



Reset Your Body to Creator Settings in 30 Days

Heal Naturally, Live Stronger



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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.

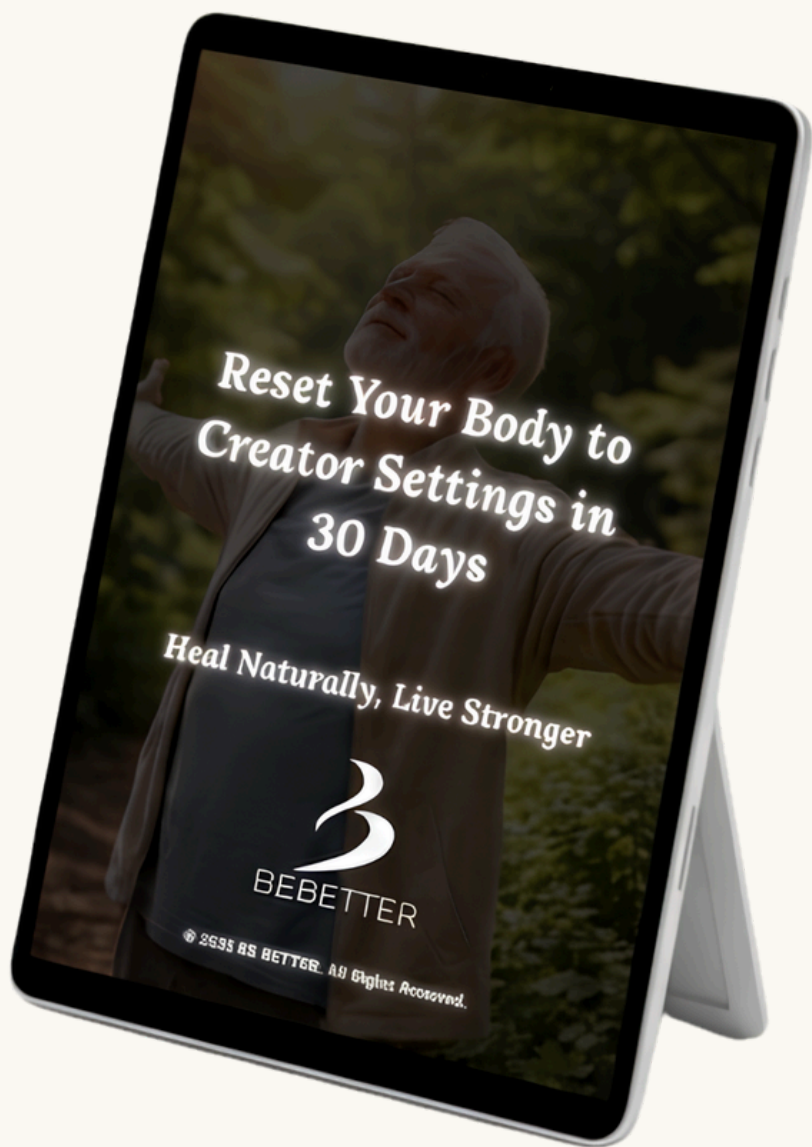
Together, we'll explore ways to address common health issues faced by many people worldwide, such as obesity, insulin resistance, high blood pressure, diabetes, and irritable bowel syndrome.

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

✓ 1 **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.

