

Dilip Dholakia's

Academy of Yoga & Balance Therapy



A New Approach To Being Healthy
"Balance Therapy"



Yogacharya Dilip Dholakia was awarded for "Yogic Balance Therapy" on 15th April 2015 by Gujarat Innovation Society, which directly works under the guidance of our Honourable Prime Minister Shri Narendra Modi.

A Brief Introduction of Yogacharya Dilip Dholakia

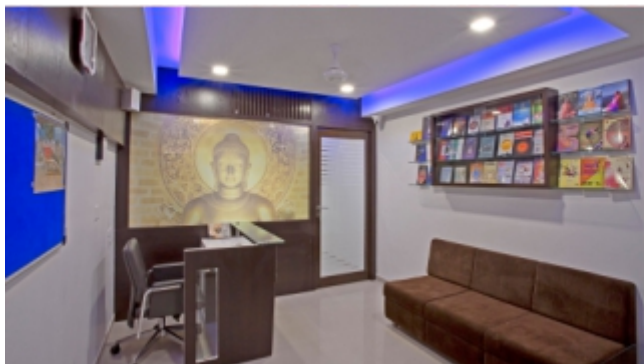
- Born and brought up in sayla (saurastra) in the state of Gujarat.
- He has been practising Yog for more than 35 years in Ahmedabad.
- He had successfully conducted yog camps for vasant nature cure hospital.
- He served as yog director in aadarsh amdavad trust for 2 years. Also, trained and certified 75 Yog professionals.
- Dedicated his valuable time as a Yogacharya at Yog Jivan institute.
- He had worked with I.G Vidhyavihar trust in association with Bengluru university (SVYASA) for training and certifying 250 yog teachers.
- He was involved as one of the key faculty with SVYASA in stop diabetes project conducted in Gujarat.
- Organised and conducted yog classes from 2003 to 2013 at Ishwar Bhuvan and from 2013-2015 at sports club.
- He was designated as Coordinator for Yogik Science Department at Gujarat University.
- He invented a unique yog therapy called as 'Yog Balance Therapy'. He has been continuously involved in curing various diseases with his unique way of implementing balance therapy in association with yog.
- Awarded by Gujarat Innovation society for his unique contribution in the field of yog.
- Successfully organised several Yog camps in many institutes and corporate sector in Ahmedabad and other places.
- He has penned his valuable knowledge for the society in a book called 'Yogchetna' published in Gujarati. This book is available to read and learn Yog in all schools of Gujarat Government.



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Do You Suffer From Any of These Ailments?

If you are suffering any of these ailments – diabetes, high blood pressure, heart diseases, cholesterol, stomach troubles like gas, acidity, constipation, Irritable Bowel Syndrome (IBS), Asthma, short breath, chronic cold, allergy, arthritis, rheumatoid arthritis, joint pains, back pain, knee pain, cervical spondylitis, lumber spondylitis, kidney disorders, varicose veins, obesity, weak body, cancer, SLE, multiple sclerosis, Parkinson's, psoriasis and other skin troubles, migraine, thyroid (hyper / hypo), menses difficulties for women and many other ailments, less height of children, their lack of concentration ability, depression, schizophrenia, stress, too much thinking, continuous sense of fear, insecurity, anger, lack of sleep, and many other such diseases can be benefitted a great deal with help of Balance Therapy and Yoga.

'Yogacharya' Shri Dilip Dholakia has helped a large number of people with these and similar ailments with his Balance and Yoga therapies. We present here the experience and opinion of some of those who have benefitted from his Therapy.



Cause of Many a Disease – Disturbance in Balance

Unless a disease has been caused by a certain identifiable cause (and in 90 % of diseases there is no apparent reason), then it is caused due to some disorder or defect in the 'Sukshama' or Subtle Body, or a disturbed balance of 'Sthula' or material (gross) body, or disruption of the free flow of Prana, and some disorder in the Seven Chakras that balance the elements of Vitality, Electricity and Energy in our body or even imbalance in our Thoughts might be responsible for that disease.

When a string of Veena is stretched a little too tight or is left too loose, it will not be able to produce any music for the ears. It needs a particularly balanced stretch that will produce music we would love to hear. Similarly, if the balance of our gross body, subtle body and the flow of Prana, the balance of the Seven Chakras or of Thoughts is not proper, we are likely to suffer from different diseases, and body will be sick.

The prevalent treatment systems have no idea of this kind of 'Balance', and that is why huge hospitals, doctors with high qualifications, big pharmaceutical companies and new discoveries also have not been able to stop growing volume of diseases, and even new diseases keep appearing and growing nowadays.

Indeed, there has to be some reason for this disturbance in Balance of our gross or subtle body, or of Pran, or of Thoughts, and most of the time, this reason would be some action, or lack of some action.

Thus the true and most effective treatment of the diseases lies in identifying this action or lack of action, which leads to such imbalance, and then to remove this reason. Instead of curing the disease it is better to stop its growth. If you suffer from any bodily or mental disease, then in order to cur / control it, and to prevent any disease from affecting you in future, please contact your Balance Therapist.

DO NOT make excuses, e.g. you do not have time, or do not have ailment etc. Unless you spare some time to invest in continuing of even your own good health, you are surely going to waste more time, energy and a lot of money in being sick. Decision indeed would be yours only.

Guidance to Manage Stress and Consequent Disorders through Balance Therapy, yoga Practices and Many Other Techniques



According to Yoga Shastra, our body has Seven Chakras, viz. 1. Muladhar, 2. SVadhishtan, 3. Manipur, 4. Anahat, 5. Vishuddha, 6. Adnya, and 7. Sahasrar.

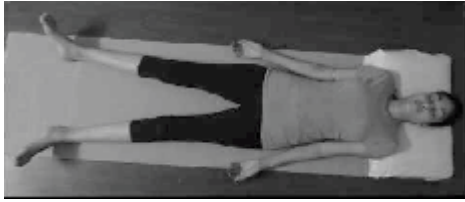
Manipur Chakra is situated at the Navel and is the Chakra of Electricity. Once it leaves this position, we begin to suffer from many treatable and non-treatable diseases.

There are several reasons for Manipur Chakra to be away from its usual position at the Navel. The bad postures in sleeping, sitting, standing, or walking, or driving on scooter or a bike for long periods at a time, walk too fast or run and in bad step, to stand with pressing one of the legs more than the other, to drive while sitting at a slanting angle, obesity, frequent gas in stomach, IBS, eating good food but not exercising, worrying nature, think continuously, and many such reasons get Manipur Chakra shifted from its normal position.

It would be best to know the direction in which Manipur Chakra has shifted, for the limbs of the stomach in that direction would experience more pressure, and this would damage them. Also, when Manipur Chakra leaves its own position, that place develops a vacuum, creating a tension in the limbs nearby. Our midriff has a number of very important limbs, such as liver, pancreas, spleen, diaphragm, gall bladder, stomach, appendix, small and big intestines, kidney, urethra, bladder, adrenal gland, uterus, prostate, testes, ovary, scrotum, etc. The natural balance of these and other limbs get disturbed by this shift, and a series of diseases would develop.

Only when you treat the place from where a disease began, or treat the real Cause of a disease, would that disease be controlled or cured. When, therefore, once you bring Manipur Chakra to its original position, these diseases would end. It is very important to know in what direction it has moved, for then we may be able to keep the body at a certain angle and set it properly once again. This is 'Balance Therapy', and it would remove a large variety of ailments indeed.

The Three Correct Ways to Lie Down to Sleep



Sleep on your back. Keep shoulders on the pillow. Keep hands to your sides next to the body. Be relaxed in the entire body.



Sleep on your left side, bend the left elbow to keep near your face on or below the pillow, left leg should be on the right one, the legs slightly bent from the knees, the right hand on right leg, and shoulders should be below the pillow.



Sleep on your right side, keep right elbow bent and place it on or below the pillow near your face, left leg on the right leg, knees slightly bent, left hand on left leg, and shoulders below the pillow.



The Incorrect Ways to Lie Down to Sleep

These and in many other ways people lie down to sleep, and they serve to disturb the Balance of the body. We have 96,000 km of veins carrying blood in the entire body. When the balance gets disturbed, the blood circulation is obstructed and this leads to many types of ailments.

The Only Treatment for all These Diseases

The only treatment that can stop and cure these diseases or ailments would be to restore the Balance of the Body. Once you do this, the diseases would disappear.

For Consultation and Treatment, Contact
Balance Therapist and Yogacharya Shri Dilip Dholakia
(m) 098982 87627 , 9033065496



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 this endeavour to eliminate the pain of people & thank the organizers of this Yoga Camp & Balance Therapy Treatment.

Best Wishes

(Dr. Rakesh Varma)

Dated : 01/09/2015

Vardhman Mahavir Medical College & Safdarjung Hospital Govt. of India, New Delhi

- Fellow, Indian Society of Cardiology
- Member, Indian College of Interventional Cardiology.
- Member, Indian Association of Echocardiography.
- Fellow, International College of Nutrition

- Member, Association of Physicians of India.
 - Member, India International Centre.
 - Member, Delhi Gymkhana.
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તા. ૨૫/૦૫/૨૦૨૫

શુભેચ્છા સંદેશ

ભાઈ શ્રી દિલીપભાઈ દ્વારા યોગ શિક્ષણ સેન્ટર થકી સાસ્વાર પ્રાપ્ત થઈ રહી છે, અનેક વ્યક્તિઓને આ થકી ખૂબ જ સ્વાસ્થ્ય લાભ પ્રાપ્ત થયેલ છે.

