions. We will shed this fat through two safe, natural methods:

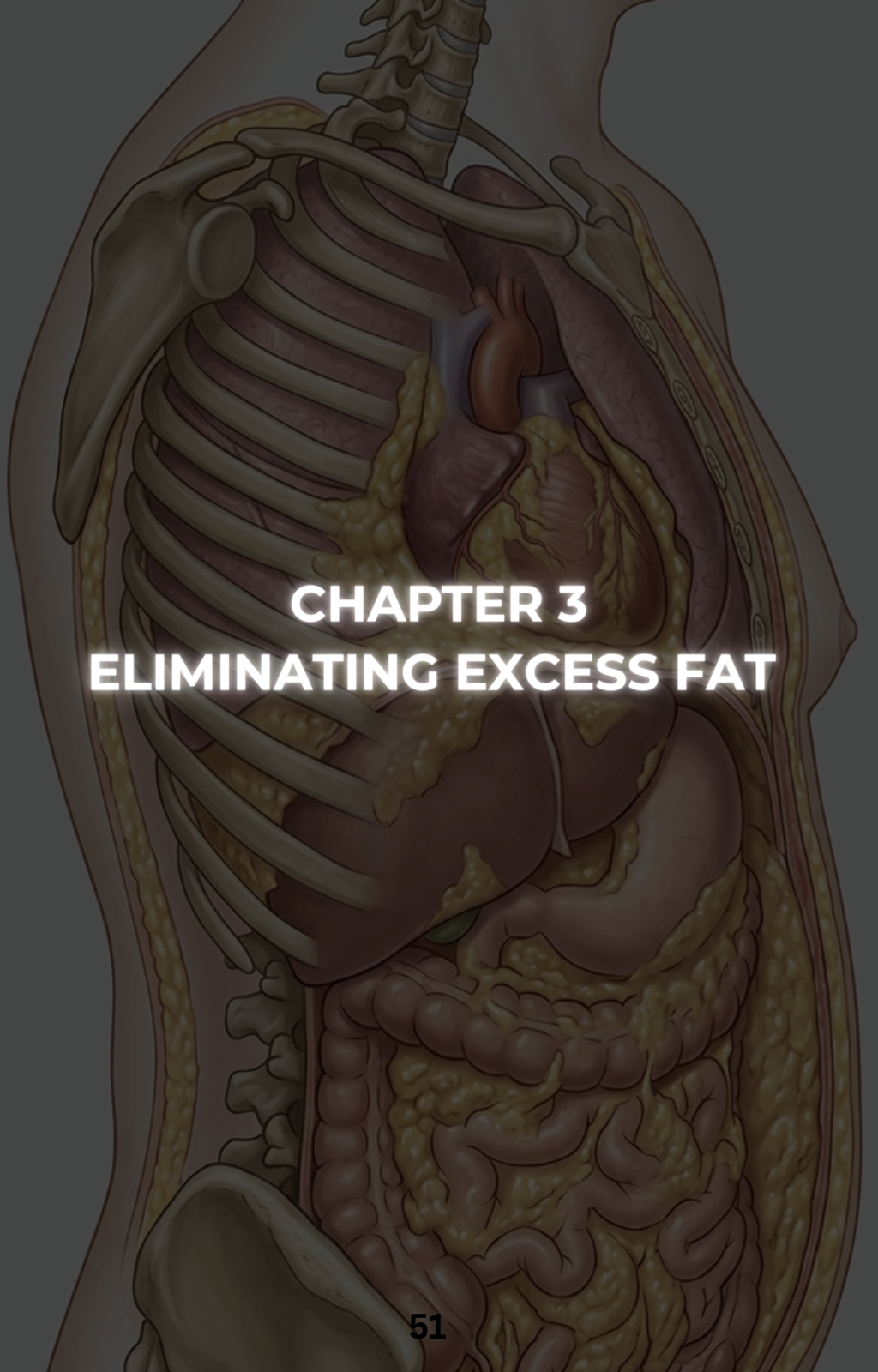
- Daily walking: The simplest exercise to boost circulation and burn stored fat gently.
- Structured fasting: Helps the body switch to using old fat as fuel and gives the digestive system time to rest and heal.