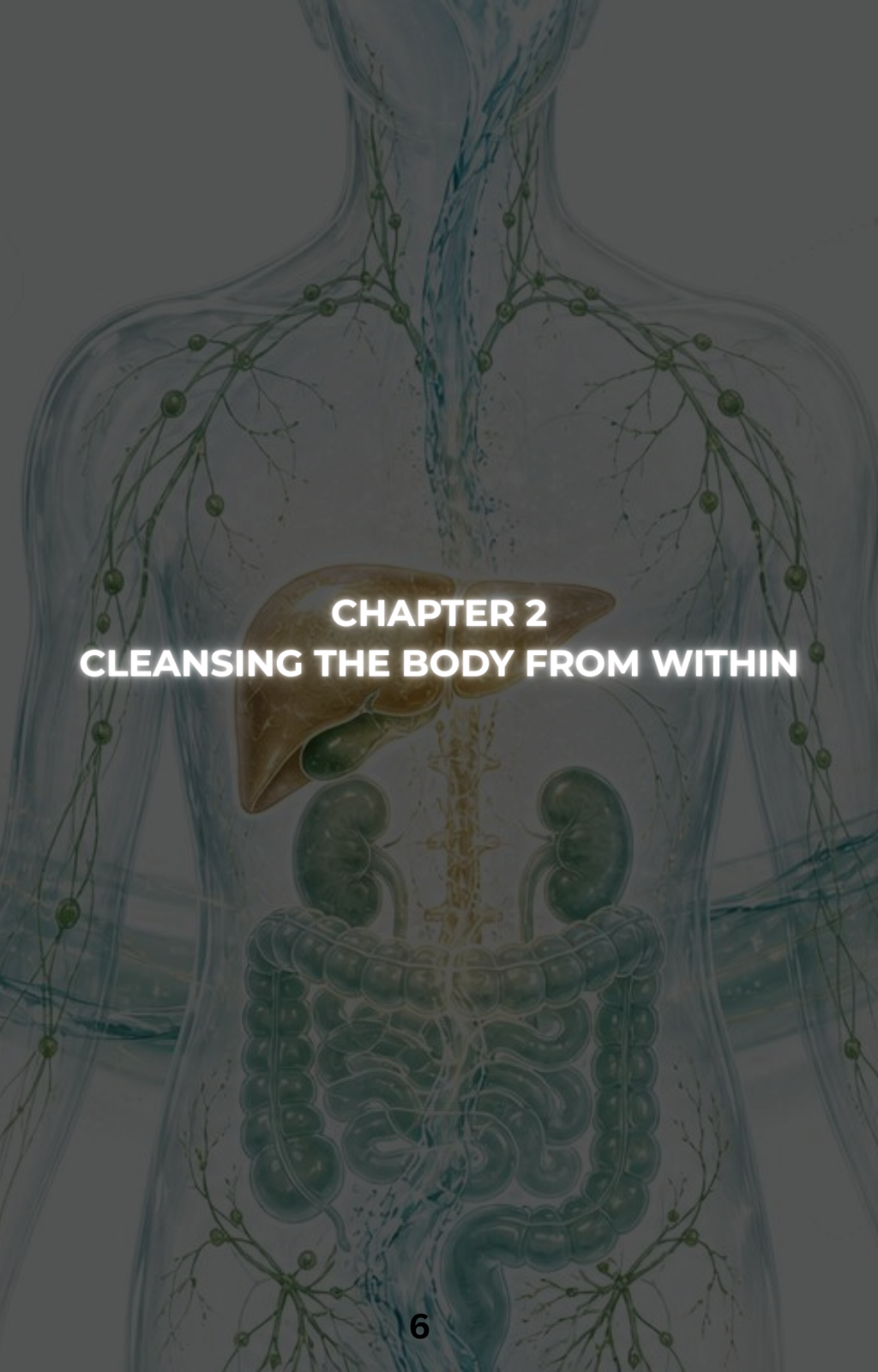
✓ 2 **Eliminating Excess Fat**

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.

