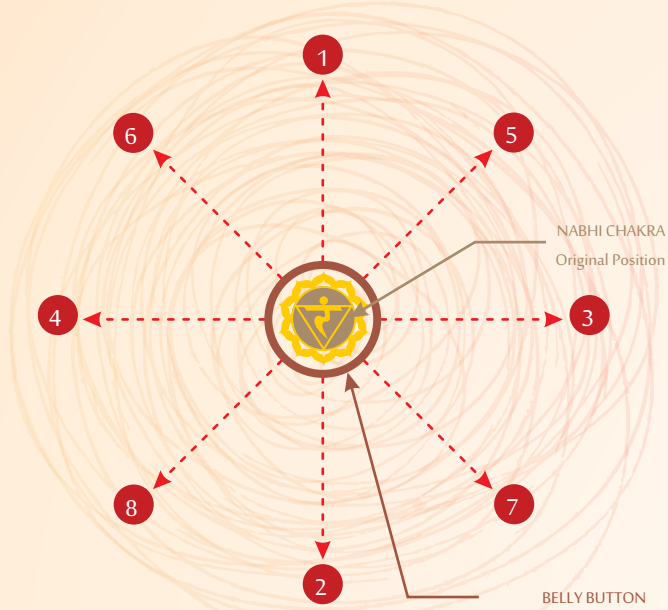


## NABHI CHAKRA DISPLACEMENT



Following provides the list of diseases caused by displacement of Nabhi Chakra

- |   |  |  |   |
|---|--|--|---|
| <p><b>1</b></p> <ul style="list-style-type: none"> <li>Thyroid (Hyper-Hypo)</li> <li>Cervical &amp; Vertebrae Issues</li> <li>Cardiac Issues</li> <li>Increase in fat</li> <li>Respiratory Issues</li> <li>Arthritis</li> <li>Liver related Issues</li> <li>Low Haemoglobin</li> <li>Angry and Irritative nature</li> </ul> | <p><b>2</b></p> <ul style="list-style-type: none"> <li>Nausea</li> <li>Lo BP</li> <li>Fatigue</li> <li>Muscular Dystrophy</li> <li>Eye and Ear Diseases</li> <li>Irregular periods (Females)</li> <li>Menstrual pain</li> </ul>  | <p><b>3</b></p> <ul style="list-style-type: none"> <li>Back Pain</li> <li>Pain in the Heel</li> <li>Knee Pain</li> <li>Diabetes</li> <li>Excessive gas in stomach</li> <li>Acidity</li> <li>Low Hb</li> </ul>  | <p><b>4</b></p> <ul style="list-style-type: none"> <li>Diabetes</li> <li>Acidity</li> <li>Gas</li> <li>Burps</li> <li>Knee Pain</li> <li>Back Pain</li> <li>Pain in Soles</li> </ul>  |
| <p><b>5</b></p> <ul style="list-style-type: none"> <li>High BP</li> <li>Gastric Pain (Right side)</li> <li>Left knee pain</li> <li>Left heel pain</li> <li>Brain Tumour</li> </ul>  | <p><b>6</b></p> <ul style="list-style-type: none"> <li>Nervous Diseases</li> <li>Mental Diseases</li> <li>High/Low BP</li> <li>Pulmonary Edema (Water in lungs)</li> <li>Slow Blood Circulation</li> <li>Fear in Mind</li> <li>Negative thoughts</li> <li>Neck and Eye Problems</li> </ul> | <p><b>7</b></p> <ul style="list-style-type: none"> <li>Diabetes</li> <li>Low BP</li> <li>Nausea</li> <li>Liver Diseases</li> <li>Kidney Diseases</li> <li>Pain in Joints</li> <li>Back Pain</li> <li>Knee Pain</li> <li>Paralysis</li> <li>Gastro Intestinal disorders</li> <li>Angry and Irritating nature</li> </ul> | <p><b>8</b></p> <ul style="list-style-type: none"> <li>Diabetes</li> <li>Low BP</li> <li>Nausea</li> <li>Liver Diseases</li> <li>Kidney Diseases</li> <li>Cardiac Diseases</li> <li>Back Pain</li> <li>Knee Pain</li> <li>Low BP</li> </ul> |



Hatha Yoga  
- Lord Shiva



Ashtang Yoga  
- Shri Patanjali Muni

Dr. Rakesh Varma  
MD (Medicine)  
DM (Cardiology)



Chief Cardiologist & Professor  
Department of Cardiology  
Formerly Physician to  
The Prime Minister of India

I had the pleasure of interacting with Shri. Dilip Dholakia from Ahmedabad in respect of my own knee pain

I am a sports person & have been actively playing outdoor games from very beginning

For last 03 months, or so, I developed pain and swelling in my right knee, making it difficult for me to climb up or down the stairs.