યોગ એ ભારતના ઋષિ-મુનિઓની માનવ જાતને અણમોલ ભેટ છે. તેથી જ તો વિશ્વના - ૧૭૭ દેશો યોગમાં જોડાયા છે અને આંતરરાષ્ટ્રીય યોગ દિન ૨૧ જુન નિયત થયેલ છે. યોગ થકી મન સ્વસ્થ બને અને તેનાં પરિણામે જ તન સ્વસ્થ બને તે સ્વાભાવિક પ્રક્રિયા છે.

વર્તમાન ભાગ-છેડ ભણી જીંદગી ભોગવાઈ તરફની દોટ અને કૃત્રિમ કલ્પનાઓ અને કેરિયર બેઈઝ તનાવમાં સ્વસ્થ રહેવાની જહ્નુબુદ્ધી યોગ દ્વારા મનનું બેલેન્સ કેળવાય છે અને શરીરનું પણ સ્વાસ્થ્ય જળવાય છે.

શ્રી દિલીપભાઈ થકી યોગનું ઉમદ માર્ગદર્શન અને સાસ્વાર પ્રાપ્ત થઈ રહી છે. જે સરહનિય, અભિનંદનીય - વંદનીય પ્રવૃત્તિ છે. વિશેષમાં તેઓ શ્રી જે બુક પ્રગટ કરી રહ્યા છે જેના થકી યોગ તરફ અનેકો ને પ્રેરણા મળશે અને યોગમાં જોડાઈ તે માટે નિમિત્ત બનશે યોગ માટે ઋણિમાં વધારો કરશે. અન્યના અનુભવો વાંચી-જાણી સ્વયં પણ પ્રેરિત થશે તેવી મને શ્રદ્ધા અને વિશ્વાસ છે,

ધન્યવાદ

આપનો

(ભિખુભાઈ દલસાણિયા)

પ્રદેશ સંગઠન મહામંત્રી, ભાજપ ગુજરાત



Diabetes – High Blood Pressure

Dr. Shashikant R Patel.

M.D., ABIM, ABFP, DLRO, M.B.B.S.

662, Yorktown Place, Paramus, New Jersey, U.S.A.

Passed M.B.B.S. in 1965 and DLRO. in 1968 from Civil Hospital, Ahmedabad.

- 1) Did one year rotating internship in Liverpool & London & Cardiff
- 2) Did one year rotating internship in U.S.A. at Chester County Hospital, Pennsylvania
- 3) Did two year residency in U.S.A. at St. Joseph Hospital Peterson, N.J. Umdni
(University of Medicine, Dentistry, New Jersey)

I, Dr Shashikant Patel, state as follows on Sept 5, 2012 from Ahmedabad. I practiced as a doctor in USA for 40 years starting in 1970. Presently at an age of 73 years I am enjoying retirement at USA. I had been suffering from type II Diabetes and high BP for 22 years. Tablets were ineffective, hence I had to resort to Insulin shots.

I visit Ahmedabad a couple of times every year and stay with my friend Rajesh Patel. Being a medical person, I did not believe that Diabetes could be controlled without medicines. But on Rajesh Patel's repeated insistence, I took appointment and met Shri Dilipbhai Dholakia on August 15, 2012. He advised treatment under his supervision for about 20 days. I was not convinced, but had nothing to lose, hence started the treatment.

Only 5 days later, my trousers were loose; I was getting rid of fats on my abdomen. On 6th day, on the way back, I felt dizzy due to low sugar. I drank a bottle of Amul flavored sweet milk and checked sugar level immediately on reaching



home, it was 70. It was a miracle! I gradually reduced the dose of tablets. Yet, my sugar level remained normal. As Dilipbhai continued the body balancing therapy on me, I stopped taking BP tablets too. Now at the end of 30 days I am fully confident about the alternative therapy of Yoga and Body balancing. I check sugar level daily and find it absolutely normal.

I was invited for a talk show on Dilipbhai's way of Yoga on Sept 22, 2012 at Hotel White Leaf, organized by The Paint Association. I took lunch, followed by four gulab jamuns and two big scoops of ice cream, yet my sugar level was normal. While writing this too, I am feeling fit physically & mentally. My waist is reduced by 2".

Another similar miracle happened with my uncle Punambhai Maganbhai Patel, residing at 6/4, Municipal quarters, Opp IDBI bank, B/h Lal Bungalow, CG road, Ahmedabad 380006. Phone: 079-26562122. He was suffering from severe knee pain since several years. He couldn't walk even a few steps without support of a stick. He was advised knee replacement and was taking Steroid shots in the knee for temporary relief. Just in five sittings with Dilipbhai, my uncle got rid of the pain and started walking comfortably. Recently he climbed up all the steps of Vadtal Swaminarayan temple by himself.

Body balancing in the right way has cured many acute problems.

I express my gratitude to Dilipbhai and to my friend Rajeshbhai too. I strongly recommend the ancient India's wonderful body balancing and Yoga therapy under supervision of Dilipbhai. May all people benefit, as I have.

These incidences were published in print media and electronic media. Please visit www.yogacharyadilip.com to view the same.



Diabetes , Hemoglobin ,Asthama, Heart problem, And Many more

DiseaseAlka shah

10/B, Manila Flats, Nr. Vaidhya School, Naranpura, Ahmedabad.

My hearty salutation to respected Yoga Guru Shri Dilipbhai Dholakia and also my brother Kumarbhai, the owner of Omega Elevators.



Right from childhood, I suffered acute deficiency of Hemoglobin (average 5 to 6 grams only), and had to take regular injections. I faced a liver attack in 1977. My family doctor advised me admission to VS Hospital, as the medicines did not work. Without any tests, the hospital declared blood cancer, and that I can survive not more than 3 months! You can imagine mental condition of my family members, blood cancer at the age of 15! Next day, pathology reports indicated swelling of Liver and also Krumi, which restricts formation of blood. Accordingly I was put to medication.

In the year 1990 I was suffering with severe DIARRHOEA and subsequently I had dehydration. I was admitted into hospital and was given 19 bottles of Glucose. Again in the year 1992 in the month of May I had similar problem and got the treatment from the renowned Doctor at Doctor House. I was given 26 bottles of Glucose and 2 bags (each of 150 m.g.) of processed blood.

In October 1992 I had falciparum. I was given 6 bottles of Quinine and 48 bottles of Glucose and hence I had problem of cough. I was also given the medicines of Iron which triggered the problem of excessive bleeding. I consulted renowned Gynecologist on 5th May 1997 who opined that there is cyst in uterus and if it is not removed by operation then gradually it will increase to the size of a coconut. I was scared and got myself operated on 10-05-1997. After the arrival of the surgeon when he enquired whether did the nurse give the injection to the patient of DNC at that time the foolish nurse



informed that erroneously she had given the injection to Alkaben. At that time I had not lost my senses and at that time the anesthetist gave me the doze of anesthesia and the Surgeon started operating on me. The double doze given to me was sufficient to deteriorate the condition my lungs and from that day onwards I started the complain of Asthma. Excessive glucose, stuff cough and inferior quality of my lungs were the cause for not been able to breath properly. The condition deteriorated to that extent in the year 2001 that thrice in a week I was compelled to take the injection of Derifiline. On 25th December, 2001 the proportion of CO₂ in my body was 81% and hence I was admitted into a big Hospital at Wadaj in I.C.U. ward and I was put on ventilator and the doctors suctioned 5 bottles of cough. During this for 7 seconds I lost my heart beats which is termed as Cardiac failure in medical parlance. Subsequently I was discharged from the Hospital but the treating doctor did not prescribe any medicines related to the heart. I was now having another disease free while I went to the hospital for the complain of breathing. Now I had uneven heart beats. I was given wisolene (Steroid) and I was informed that the side effect of the drug would be the diabetes. In short span of two months I was a patient of diabetes as well.

In April, 2003 I had severe fever. The blood pressure systolic was 110 and diastolic was 150. When the treating doctor examined me with a stethoscope, he informed that the system of asthma would go only on death ! Asthama has no cure. Due to multiple problem of asthma, uneven hear beat, high blood pressure and severe high fever I was admitted to SAL Hospital and admitted into ICU for 3 days. I was informed that after 10 days I shall have to undergo a test for ECO. On discharge from SAL Hospital I was not prescribed any medicine for the control of blood pressure and subsequently from second day onwards my level of blood pressure started shooting up.

After one week as my mother is serving at V.S. hospital I went there for ECO cardiogram test. The Doctor who was supposed to perform my ECO test was bust treating for angiography of the adjoining patient so his two assistants' performed by ECO test and after going through the result on my face I was informed that the test is not good as it appears that my heart valve is not performing well.