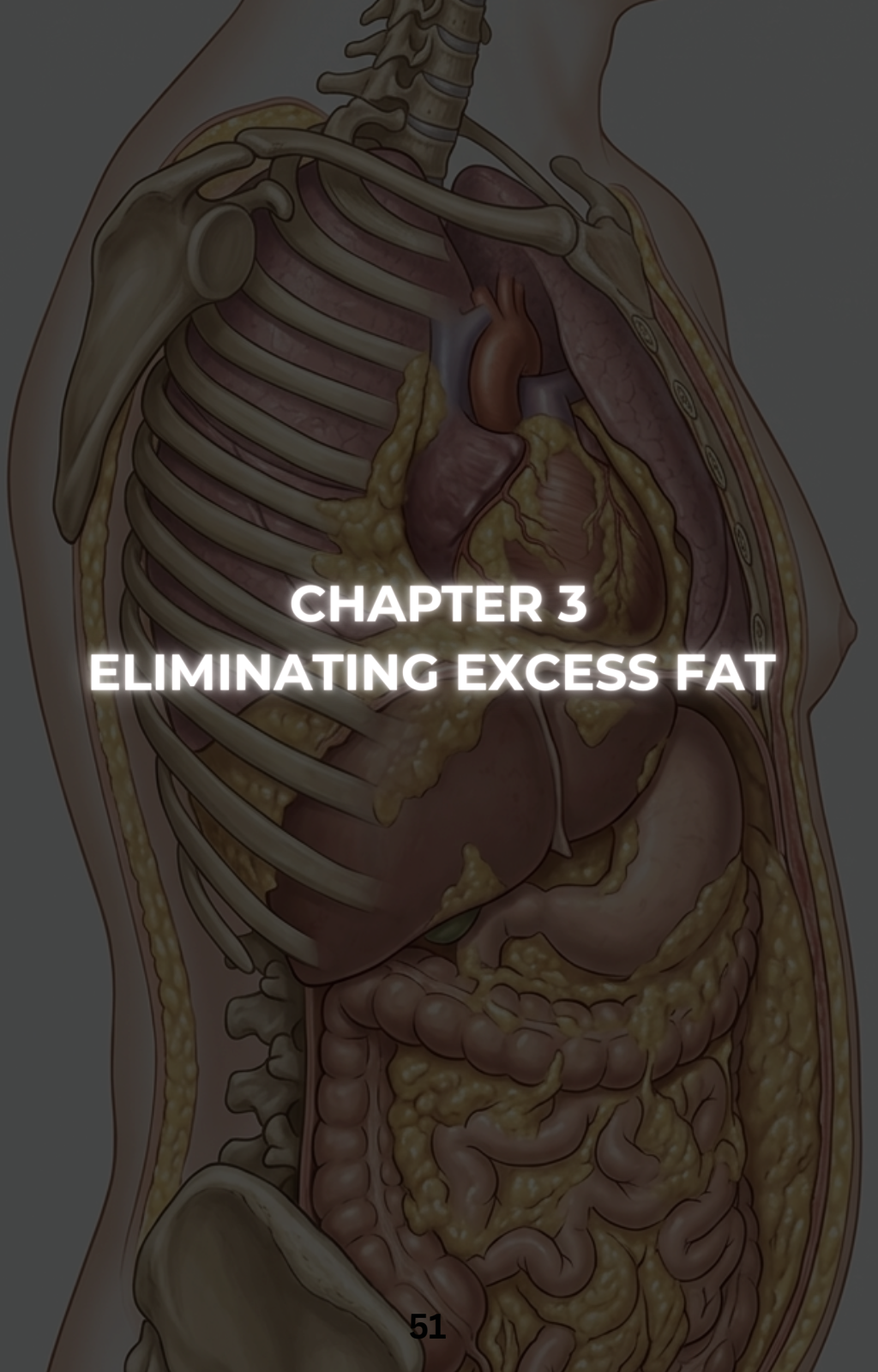
✓ 3 **Returning the Body to Its Natural Alkaline State**

- 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.