✅3️⃣ Returning the Body to Its Natural Alkaline State

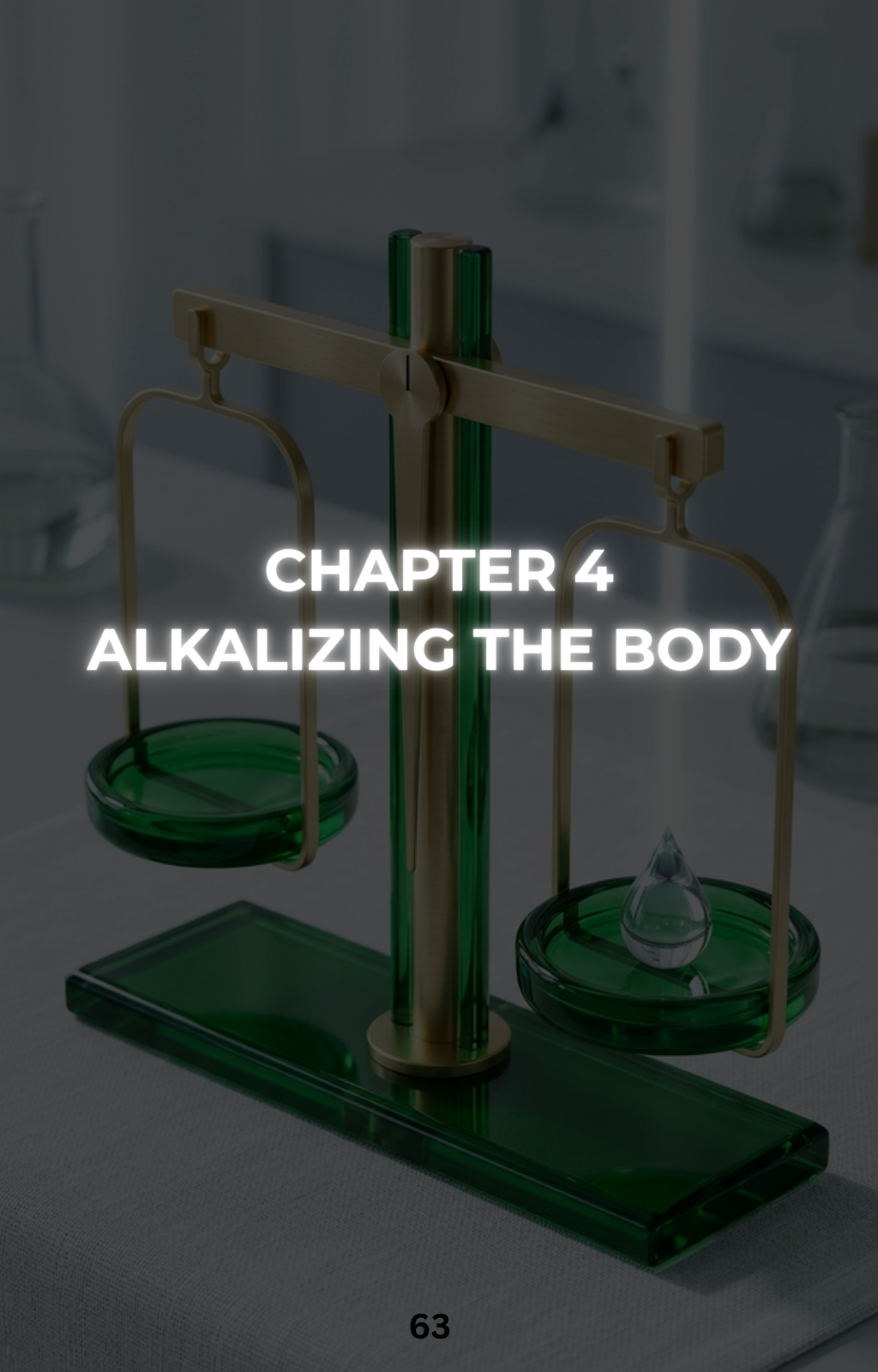
- Modern lifestyles have turned our bodies into acidic environments — the perfect breeding ground for disease. Our goal is to restore your body's original alkaline balance, where illness struggles to survive.
- Our key method here is:
- Increasing oxygen levels in the blood: Through deep breathing, walking outdoors, and gentle exercises that expand the lungs, we will raise oxygen levels to empower your cells to flush out excess acids and heal naturally.