After about 15 minutes the main Doctor came and he performed my ECO once again and he opined that my heart is enlarging in size and I need to do complete bed rest. I was fortunate to have a sister who was treating me like a small child and my nephew who is like my son, are taking good care of me during the sickness. When the doctor opined that my heart is enlarging we took the appointment of senior cardiologist Dr. Sunil Dalal. Afterwards Dr. Dalal consoled me that there is nothing to worry and I can lead my routine life. Anyways I was hoping for relieving myself from these three diseases. In 2004 once again I had a severe problem of asthma and the treating doctor prescribed a long list of medicines along with the high dose of steroids. Gradually my breathing problem was increasing so I consulted several other Doctors as well. A leading Doctor also advised me that the train is leaving a platform and hence I should not run.

Although I am Jain still when a dying person even catch hold of a small wood I went to Hyderabad where they give medicine in form of a fish. As I was Jain they gave me medicine in jiggery. The cost of the medicine was just Rs. 10 but as I was feeling so weak I had to travel by Air. I went to Hyderabad twice in a year but there was no progress in my health. In 2009 I consulted Dr. Nagpal at Jaipur who performed various test. Dr. Nagpal took one stitch in the middle of the breasts and I was informed not to take bath for 15 days so that there is no septic at the stitch but still my breathing problem did not decrease.

As the dose of medicines and steroids increased, my level of diabetes also started shooting up and the side effects were clearly seen on my teeth and my eyes. The dentists took several thousand of rupees for affixing three ceramic teeth to me but in short span of two months all the ceramic teeth fell down. In 2009 I had developed problem of eyes and consulted ophthalmologist Dr. Sanjay Gandhi.

Dr. Sanjay Gandhi opined that I have developed cataract and hence on 14-02-2009 I was operated for one eye and on 06-08-2010 I was operated for another eye.



Despite of operation of cataract I was facing great difficulties in vision and looking at the things. On consulting the ophthalmologist he opined that due to over doze of Steroids I have developed some white dots around pupil of my eyes. Considering the serious condition of pupil, the doctor opined that if he tries to rectify the disorder then there are chances of 80% of losing the vision and 20% of saving the vision. I am still facing the problem of vision.

In June.2011 I paid Rs. 6300 for the treatment of Punchkarma of Ayurveda and took seven sittings. Although there was no improvement because of the side effects of prolonged steroids taken by me.

Subsequently I went for naturopathy and took only vegetables as diet but there was no improvement.

As if these problems were not enough, I also developed the problem of piles, fissure, I was begging death from God almighty. But suddenly fortunately Shri Dilip Dholakia appeared to me as God. I was taken to Dilipbhai's residence by my sister and the owners of Omega Elevators Shri Kumarbhai. My condition was no better then a dead body. In short treatment of 20 days I am feeling rejuvenated, charged fully energetic and disease free. I am unable to express what I felt as expression of words has certain limitation but my benefits have no bounds and limits.

I sincerely urge everyone who is reading this to take even your fondest enemy to Shri Dilipbhai Dholakia if he is suffering from any of the diseases. I am sure you will be blessed.

Although I had given a long list of 92 Doctors. 37 were allopathic doctors, 26 were Ayurveda doctors, 14 were homeopathy doctor, 15 were naturopathy doctor. Dilipbhai took promise from me not to mention the names of the Doctors for publishing.

I pray God almighty to give long life to Dilipbhai Dholakia and I shall remain in debt to him throughout my life.



Psoriasis

Nitin Bhogilal Kandoi (age 50 years)
27, Subhashnagar Society, Off-Ashram road,
Nr Dinesh hall, Ahmedabad.



I was suffering from Soyarasis for last 20 years. My entire body was affected very adversely. I wandered from a skin specialist to another, but all in vein. This was a very rare kind of Soyarasis. A lot of big stains developed all over my body, from toes to the head, oozing out dirty pus. I tried all kinds of Ayurvedic, Homeopathic and other therapies. I was like living in hell.

On 10/1/11, I met Shri Dilipbhai through my wife's friend. She was cured of her old disease. Dilipbhai talked to me about the root cause of my problem, and rather than working on the effect of the problem, he always cures the disease at the root level. He advised diet for 3 months and Yoga practice for a month. I enjoyed practicing Yoga every morning under his training. I started experiencing improvement. Itching sensation and skin pilling were reduced. Within 2 months I was cured 100%. It was like a new beautiful life for me. I am still continuing Yoga.

Dilipbhai has deep knowledge of Body balancing and the effects of different Asanas on different parts of the body.



Knee – Diabetes, Blood Pressure

Maniratna Sagar Maharaj (JAINMUNI)

Age: 50 yrs

Khatargachchh Samaj Jain Maharaj Saheb

From a long time I had pain in my knees. It was hard to walk, stand and sit down. I used to sit and go in wheel chair only. I showed many doctors and Orthopedics. They all said I had to go for knee replacement only.

For that I came to Ahmedabad Dada sahib pagla to Dr. jeetendra jain. Who is orthopedic doctor. I showed him. He said to go for knee operation at S.A.L hospital. I had Diabetes and Blood pressure problem also for that I was taking medicines. I was admitted to sal hospital on 28.3.2013. I was to be operated. I had to go for the test and in that my blood suger level was high instead of medicine they gave me insuline injection.

For 3 days 28, 29, 30 march 2013 they gave me insulin 3 times a day. But my blood suger didn't control at all. So doctor said you take rest and once your suger is in control then operation will be possible. I come back to Dada saheb pagla. On 31st one jain sadhu told me that I go to Dilipbhai Dholakia and show him the knee problem and he solves and cures all deaseases. So on first april I called Dilipbhai. He told me to come on second april in evening at his place . where he gives treatment. I went there. He gave me treatment. I felt very good in just one day treatment. He told me tom come for treatment for 10 days. After 6 days I was 90% cured and felt very good. On 10th april I went to my orthopedic doctor Dr.



jitendra jain. Who was to do my operation of Dada sahib pagla derasar and also called Dilipbhai Dholakia at 10 in morning. I showed every one by running, joggind and did padmasana and sat down. I asked doctor that if still I had to go for operation? Dr said no need to go for operation ans asked who cured me. I said Dilipbhai did this.

Then Dr. jitendra jain and Dilipbhai had talk. Dilipbhai said I did leg alignment of maharaj sahib and said out of 100 he can cure 70% knees without operation and he can cure also Diabetes, Blood pressure, Heart deseases, Back Bone problems, cervical spondilites, lumber spondilites, migrane, stomach problems, asthama, breathlessness, cold and cough, allergies, obesity, depression, sleeplessness, many other deseases without medicines. He does by Balancing thr Body.

Dada sahib pagla trustees got interested so called Dilipbhai for lecture of one day on Yog on 17.4.2013 and how he can cure disease by Yog and Balance therapy. 150 people came for the lecture to hear him and all wanted to join his Yog shibir.

Mr. kumarbhai of omega alivators owner sponcered the Yog shibir and it started of till 40 days and 250 people took benefits and they got cured by Yog and Balance therapy. My medicines, my diabetes and blood pressure was cured completely. Then I went back to Mumbai hale and hearty cured walking. I am jain muni and I give blessing to Dilipbhai and all the success in his treatment and in his seva.



High Blood Pressure , Stress , Obesity

Kumarbhai M Desai (age 61 years)

29, Pratima Society, Dada Saheb Pagla, Navrangpura, Ahmedabad 9.

I am the owner of Omega Elevators Co. I have been suffering from high BP since last 15 years, for which I was regularly taking pills. I was told that I have to take pills for the entire life, and that it was a gift that came along with growing business.

I organized Yogacharya Dilipbhai Dholakia's Body balancing and Yoga shibir at Dada Saheb Pagla. I too attended the entire one month shibir. He also advised on diet. After a month I stopped taking BP pills and checked BP regularly. It was normal. Now it has been 3 months since I stopped taking pills. I feel energetic too. My weight and stomach & waist are reduced. Since then I have sent many friends to Dilipbhai and they all are thankful to me.

Thanks Dilipbhai.



|| Mantrapith ||

Cervical Spondylitis

Shri sahjanand sanskardham

FARENI - 360370. Taluka : Dhoraji, Dist.: Rajkot (Gujarat) , INDIA

ORG.:H.H.S. Shastri Balkrushnadasji Swami

(B.A. in Music)

I belong to village FARENI at which Bhagwan Shri Swaminarayan declared his name as Swaminarayan. I am disciple of Reverent Hon'ble Swami Balkrishnaji. I am 45 years old. Since two months I was feeling numbness. I was having pain at the back and at the neck. I consulted three Doctors at Rajkot and was advised after going through my MRI report that as one of the veins is pressured in my cervical I have to undergo operation. I am pessimist as I have already undergone 5 operations. Fortunately before 3 years I had an opportunity to interact with Shri Dilipbhai Dholakia. I still remember when he was advising and showing some asana in presence of 500 people who were performing yoga. I did those asana for 15 days and made some changes in my food habits and I was relieved to the tune of 80% of my pains. I sincerely appreciate the work of Shri Dilipbhai Dholakia

I pray God Swaminarayan give Dilipbhai tremendous success in his life.



Diabetes

Manoj Jain

Age 45 years date 27-05-2013

13 Paritosh Bunglow, Naranpura,

Ahmedabad Mobile



I was suffering due to diabetes since last 8 years. I was taking very regularly allopathic medicines, I was waking regularly and performing regular tests as well. But still the level of my PPBS /Blood sugar were never going below 300. Near Dadasaheb Pagla, Ahmedabad I joined the YOGA SHIBIR starting from 20-04-2013 .