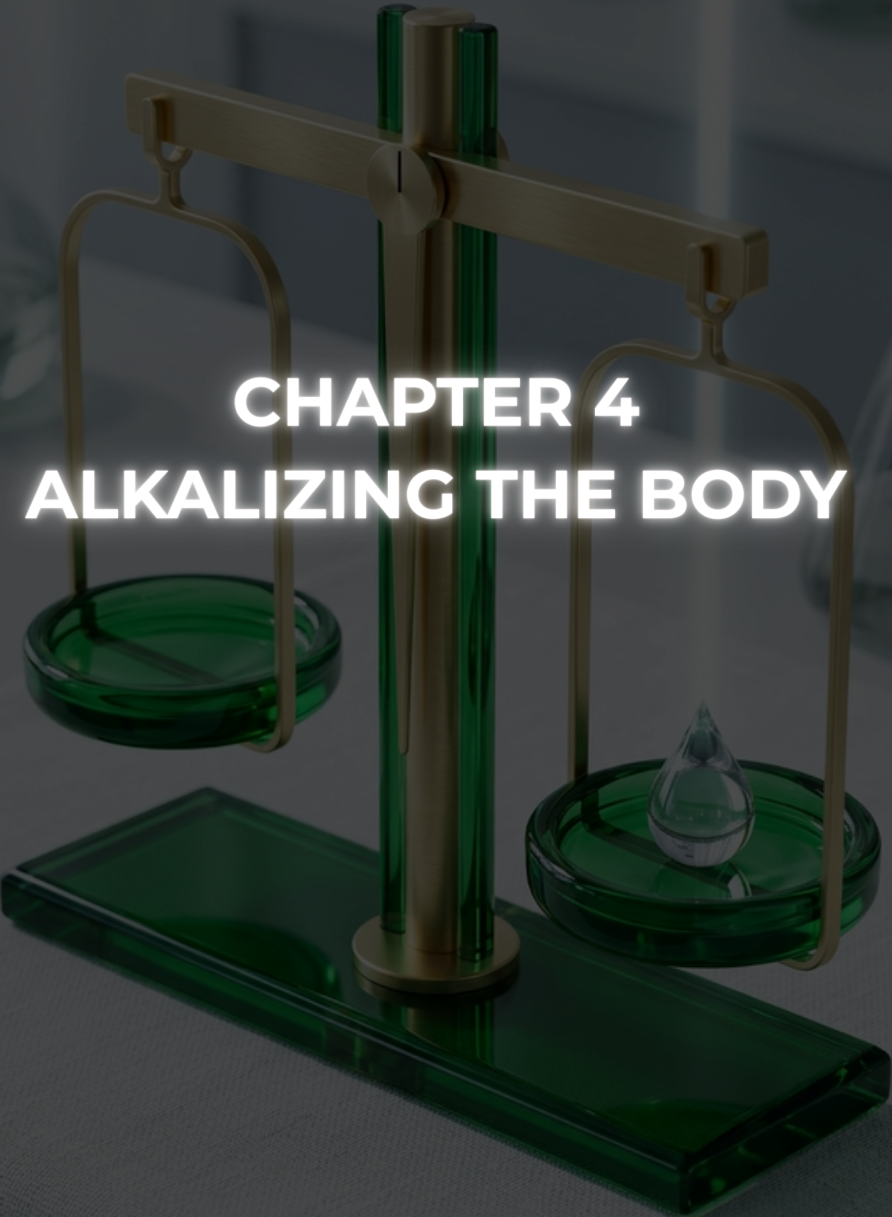
CHAPTER 2

CLEANSING THE BODY FROM WITHIN

An anatomical illustration of the human torso, showing the ribcage, heart, lungs, liver, stomach, and intestines. The illustration is overlaid with a semi-transparent dark grey layer. The text 'CHAPTER 3' and 'ELIMINATING EXCESS FAT' is centered over the chest area. The number '51' is at the bottom center.

CHAPTER 3

ELIMINATING EXCESS FAT

A balance scale with a brass frame and green glass pans is shown. The right pan contains a single drop of clear liquid. The scale is set against a blurred background of laboratory glassware.

CHAPTER 4

ALKALIZING THE BODY

A minimalist interior scene with a large, round, gold-colored clock on a white wall. The clock has gold hands and hour markers. To the left of the clock is a tall, narrow window with a gold frame. The floor is dark green with a gold border. In the bottom right corner, there is a small white shelf with a green glass bowl and a small white object inside it. The text "CHAPTER 5 SUGGESTED DAILY PLAN FOR YOUR RESET JOURNEY" is overlaid in the center in a bold, white, sans-serif font.

CHAPTER 5
SUGGESTED DAILY PLAN FOR
YOUR
RESET JOURNEY

A man with grey hair and a beard is running towards the camera. He is wearing a dark long-sleeved shirt. On his chest is a large, semi-transparent logo that says 'BE BETTER' in a bold, sans-serif font. The logo is gold or light brown. The background is a blurred outdoor setting with trees and grass.

BONUS CHAPTER

Staying Youthful

BONUS CHAPTER
General Tips
for Boosting Vitality
and
Optimizing Body Functions

BONUS CHAPTER

Nature's Pharmacy



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\$



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FROM HERE