I was taking allopathic treatment, without much benefit.

Shri Dilip Dholakia attended me and gave me some BALANCING THERAPY by which in very first day I had an improvement over 50%.

I find his treatment to be safe, low cost & very useful.

I wish to recommend this to all patients of low backaches and joint pains and other diseases.

I wish Shri Dilip Dholakia all the success & congratulate him for his endeavour to eliminate the pain of people & thank the organizers of this Yoga Camp & Balance Treatment.

Best Wishes

(Dr. Rakesh Varma)  
Dated : 014/09/2015

Yogacharya Dilip Dholakia has treated several patients for various diseases like Diabetes, High Blood Pressure, Obesity, Joint pain, Back pain and others. Using "**Balance Therapy**" Yogacharya Dilip has cured the diseases of majority of the patients. Mr. Rakesh Varma's feedback is one of the them. Please visit our website [www.yogacharyadilip.com](http://www.yogacharyadilip.com) to read the feedback from several other patients.

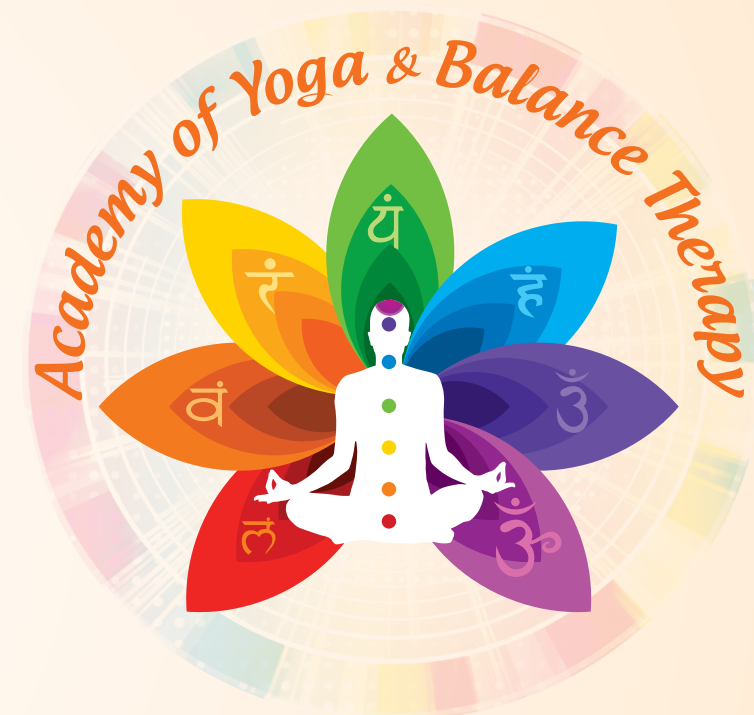
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## A New Approach to Being Healthy "Balance Therapy"

Dilip Dholakia's



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Nr. Govardhan Party Plot, Thaltej, Ahmedabad-380059.

Awarded by "Gujarat Innovative Society for  
Innovation of Balance Therapy."



### Are you suffering from following diseases?

Diabetes	High Blood Pressure	Obesity
Heart related problems	Cholesterol	Gastro Intestinal Disorders
Lower Back Pain	Cervical Spondylitis	Lumber Spondylitis
Joint Pain	Arthritis	Pain in the Heel
Asthma	Allergies	Rheumatoid Arthritis
Knee Pain	Varicose Vein	I.B.S. (Irritable Bowel Syndromes)



**"Balance Therapy" and "Yog" is the solution to Rectify all these diseases.**

**"Balance Therapy" also provides great relief in case of following diseases**

Chronic Cold	Short Breath/ Breathlessness	Sleep Disorders
Problems related to kidney	Weakness in the body	Cancer
Skin Diseases	Migraine	Thyroid (Hyper-Hypo)
Menstrual & Gynaec Problems	Short height(Kids)	Lack of concentration(Kids)
Schizophrenia	Anxiety	Anger Management
Depression	Stress	Excessive Sweat