I used to attend the Yoga Shibir in the morning and in the evening I was attending the balancing therapy and was taking only the diet suggested by Shri Dilipbhai. After one month on 26-04-2013 the blood sugar report showed FBS 273, PPBS 353 and on 12-05-2013 report the findings were FBS 142, PPBS 160. I had given all the Xerox copies of the reports to Shri Dilipbhai and I am confident that if I practice Yoga regularly then I shall not have any problem of sugar in the blood. All is well.



Arthritis

Nehaben Nimeshbhai Soni

B/5,Prabhakar Apartment, Gurukul Road,Ahmedabad.



I had a Problem of acute arthritis since long time .All joints of the body were giving me instant and severe Pain ,I tried many medicines of Ayurved ,Allopathic and Homeopathic, . Effect of above medicines were felt only for a short Period, then it would again Pain By grace of Lord Swamonarayan, one lady from our temple told me about Dilipbhai Dholakia and suggested to visit his clinic. I went to her clinic within 10 days with his balance Therapy ,Yoga and diet ,I was completely cured of all my Pain without any medicines .I felt energetic .I Prayed to Lord Swaminarayan to give Dilipbhai long life ,so that he can serve more sick people like me.



Migraine , Stomach Problem

Dr. Diptiben K. Shah

Age 42 years M.D. gynecologist.

Shrirang Hospital, 305/306 Parth Complex, Nr. Naranpura Rly Crossing,
Ahmedabad



Since many years I was suffering due to migraine and gastric problem and acidity. Since so many years I was taking the medicines of allopath. Every day I was taking a pain killer for migraine and I was always keeping a medicine for acidity in my purse. I was consuming a lot of drugs. I was using many therapies but till I used to take the medicine there was a temporary relief only.

I started going to Yoga Shibir of Shri Dilipbhai Dholakia and in just 15 days I had an unbelievable benefits. My migraine has been cured completely and there is no more problem related to my stomach.

I do not have words to thank Shri Dilipbhai. Although I myself is a practicing doctor, I was amazed with the knowledge of anatomy, physiology and scientific approach of Shri Dilipbhai.



Diabetes

Jigesh Rajarambhai Makhija

(age 38 years)

19, Nehrunagar, Opp: Hanuman temple, Ahmedabad.



I am grateful to Yogacharya Shri Dilipbhai Dholakia for bringing a change in my life. My blood sugar level had reached to 550 level. As advised by my doctor I had to take insulin 4 times a day. I wanted to get rid of insulin. Then, I happened to meet Shri Dilipbhai Dholakia. I learnt Body Balancing Technique, Yoga Asanas, Pranayama and about Diet within a few sittings with him. I practiced as advised by him, and now my sugar level has dropped to 145.

He learnt ancient Indian therapies and has been practicing the same for over 30 years now. I have decided to avoid harmful allopathic medicines and follow Dilipbhai to maintain good health.



Knee and spinal code

Kantaben Shankarlal Prajapati Age 62 years
Sector 5-C, 1572/1 Near Garden, Gandhinagar

Since many years I had a severe pain in my Right Foot. I was advised for the knee joint replacement but somehow I did not want to undergo the surgery. I consulted Aurvedic Doctor JashwantSingh Rathod and started his treatment. He prescribed some ointment and put me on MUNG. Initially I felt relieved a bit but on 03-05-2013 my pain started increasing to such an extent that it was difficult for me to even sit. I was not also able to walk properly. I was confined to bed and when I re-consulted Rathodsaheb he also agreed that my pains have increased substantially.

I had heard about Balance therapist and Yogacharya Dilipbhai Dholakia who is helping to reduce the pains and can make the patients disease free. Rathodsaheb referred me to Shri Dilipbhai Dholakia. On 05-05-2013 we approached Shri Dilipbhai Dholakia who was conducting his Yoga Shibir at Dadasaheb na pagla, Ahmedabad. After examining me he told me that within 15 days I shall be cured. I started the treatment. It was indeed a miracle that I am 80% cured on 13-05-2013.

I could walk 2 km and I could even climb the stairs. In short span of 15 days I am almost cured and now I can walk up to 5 km.

In addition, before 3 years I had undergone 8th vertebrae at "Spine Hospital" Ahmedabad. I had still problem despite of undergoing the surgery but after the treatment of Shri Dilipbhai now I can sit down on the floor and now there is no pain in back and waist. I am thankful to Shri Dilipbhai Dholakia.



Gas, Acidity , Obesity and Body Ache

Geeta C. Prajapati

Dada Saheb Pagla ,jain mandir quarter, Navrangpura,Ahmedabad



It was like a dream for me. I become very light. As if weightless. Since long, I had pain in veins. I was gaining weight , which was a problem for me. I was down with muscles pain , gas problem , vomiting , knee problem and severe head-ache.

But, I joined 'Yoga shibir by Yogacharya Dilipbhai Dholakia at Dada sahib pagla, navrangpura. From 20-4-'13 to 4-5-'13 for regular yoga practice. I was getting everyday 'Balance Therapy' treatment developed by Shri Dilipbhai Dholakia. Within fifteen days only, my age old problems disappeared. Dilipbhai's technique of teaching Yoga is marvelous. He teaches Yoga knowledge and Yoga activities very simply.

So, within fifteen days Yoga course, my all physical problems very removed and I received unimaginable improvement. Really, I got a new direction by Dilipbhai's Yoga knowledge and various Yoga activities.

Thank You Dilip Dholakia.



Knee Problem

Jay Bajaj

(Owner of HARA BRAND; Age 46 years

5/B, Ashwavilla Bunglow, Sindhu Bhavan Road, Thaltej, Ahmedabad



I was suffering with unbearable pains in my both knees. I had consulted five best orthopedic Surgeons and every one opined that I need a knee joint replacement.. Since last 8 months I was also undergoing the exercise under supervision of physiotherapist.

Due to the advice of one of my friends I went to meet Shri Dilipbhai Dholakia and after examining my knees he opined that in 10 days my knees will be just fine. In just two days treatment I am relieved from my pains to the tune of 50% and in 8 days I am fully cured.

Although I used to play tennis, squash, badminton I was unable to play since last 18 months. Shri Dilipbhai advised me to restart playing and while I am writing this 7 months have passed and I am fully cured.



Lumbar Spondylosis, Swelling in Legs and Hands

Sudhaben Rameshbhai Patel

20, Shreedhar Bunglows, S.G.Highway,

Nr. AUDA Garden, Ahmedabad'



I was having unbearable waist problem since last 10 years. There was swelling at the legs and hands.

I consulted many orthopedic doctors and did several MRI. L4.5 vertebrae was pressing some nerve hence operation was suggested. Due to advise of one Doctor I also took the treatment of taking electric shocks but there was no benefit due to any of the treatment.

Some one suggested Yogacharya Shri Dilipbhai Dholakia and I went to Sports club. In just 10 days I am fully cured of my waist problem and now there is no more swelling at hands or legs.



Lumbar Spondylosis

Bharat Patel (Builder),

35, Haridwar Society, Near Ramji mandir, Ahmedabad



I had severe backache and knee pain since long. I consulted the best orthopedic and started taking pain killers and physiotherapy treatment. Since there was no improvement, I underwent MRI, which showed slip disc in lumber region.

Doctors advised bed rest and physiotherapy for 2 months. Yet, there was no improvement. Ultimately I was advised surgery. I was in deep pain on one side and absolutely clueless on what to do. Meanwhile I met Dilipbhai Dholakia at Sports Club, where he regularly conducts Yoga classes. To my great surprise and happiness, I was cured just within 15 days of my practicing Yoga with him. Yoga is great. Yogacharya Dilipbhai is great.



Knee Pain

Indumatiben Rasikbhai shah

A 403/404, Chinmay Tower, Subhash Chowk, Gurukul road, Ahmedabad.



Since last 30 years I was very uneasy and embarrassed with continuous burping for about 2000 times a day. Since 2 last months pain developed in one of my knees. I consulted Gr Manishbhai Shah. He advised knee replacement.

On insistence of a friend, I took 15 days treatment with Yogacharya Dilipbhai. Just after 3 days I stopped burping. Also, there was no knee pain after 15 days of his treatment. I am feeling very flexible and energetic now.



Lumbar Spondylosis (Back Pain)

Simolben Patel

D 102, Shivam Plaza, Judges Bungalows Road, Bodakdev, Ahmedabad.



I was suffering from severe backache for many months, and due to which, my right leg movement was affected adversely. There was continuous pain while walking, sitting or even sleeping.

I consulted 4 different orthopedic surgeons. They prescribed painkillers and physiotherapy. I was advised to rest for long hours. I was relieved from pain, but only temporarily, far from permanent cure. I am lucky that I met Yogacharya Shri Dilipbhai Dholakia at one of the Yoga classes he conducts. I joined the classes and practiced Yoga regularly under his supervision. Just within 12 days, I am free from the backache, painkillers, physiotherapy etc. Thanks to Shri Dilipbhai.



Tension, Stress, Anger, Gastric Problem

Prabhat Vij

1, Lajpatnagar, Near Sardar Patel Stadium,
Navrangpura, Ahmedabad.