CHAPTER 2
CLEANSING THE BODY FROM WITHIN



CHAPTER 3
ELIMINATING EXCESS FAT



CHAPTER 4
ALKALIZING THE BODY



CHAPTER 5
SUGGESTED DAILY PLAN FOR YOUR RESET JOURNEY

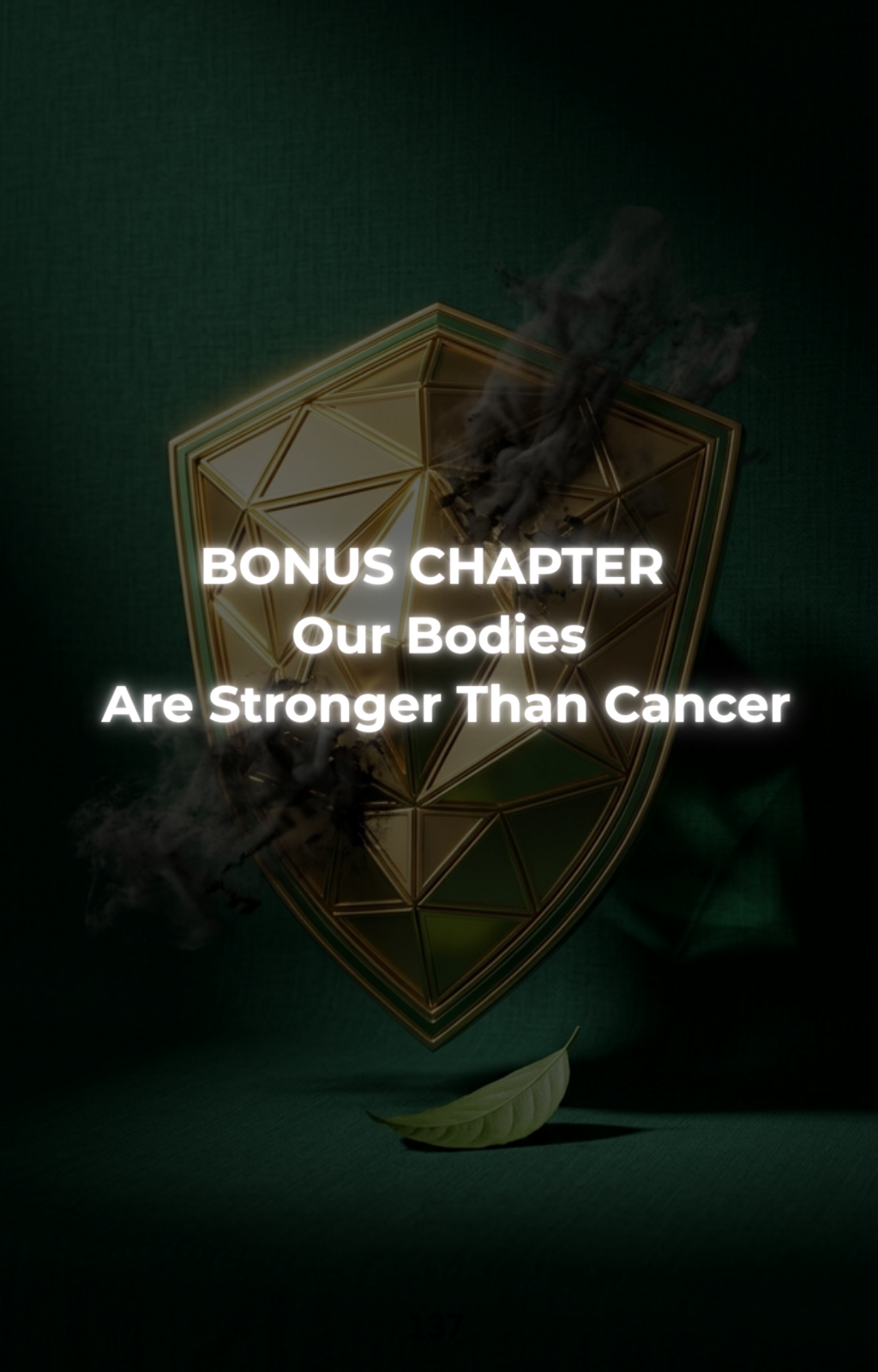


BONUS CHAPTER
Staying Youthful



BONUS CHAPTER
General Tips for Boosting Vitality and Optimizing Body Functions


BONUS CHAPTER
Nature's Pharmacy
licorice root
ginger


BONUS CHAPTER
Our Bodies
Are Stronger Than Cancer


LAST CHAPTER
The Peaceful Soul
The Foundation of
True Health

Conclusion

As we reach the end of this book, let us pause and reflect on a profound truth: our bodies were never designed for disease — they were designed for healing. Every cell, every system, every breath we take was programmed by our Creator for renewal, regeneration, and resilience.

But somewhere along the way, we drifted.

We replaced real food with chemicals, movement with stagnation, inner peace with constant stress, and spiritual clarity with confusion.

We trusted man-made solutions while neglecting the body's own wisdom.

And yet, the good news is: it's never too late to return.

This book has shown you that healing does not have to be expensive, synthetic, or hopeless. You've seen how fasting, proper nutrition, natural antibiotics, gut repair, and detoxification can restore the body. You've discovered the incredible role of the mind and soul in health — how a joyful, grateful heart and a calm, connected spirit are just as important as any remedy.

You've learned about real people who overcame real illnesses — even cancer — not through miracle pills, but by returning to the laws of nature and the power of creation. Their stories prove that your body is not broken — it is waiting. Waiting for the right conditions. Waiting for you to believe again.

And most importantly, you've seen that no healing is complete without returning to the Creator. The One who made the body is the One who can guide its healing. Through prayer, remembrance, charity, and walking the path of Divine guidance, we heal not only our cells — but our hearts.

So as you close this book, I leave you with one powerful invitation:

Return to your "Creator Setting."

Live simply. Eat from nature. Detox what harms you.

Forgive. Love. Move. Fast. Give.

And most importantly remember Allah's instructions.

In that space, the disease loses its power.
In that state, healing becomes inevitable.
Because when the body aligns with nature, and the soul aligns with its Creator — miracles happen.
Let your healing journey begin.
Let your story be the next one that inspires others.
You were made for health. You were made for life.
And now, you know the way back.

get the complete version
from this marvelous detox program which worth (600$)
+
Free copy of our
great weight loss interactive planner
“30 days to your dream body” which worth (40$)

FOR JUST 60$



🔥 LIMITED TIME OFFER 🔥

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