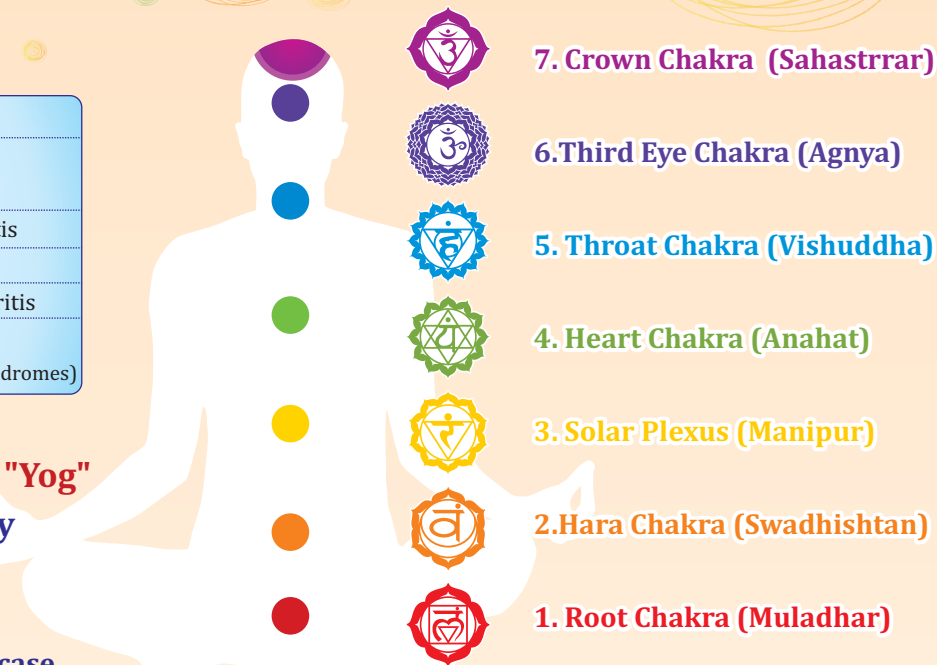
**and Neurological Disorders like**

S.L.E.	Multiple Sclerosis	Parkinson's Disease
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Imbalance of **"Nabhi Chakra"** is the root cause for most of the diseases. Nabhi Chakra is also known as **"Manipur Chakra"**. If the String of any musical instrument is too tight or too loose, sound produced by the instrument is not soothing. Similarly following Imbalances in the body leads to various diseases in the body.

1. Disorder or Defect in the Subtle Body
2. Disturbed Balance of Gross Body
3. Disruption of the free flow of Prana
4. Dislocation of any of the Seven Chakras

Imbalance of Nabhi Chakra is unrecognised by allopathy, homeopathy and other sciences. Nabhi Chakra imbalance is nothing but Navel Displacement or Belly Button Shifting.



Manipur Chakra is located in the Navel (Belly Button). It is most energy absorbing Chakra. Manipur Chakra supplies energy to all other chakras. Displacement of Manipur Chakra can be caused by any of the following reasons.

1. Wrong sleeping, sitting, walking and standing posture
2. Putting unequal body weight on both the feet
3. Driving in the tilted position
4. Obesity
5. Excessive gas in the stomach
6. Improper Bowel Movement
7. Nutritional Diet but Lack of exercise
8. Worrisome nature
9. Continuous thoughts

When the Manipur Chakra displaces from the original position, it builds the pressure on the organs where it shifts. That leads to damage of the impacted body organs.

Hollow space created because of displacement of the Manipur Chakra leads to causing the tension on the organs in the original position.

Abdominal Cavity is home of lots of body organs like Liver, Pancreas, Spleen, Diaphragm, Gallbladder, Stomach, Appendix, Small Intestine, Large Intestine, Kidneys, Uterus, Prostrate, Testes, Ovaries and others.

**"Balance Therapy"** with "Yog" identifies the displacement and restores Manipur Chakra to its original position. Restoration of Manipur Chakra cures the diseases caused because of Manipur Chakra displacement.

Once Manipur Chakra is restored in its original position by **"Balance Therapy"**, It is recommended to correct the Sleeping posture

Following are the correct Sleeping postures.



- A. Sleep on the back
- B. Shoulders should be on the pillow
- C. Both the hands are on the side as shown in the picture.
- D. Keep the body loose while sleeping.



- A. Sleep on the Left side of the body
- B. Neck (Not shoulders) should be on the pillow
- C. Left hand should be bent in such a way that left arm should be near the face (Either on pillow or on the mattress)
- D. Legs should be bent as shown.
- E. Right hand on the Right leg



- A. Sleep on the Right side of the body
- B. Neck (Not shoulders) should be on the pillow
- C. Right hand should be bent in such a way that Right arm should be near the face (Either on pillow or on the mattress)
- D. Legs should be bent as shown.
- E. Left hand on the Left leg

There are 138 different Sleeping postures. Three postures mentioned above are the right postures. Following are some of the examples of wrong sleeping postures.



Wrong sleeping posture causes Imbalance. Our body has network of capillaries adding to 96000KM. Imbalance causes obstruction in the blood circulation. This leads to various diseases in the body.

**"Balance Therapy"**, "Yog" and "Posture correction" keeps you Healthy.