Due to work load of my Profession and to achieve monthly target tension stress and anger had become very common with me.

I used to get angry on small matters due to which gastric Problems had started .One to all these Problems. I felt less energetic and had lost interest in my work.

15 days treatment given by Yogacharya Dilipbhai Dholakia resulted in unimaginable result, Gastric Problem became a Past dream .I felt energetic, I had to refit all my trousers due to inches lost by me from waist .I am feeling very good and light for the whole day.



Sarcoidosis

Lalit Mulchandani

3/19, Jawahar Nagar, Jaipur.



Just 7 days ago I used to catch fever very frequently. Also, I suffered from pain in legs and also from tiredness all the time. Doctors at Jaipur & Delhi could not relieve me of my problems. They diagnosed Sarcoidosis, which might infect lungs in due course.

One of my relatives in Ahmedabad introduced Yogacharya Dilipbhai to me. I started taking his treatment. Just in 7 days my leg pain vanished. There was no fever, and I was truly rejuvenated. Thanks to my relative and to Shri Dilipbhai.



Arthritis

Anjanaben Dineshbhai Chauhan Age 60 years

15, Nishant Bungalow Part-1, Near Shyamal Raw House, Satellite, Ahmedabad 380015



Since long I was suffering with Arthritis and severe knee pains. While walking I could not walk straight. I could not drive the car. The doctor advised not to sit on the ground. While getting up from the chair I used to loose the balance.

After the treatment of Shri Dilipbhai in just 5 days my pains had gone. I could walk at a faster speed and if needed I could run as well. I could climb the stairs as well. Dilipbhai made a miracle and all my pains vanished. I thank Shri Dilipbhai as he is stuffed with skill, knowledge and information who can control any illness/disease. Shri Dilipbhai expresses in a simple language and easily cures from the diseases.



Problem in Spine –vertebrate and severe pain in waist and leg

Avantikaben N. Patel – Age 28 years.

B-202, Abjibapa Flat, Behind Kailasdham Raw House, Nr. Ekta Tower, Barriage Rd, Vasana Ahmedabad.



Since last 18 months due to pressure of some vein in spine vertebrate I had severe pain in right leg and could not sit or walk. Due to this my nature became irritable and was also thinking for bad thoughts and was getting unnecessarily angry . I was suffering from anxiety and was feeling pain in the chest as well.. I was getting the consultation from renowned orthopedic surgeon and physio therapist but there was no improvement. Honorable Yogacharya Shri Dilipbhai Dholakia gave me treatment for 9 days and my pains and problems have disappeared and I am fully cured. Thanks Dilipbhai a million.



Spine – vertebrate problem and pain in waist and Knee problem

Kanjimal Asooramji Kothari – Age 73 years

Kothari Niwas, S.P.M. Road, Fallurayan Street, Simoga -577202 (Karnataka)

Pravin Mehta Ahmedabad.



From Karnataka I came to Shri Dilipbhai for the treatment. I had knee problem and was advised a knee joint replacement surgery. My 80% of the problem was cured in the short treatment of 20 days. In vertebrate L-4 and L-5 some vein was being pressed (Slip Disk) I was having tremendous pains which was cured due to the treatment of Shri Dilipbhai.



Spine – vertebrate problem and pain in waist and Knee problem.

Jethani Kishore Ghanshyambhai - Age 23 years

34/B, Sorabji Compound, Juna Wadaj, Ahmedabad 380013



I had a slip Disk and vertebrate problem in L4-L5 and was having severe pain in waist and Knee problem.. I was not able to sit on the ground. I was suggested the surgery by the consulting Doctors. In treatment of 20 days from Shri Dilipbhai now I am easily walking and standing. Miraculous treatment of Dilipbhai cured me. My weight was 130 kg but due to treatment I lost 5 kg weight in 20 days.



Knee and waist problem

Rashmiben Neetishbhai Dalal age 62 years

26, Shantinagar Society, Juna Wadaj, Ahmedabad 380013



In short treatment of 6 days from Shri Dilipbhai my knee problem and waist problem has been reduced. My left hand was weak and could not perform like my right hand. Now both my hands are working properly. Now I can stand properly.



Stomach problem and knee problem

Manubhai Virjibhai Patel – Age 75 years

**11, Vrundavan Colony, Nr. Sardar patel Hospital, Rambag,
Kankaria, Ahmedabad 380028**



I feel relieved from pains of knees in short treatment of 5 days. Now I can climb the stairs up as well as down. I have great relief in stomach as well



Waist – Knee and whole Body pain

Shradhha Sushilkumar Bajaj – Age 46 years.

11, J.J.Park, Nr. AdarshSchool, Jay Jay Bhavan Bunglow, Kubernagar, Ahmedabad.

I had severe pain in both the knees and after taking the treatment of just 20 days I feel much better now. I had severe pain in the waist which is 100% cured. I have lost 5 Kg of weight in 20 days. The whole body pain has just gone and now there is shine in my skin and glow on the face. I feel energetic and feel pleasant. I was not able to sit down since last 2 years but now I can sit down on the floor easily. This is a miracle for me. I would say that Dilipbhai's therapy has miraculous results and shall be in debt to him throughout my life.



Heart Blockage and knee problem

Urmila Sharadchandra Trivedi – Age 81 years

C-302, Poojan Apts, Bopal ghuma Road, Ahmedabad 380 058

Since long I had a severe chest pain. I used to feel tired even when I walk a short distance. Our family doctor suggested to consult some cardiac surgeon. I was advised angiography and on 21-02-2014 at Apex Heart Institute at S.G. Highway, Ahmedabad, angiography was performed and the report showed 100% blockage at two places and in rest 50-7-90-95-65-70 percentage blockage. I showed the Xerox copy of the report to Shri Dilipbhai: The diagnosis was – Cad-LMCA+ Triple vessel Disease mild LV Dysfunction (EF: 45% on Echo). The cardiologist advised for Angioplasty as well as bye-pass. At this advance age I did not want to undergo any surgery. In the meanwhile some of our relatives advised me to consult Shri Dilipbhai. He opined that I shall be doing good and he started the treatment and advised me to follow the diet plan as per his suggestion. In just 10 days I started feeling better. The pain which I was undergoing while walking a short distance that went away. I was feeling energetic. I took the treatment for 30 days. I was coming alone at the age of 81 years from Bopal to Navrangpura. I had knee problem which also was cured. Thanks Dilipbhai.



Artharitis –Heart – Breathlessness- memory Loss and tiredness

Jaysukhbhai Laljibhai Makwana – Ae 59 year

1338, Prabhatnagar, Hiran Magri, Sectar No. 5, Udaipur (Rajasthan)



Due to increase in uric acid and calcium my whole body was paining. It was very difficult to stand or walk. I was feeling breathlessness and feeling very tired. I had severe headache and my right eye used to uncontolably blink. I was having various noises in the ear. My heart beat used to increase, I had a problem of memory loss. I developed some glands in the chest and started medication. Due to sie effects of the drugs I put on a lot of weight. I consulted Dr. P.S. Iyanger at Ahmedabad and Dr Prashant Chhaged at Mumbai but there was no improvement. One of the friends of my brother who stays at Ahmedabad suggested me to consult Shri Dilipbhai so I came specially to meet Shri Dilipbhai. In short duration of 20 days due to change in the diet plan and treatment of Shri Dilipbhai the vibrations in the hands and legs started reducing. The body ache gradually sent away. Now I can stand and walk easily. I am not feeling breathlessness now. My headache has complete gone. Majority of my problems have been cured, I pray God that he grants good heath to Shri Dilipbhai so that he can extend his services to needy like me.



Knee problem after the knee joint Surgery

Smt. Gauriben Jaysukhbhai makwana- Age 58 years

1338, Prabhatnagar, Hiran Magri, Sectar No. 5, Udaipur (Rajasthan)

Unfortunately after undergoing the knee joint replacement surgery instead of decrease in the problems my problems increased. My toes used to have swelling and I was having tremendous problem of Acidity. I had severe headache and I was feeling tired all the day.

Along with my husband I also started the treatment of Shri Dilipbhai Dholakia. In just 10 days due to balance therapy the swellings of my toes gone. I could sit in sukhasan, I could climb stairs without anybody's support or help. My acidity was cured and headache was gone. I am not feeling tired now. I feel light and fresh. I thank Shri Dilipbhai Dholakia.



Diabetes, Knee Pain, Back Pain, High Blood Pressure, Bronchitis

P.N.C. Nair – Age 67 Years

40, Swikar Tenament, Near Tulip Bungalow, Surdhara Circle, Thaltej, Ahmedabad.

E-mail:- pncondrom.nair@gmail.com



I had diabetes and also had severe pain in knee joints. I was also suffering from back pain, bronchitis and high blood pressure and that too was also frequently fluctuating. I was suffering from above problems since last so many years and was undergoing allopathy medicines and also consulting Doctors.

I was under the treatment of Dilipbhai for almost one month. Thereafter, my diabetes came into complete control, great relief in knee joints and was free from back pain, also was cured from the problem of bronchitis. My weight also reduced by around 3 kgs. I was experiencing freshness and feeling energetic which cannot be evidenced in medical reports.



Arthritis, Diabetes and Knee Pain

Amla Nair – Age 65 Years

40, Swikar Tenement, Near Tulip Bungalow, Surdhara Circle, Thaltej, Ahmedabad.

I was suffering from the problem of Osteoarthritis since last 13 years and was having severe body ache and pain in knee joints. I had the swelling on knees which lasted for many years making it very difficult for me to walk or even stand up for 15 minutes. When I was getting up in the morning, my entire body seemed to be stiffed. I was not able to climb up & down the stair case.

When I had been to America before 6 months, my problems were perpetuated. I completed the injection course and had a treatment from physiotherapist. But to no avail. I am also taking Calcium and Glucose Amine medicines. I took 4 injections in right knee. I had diabetes since last 10 years and high blood pressure since 5 years and am taking regular alopathy medicines for the same. I am also having the digestion problem and permanent constipation. I am not able to sleep since last so many years. I had taken course of 4 injections and calcium medicines from Dr. A.G. Shah of Saurabh Bond Care Centre. Dr. Ashish Mavlankar advised me to undergo operation till I cannot bear the pain. I was also taking regular Ayurvedic medicines from Shantigir Aushadhalay and having oil massage. But, there was no benefit at all. One day, I happened to meet the friend of my son, Mr. Hemang. Mr. Hemang briefed me about Dilipbhai. After having appointment, one day we, myself, my husband and my son, met Dilipbhai who said that my all problems would be cured within one month. I could not trust, still I started the treatment from Dilipbhai.

After having treatment for 40 days and after following suggested diet plan from Dilipbhai, I was free from my sufferings. My knee joints pain and body ache pain due to arthritis were also disappeared. I was free from diabetes without resorting to medicines. I was cured from problem of digestion and constipation. Thanks to Dilipbhai.



Ulcerative colitis

Atulya Navalkishor Rathod, Age: 47

Plot no. 218/2, Sec.-25, Suryanarayan society, Gandhinagar.

I was suffering from ulcerative colitis since 2000. I have taken treatment of almost all the gastroenterologists of Ahmedabad. I have gone through many times variety of medical tests such as endoscopy, colonoscopy, barium test, C.T. scan etc. I was on steroids. I was suffering from lot of internal bleeding through stool. I had a problem of passing stool immediately after having even little amount of food. My entire body had become so stiff that I could not even sit on the floor. I also had severe frozen shoulder. My both the knees were torn out. I had lot of weakness because of which I lost interest from my life. I was unable to go out because of my health problems. I had high blood pressure too. One of my friends suggested and so I met Dilipbhai Dholakia on 11-12-13. I started with his yog and balance therapy along with the diet suggested by him. I felt it difficult to follow for 3-4 days as I had lot of weakness. But out of my surprise I started feeling much better from the fifth day. Dilipbhai prescribed 3 months treatment with him. I was almost OK within 40 days. The internal bleeding through stool was completely cured. Going for stool immediately after taking food was also cured. The stool was normal now. The diabetes which I developed because of steroids was cured. He had stopped all my medicines after 10 days treatment. My blood pressure was now normal. I was depressed because of 13 years long medications, treatments and tests but now I started feeling happy and energetic. Frozen shoulder vanished and now I am able to sit on floor folded legs. I feel lack of words to thank Dilipbhai. He has given me a new life.



Slip Disc (sciatica) and cervical spondilosis and heart beats

Sudha Lalit Mehta, Age: 45

Vilayati vas, Shivganj, Dist. Sirohi, Rajasthan.



I had severe problem of slip disc (sciatica) since last six years. I had taken treatment of many orthopedic surgeons. I felt relief till I take medicines. I had also taken help of physiotherapy for a long period of time but it did not work. I was unable to sit on floor with folded legs. It pained me a lot when I walk or even stand. I was also suffering from cervical spondilosis because of which there was severe pain in my arms also. My heart beats were always high i.e. more than 110. I took just 10 visits with Dilipbhai and cured my cervical and sciatica problem up to 90%. I am now able to sit with folded legs on floor. Pain in my arms and legs is gone almost by 90%. The most magical matter happened was my heart beats are now as normal as 70 which none of the medicines could bring down. Thank you Dilipbhai.



Asthma, Permanent Cold, Gas, Acidity, Insomania

Rameshchandra Vrajlal Shah - Age 67 yrs

5, Nandanvan Flat, Inside Motilal Park, Opp Ishita Towers, Navrangpura

Asthma - Permanent Cold - Allergy, Stomach problems, Gas, Acidity, Body weakness, Insomnia, Getting lots of dreams at night due to which there is no sound sleep and so having problems to get up in the morning, Heel pain, Soariness on near eyes and on face.

He had all above problems since many years. He has had lot of benefits in his problems in only 10 days with Dilipbhai's treatment.



Heart problems, Breathing problems, Diabetes, Slip Disc

Patel Vinukumar Mafatlal - Age 52 yrs

Ganji, Chabutrawali Sheri, Visnagar, Taluka : Visnagar, District : Mehsana



I had an heart attack in 2005. I had heart trouble since I got Angioplasty done. I had uncontrolled diabetes and with medicines it remained above PPBS-300. My mouth remained stuck. I used to have breathing problems and tingling in hands & legs. I had slip disc. Whole body used to pain, couldn't sleep and used to have negative thoughts. When I had gone to Australia all these problems increased so much that I had to be hospitalised there. We had to come to Ahmedabad immediately. My niece stays here. She got me in touch with Dilipbhai. I started his treatment. In just 18 days treatment I had a great relief in all my problems. My diabetes came under control. My mouth which used to get stuck became completely normal. My breathing problems and tingling in hands and legs went away. Slip disc got healed. I got very good sleep. Negative thoughts went away. I thank Dilipbhai and also my niece who got me in touch with Dilipbhai.



High Blood Pressure And Knee Pain

Navinchandra P. Shah

Age – 69; 97/B, Vrindavan Society, off Halol Goshala, Halol.



I suffered from knee pain since a long time. It created problems and I could not walk properly; my walk had become lurching and awkward. A tension was felt continuously in the vein stretching from the hip through thigh and reaching till my toes. I have also undergone by-pass surgery, and my medicines continue. Yet the trouble was not under control due to lack of hemoglobin in my blood. I also had difficulty in sitting on the Indian style commode. I cannot bend my knees to sit on the ground either. I also suffer from chronic cold.

Fortunately, I got relief from my troubles after just 15 days of treatment from Shri Dilip Dholakia. The knee pain disappeared. The tension in the vein also was relieved, and now I can bend knees. Earlier I had a pale face due to lack of hemoglobin in my blood, but now I am glowing red in the face too. My blood pressure has returned to normal – a condition no earlier medicines could achieve.

Thank you, Shri Dilipbhai.



Thyroid, high Bp, Arthritis, Slip Disc, Muscle Pain, Body Imbalance

Renuka P. Pathak

**Age – 74 ; 1, Jay Jagadish Society, St, Xavier's High School Road,
Swati Society, Ahmedabad – 14.**



I have suffered from Thyroid trouble since last 40 years, Arthritis since 20 years, slip disc (L 4 L 5) since 5 years and high BP since last 10 years. I suffered from body ache, especially in my hands and legs from bending; and also imbalance of the body – all these were main bodily ailments I endured for long. I found trouble in standing and walking, for I may tumble any time doing that. I could not stand erect, or bathe and clean body without support. I can walk with help of a stick, but have no sensation in my feet and so may not be able to hold on to my footwear, perhaps I did not even have any sensation below my waist too. I am also of quite short in height. Glaucoma set in about 2 years ago. I also developed gas and cough troubles, burning in chest and stomach while eating, though I have suffered acidity since long and had developed a peptic ulcer 45 years ago.

I underwent a treatment of 40 days with Shri Dilipbhai Dholakia and found drastic changes in my condition. I observed at least 60 % to 90 % relief in most of my problems. I had changed my doctors, medicines etc. in last so many years because there was no improvement through them so far. But it is Dilipbhai who has wielded this magic wand and given me great relief indeed.



SLIP DISC

Jigisha Sanjeev Kothari.

Age- 50 yrs. – 48. 'Sarathi Row House' Nr. A-One School, Subhash Chowk,
Gurukul Road, Memnagar, Ahmedabad – 52.

e-mail : jigishasanjeevkothari@gmail.com



I had unbearable pain below the waist, and the Orthopedic doctors diagnosed the cause to be Slip Disc. The nerve in the leg's toes were under tension and I could not stand, or even sit, walk or sleep due to the pain in that nerve. I felt an acute lack of energy in body. I was desperate and consulted a number of doctors, applied medicinal creams and so on. But it was Dilipbhai who treated it so well. I was then totally, 100%, cured of this problem. I cannot imagine how he managed it, but due to his treatment I am now full of energy, and relieved of stress. Coming of a divine soul like Dilipbhai in our life is a Blessing. Hundreds of thousands of Namaskaras to him.



Cervical And Lumber Spondylisis, Body Pain

Damayanti Dhirajlal Ghia

Age – 79 yrs ; 202, Shivam Sardarnagar, Nizamapura Gam, Vadodara.



I came from Baroda seeking treatment from Dilipbhai. I took his treatment for 15 days, and the pain from which I had suffered since last 25 years, just went away !! It was a complete cure. My other troubles of gas and acidity were also cured. I had cervical and Lumber spondylisis, giving me great pain in neck and hands, but that pain also vanished. The pain due to slip disc of L-4 and L-5 was also removed. The swelling of my hands and legs also disappeared, The burning sensation that I used to have in my soles was also gone.

I thank you for all this.



Cervical Spondylitis and Knee Pain

Mudrica Virendrabhai Shah

Age – 64 yrs; 403 Vijay Tower, Adajan Patia, Rander Road, Surat, 395008.



Through only 5 days of Treatment of Shri Dilipbhai, I was granted the long awaited relief from acute pain and agony I had been suffering from Slip Disc. I am now totally cured of it. I had tried a number of doctors, their different medicines etc. but it was all in vain. I found relief from my knee pain also and felt cured by at least 70 % by that time. I was happy to be relieved of pain from Cervical Spondylitis so quickly.

Thank you indeed.



Knee and Waist Pain

Virendra Shantilal Shah

Age – 67 yrs.; 403 Adajan Patia, Rander Road, Surat, 395008.



I too began to take treatment of Shri Dilipbhai Dholakia along with my wife. Within 5 days of that treatment I found that the waist pain from which I had suffered since last so many years was cured. The knee pain was also removed. My diabetes and BP also came under control. I do not have pathological reports for it was a 5 day treatment.



Knee Trouble

Kirtikumar Jugrajbhai Shah

Age- 61 yrs. ; 35, Siddhachak Vatika, Ramnagar, Sabaramati, Ahmedabad – 5.



Due to unbearable pain in my knees, I showed my case to the Orthopedic doctors. Three doctors told me that it would be necessary to undergo knee replacement surgeries for me. Since pain in the knee, my walk had changed and turned awkward. To avoid pain I sat for long periods at a time, and this resulted in gain in weight.

I took treatment of Shri Dilipbhai for one month, and it reduced my knee pain a great deal; I lost 5 kg and feel very energetic now.



Knee Problem

Gunvantiben Kirtikumar

Age- 61 yrs. ; 35, Siddhachak Vatika, Ramnagar, Sabaramati, Ahmedabad – 5.



Due to the Balance Therapy of Dilipbhai, within a week my knee trouble was cured to a great extent. I had undergone surgery at Shalby Hospital for my left knee, but still had trouble walking; but now that was almost gone. Thank you indeed.



Pain in Waist and Knee, Cold, Sleeplessness, Body Pain

Chunilala Machhalal Oswal

Age – 64 yrs – 14, Rajul Park Society, Opp. AMTS Depot, Sabaramati, Ahmedabad.

e-mail: emshah49@rediffmail.com



I took treatment from Yogacharya Shri Dilipbhai Dholakia and many of my difficulties were cured up to 90 % , within 25 days. I used to have chronic cough and cold due to changes in the weather, sleeplessness. I also had body pain and pain due to the slip disc (L-4 and L-5). I underwent physiotherapy, exercise, and even treatment of Dr. Saurabhash Shah (Ortho). However, it was the treatment of Dilipbhai that finally cured me. I also had knee trouble, and could sit on ground or sit cross-legged, or walk. But now I can do all this easily. The body pain also has gone away.



Cervical Spondylitis

Rajika T. Kacheria

Age – 44 yrs. ; 11/ CA Shantivan Soc. B/h St. Xavier's College. HL Road,
Navrangpura, Ahmedabad – 9.



Since last 8 months, I suffered from pain in neck and hands. The reason, according to MRI reports, was found to be cervical spondylitis. Dr. Subir Zaveri who is a Spine Specialist and other two Orthopedists were also consulted. I underwent doses of pain killers and physiotherapy, but there was no improvement. But Dilipbhai treated me only for 5 days and my pain has gone away altogether.



Thyroid, Cholestrol And Breathing Trouble

Leena Ashish Thanawala

Age- 48 yrs. ; B-9, MV Road, Andheri (E), Mumbai – 400 069

e-mail : leenaat_1@yahoo.com



Thyroid problem was detected in my body. The Tsh was 18 and the Doctor asked me to begin the tablets. However, one of my relatives had taken treatment of Dilipbhai and she told me that his Camp was being held at Thana. I talked to Dilipbhai as she gave me his contact number. He assured me that I should be cured of the Thyroid trouble and need not begin medicines yet. I came to Ahmedabad with my husband to see him. I took his treatment for 15 days, and he gave the treatment twice a day – morning and evening. My Tsh came down to 3.2 by this time. I have submitted the xeroxes of my Reports to Dilipbhai. Along with this trouble, even my cholesterol, triglyceride that were higher than LDL also benefitted by this treatment. I also got cured of the short breath from which I used to suffer earlier.



Diabetes & High Cholestrol

Ashish Suryakant Thanawala

B-9, Bimanagar, M. V. Road, Andheri (W), Mumbai 400069

e-mail: leenaat_1@yahoo.com



I came along with my wife from Mumbai to take Mr. Dilipbhai's Balanced Therapy. Despite of taking 3 medicines a day, my diabetes was not under control since years. My doctor from Mumbai advised me that now I must start insulin. On in my 15 days, two times a day (morning-evening) by taking "DILIPBHAİ'S BALANCED THERAPY" my diabetes was controlled. In my earlier report the level of FBS sugar was more than 200. PPBS sugar was more than 320 and (HbA1C) was more than 8.5 always. While my latest report shows FBS sugar 120, PPBS 160, HbA1C 7. Thus all my health problem were cured. Within these 15 days my weight was reduced by 3 kg. and 1 inch waist was reduced. I am very much thankful and impressed by Mr. Dilipbhai's Therapy. My both reports are with Mr. Dilipbhai.



Diabetes

Ajay G.Agnihotri, Age :43, years

C-5, Vishram Flat, Opp. Havemore restaurant , Navrangpura, Ahmedabad.



I am suffering from diabetes, sometimes I feel very hungry sometimes I don't feel hungry at all. There was no tested in the food. I used to forget things. At night during sleep breathing stopped and was feeling very difficult and uncomfortable .I felt severe backache and bodyache.I was suffering from eszema.I had problems with urine discharge, many times, after inserting a pipe, I was able to urinate .I started Yoga and balance Therapy with Dilipbhai .In one month miracle happened .I was completely cured of Diabetes .Feeling tired, to forget things, pain in body and backache became things of Past. I followed diet suggested by Dilipbhai due to which all my eating problems vanished .I started feeling energetic .I lost about 4 kg weight .I was able to reduce my waist by about 1 to 1.5 inches am now feeling very cheerful.



Knee joint Pain

Bhavika Bhavsar age, B-46, Aryaman Bungalows, Shilej,

Ahmedabad.-380059 India Mobile: 97275-28836

USA America Address: 5/74, Britain lane, Elicit City, Merrylord.



I am staying in America. Every year I come to Ahmadabad for short period .My husband is a trustee in Thakershi Charitable Hospital at Satellite area. Before six months Pain started in my left knee, when I was in America .I consulted a Therapist in America X –ray report and MRI test were done. For about one and half months, I took treatment of a Physiotherapist. I did not feel any change. In Ahmadabad one of my relatives suggested me to meet Dilipbhai Dholakia.On meeting Dilipbhai he told me that I will be cured in 10 days. Within 5 days of starting his treatment my pain had gone. I was cured of my walking problems. As my body balance was resorted or balanced, I feel lighter .Thank you Dilipbhai



Survival Spondilosis – Cytica (slip Disc) Pain In The Heels Of Legs

Sushila V. Gothi

3-CH-9, Jawaharnagar, 4 Jaipur



I came from Jaipur. I was suggested by Maharaj Maniratnam to go to Dilipbhai for my treatment. I had severe back pain. Cervical Spondilosis since eight years. I had Cytica (Slip Disc) pain since four years. I had knee pain since two years and heel pain too. All the joints were paining of my whole body and I also had Synus problem. Dilipbhai's balance therapy treatment cured me in 10 days and I feel good and no pains in my whole body. It is better now and I am cured by this treatment.



Knee Joint Pains – Gas – Acidity – Don't Feel Hungry – Diabetes - Cholestrol

Vitrag Rekha Shreeji Ma Sa (jain Sadhviji Maharaj)



I had knee pain since many years. I didn't feel hungry at all. I had gas all day in my stomach and feel very heavy in my stomach. Don't feel like eating. But my weight was increasing. I had blood pressure also and bloating in my body. I had diabetes starting also. My cholestrol was coming high. When I was in Sabarmati Upashray, there I met one Manishbhai Jain shravak. He told me to take treatment of Dilipbhai's balance therapy and I took the treatment. Within 10 days of treatment, my knee pain was cured. Gas in my stomach was cured and cholestrol report came normal. High blood pressure was normal. I pray that Dilipbhai gets a very long healthy life so that he cures lots of patient that is my good wishes and Aashirwad to this great man and my prayers to for him.



To Get Empty Or To Seems Penniless

Kapilaben L. Panchal

E-32, Subhlaxmi Tower, Opp. Sanghvi School, Naranpura, Ahmedabad-380013



Since last two months when I bow my head, left hand became penniless. Due to this getting difficulty. So I show to our physician. As per his advise to took care for 20 days, but no change. Over and above difficulty increase. During this one of my relative advise to contact Yogacharya Dilipbhai Dholakiya who removes different types of disease by Balance Therapy. Approach him. Know detail and he said that within ten days it will be good. Within ten days without medicine, Yog's balance therapy I got well. Lot of thanks of Shri Dilipbhai Dholakiya.



Arthritis , Heart Beat Problem, High Blood Pressure, Diabetes, Anxiety

Brijesh R. Patel

7, Mahalaya Bungalow, B/s. Kargill Petrol Pump, S. G. Highway, Ahmedabad-380061

e-mail: brijesh.briju71@gmail.com



Since last four year trouble of Artharithes. I beginning swelling was too much. At that time I was taking swellnil zyloric pain killer. But since last six months taking regularly was increasing difficulties more. I have to take medicine of high blood pressure. Due to high clorishall medicine continue since last 1 ½ year.

I was taking medicine regularly of diabetis as it appear. Since last six months. I was manager of TCS company and being little age, I got all difficulties due to load of work (test doctor's advice – medicine and work). It increases angaities and pulls rate started medicine for this thoughts increase tired for whole day, lose cleverness and do not desire to work.

During this our relative suggest name of Dilipbhai Dholakiya. I approach Dilipbhai he tole me to come for one month to take my therapy. Do change of food as per my advice, you will get well. Did not trust but start therapy. After five days I got change.

During five weeks, I got all right. My heart beat alright within a week. Stopped grout medicine, blood pressure normal, tireness gone, in work I got acfirness with decrease 5 kg. It lost became good.

Really balance therapy of Dilipbhai is excellent. Nothing can be dought.



Psoriasis

Shilpa Devangbhai Shah,

404 Pray Flat, 36, Mahalakshmi Society, Unnati School Lane,

Near Mahalakshmi Cross Roads, Paldi, _ Ahmedabad- 7



I express my deep sense of Gratitude to Respected Yogacharya Shri, Dilipbhai, who is like my elder brother. Since 20 years, I was suffering from the severe ailment of Psoriasis. My hands were bleeding. Psoriasis has spread all over my body. I had consulted almost all the dermatologists of Ahmedabad. I was prescribed medication comprising of several Medicines, Steroids, lotions, and because of such intense medication, my weight was increased to 121 Kgs. Since past 20 year, before I went to sleep at night, I had to strictly take medicines for Allergy and if I failed to do so, I would have severe itching sensation all over my body. Blood used to ooze out. Over my entire body, day and night, loads of Skin Flakes used to come out. My bed was found full of such skin flakes in the morning and I had to cleanup and gather such skin flakes even from the sofas' for about 6-7 times in a day. Such skin flakes used to fall from my head also. My whole body had itching sensations. My life had become like hell. I had lost all the interest in my life. I consulted Dr. R.R. Gupta, dermatologist, who advised to stop the treatment. This disease will only go with your life. It will not be cured but there will be tremendous side effects of the medicines which will give rise to ten more ailments. Around that time, my cousin Sandeep, took me to Shri Dilipbhai. Dilipbhai asked me to go to him for treatment for 3 months and gave an assurance that if I followed his diet plan, my said disease would be cured 100%. Initially, I did not have confidence in what he sais still, I started the treatment. I started the diet also. Within 15 days, I saw 90 % improvement. My palms were absolutely clear and itching in my body stopped completely. I continued the treatment. I was completely cured after a treatment of about 40 days. All medicines were stopped and within 15 days thereafter, all my problems like constipation, acidity which had arisen on account of the side effects of the medicine vanished completely. My weight was reduced 6kgs. I felt my body so light. I experienced a glow over my face. Happiness, enthusiasm and zeal as well as positivity in my increased manifold. I can surely say that Dilipbhai came in my life as a GOD. I have no words to express my gratitude to him.



Ulcer, Migraine and Back Pain

Kalpnaben Dhairyakant Mehta, Age 59

S-61, Sector- 2, K.K Nagar, Rannapark, Ghatlodiya, Ahmedabad – 380061.

I was suffering from severe Migraine since last 30 years. Secondly, because of the pain killers and other medicines which I took for Migraine, as its side effect, I developed Ulcers in my Intestines. My third major ailment was unbearable pain in my waist and right leg due to disc slip between L4 –L5. Unimaginable benefit in treatment of just 20 days. 80 % of Migraine was cured. Remarkable difference was found in the diet and treatment shown by him. Total relief in back pain and L4-L5 problem. Many many thanks to Dilipbhai.



High Blood Pressure Thyroid

Manish Jain age: 43 Years

501, Advait Apartment, Opp.Alay Tower, Vijay Cross Road, Navrangpura,
Ahmedabad.-380009



I am a Pharmaceutical distributor, by treatment of Dilipbhai my Mother's rheumatoid Orthotic is cured is a miracle. There is no treatment in Allopathy and Allopathy medicines have many side effects. Now about me from young age, I suffered from High blood pressure, Thyroid and back pain .I was cured of Thyroid by Dilipbhai's treatment in 20 days. Though I have stopped medicines, my TSH report is only TSH 3.5 with medicines by TSH was TSH 7 to 8 Back pain is completely cured. There is lot of relief in my High blood Pressure .I am very thankful to Dilipbhai ,his wife ,his son and Assistant Alpesh.I have given Xerox copies of all my Thyroid reports to Dilipbhai.



Rheumatoid Arthritis High Blood Pressure, Back Pain

Mrs.Sunderbala Chandrakant Jain, Age: 63 Years

501, Advait Apartment, Opp.Alay Tower, Vijay Char Rasta, Navrangpura,
Ahmedabad.-380009



I suffered from Rheumatoid Arthritis, since many years. My son is in business of Allopathy Medicines, so we consulted many Arthropadic doctors. Many type of Physiotheric exercises had no benefit, I suffered severe pain throughout the whole body and had lost interest in the life. I also suffered from High blood pressure and severe backache .I took treatment of Dilipbhai for 50 days and was completely cured of Rheumatoid Arthritis and backache .There was lot of relief in high blood pressure .The report of Rheumatoid Arthritis was 65 to 128 which after treatment only 7.Balance Therapy of Dilipbhai is really remarkable.



Thyroid

Namrata Dhaval Vyas, age 33 year
5, Hina Park I, Nr.Shymal crosses Road,
Ahmedabad.



Since last 2 years ,I was suffering from Thyroid ,since last 1year,I was searching for Dilipbhai Dholakia ,before 1year at L.D.Indology I had heard his lecture on “ Yoga and Health ” ,there he said Diabetes and Thyroid are not dises,they are symptoms .This sentence touched me a lot. I found his treatment centre and started Yoga and balance Therapy treatment, Dilipbhai had told me that treatment will last for 15 days. My TSH with medicines was TSH 8,12 days of treatment resulted in TSH coming down to TSH-5.Thyroid was totally cured .The biggest advantage of his treatment was ,I started feeling energetic for whole day. Before treatment, I felt tired and felt boring with life, this all vanished .There was lot of swelling in the throat region, which disappeared. I lost weight; I had permanent swelling on hands and face. All swelling had gone. This was physical experience .The feeling of change in my mental status cannot be described in words. No report can show this mentally, I feel very good. I am very thankful to Dilipbhai.



Obesity (More weight)

Ami Devetia, age :41 years

B-5, Suparna Flats, Navrangpura, Ahmedabad.-380009

E-Mail amiddivatia@yahoo.com.in



I took Dilipbhai's Yoga and balance Therapy treatment regularly for 20 days, due to increasing weight, I started Dilipbhai's Therapy, I also followed diet what he had suggested .I lost 2 kg weight in 2 days .After that, my weight got reduced slowly and as per my need with weight loss, there was also inch loss and felt measurement change in the body. I felt energetic and light in weight. The biggest benefit of Yoga and balance Therapy is you find near yourself and start knowing your own self. I am very thankful to Dilipbhai for increasing my confidence in Yoga, helping me in my body balance and helping me in knowing myself.



Cervical Spondylitis

Hina Maheshkumar Joshi

A-24, Ranchod Park Society, Near Amitnagar Circle, VIP Road,
Karolibag, Vadodara.



I am suffering from cervical spondylitis since long. I consulted 3 well known Orthopedic doctors. They prescribe me medicines and told to do Physiotherapy's exercise. Many medicines and prolonged Physiotherapy had no effect on my health. I was tired. I had come to my parent's home in Ahmadabad for rest. I got information about Dilipbhai. And Dilipbhai told me that I will be cured in 10 days. I could not believe this. I could not hold a cup of tea. I could not hold pen. This was my Position on 5th day of starting Dilipbhai's treatment, I felt very comfortable. At the end of 10 days, of treatment all my health problems were solved.



Thyroid

Aartiben Vipulbhai Khakhi, age 35

Azad chowk, sanghvi sheri, Limbdi Dist:Surendranagar

I am Vipul Khakhi and I am serving in Limbdi bank. On 3-10-13, Thyroid was detected to my wife, Mrs. Aartiben. Report's showed TSH – 100. Dr. Jagdish Shukla suggested medicine Thyroxine. My brother in law, Mr. Sanjay Gorakhia's is a manager with Ambuja Cement, Ahmadabad. Mr. Sanjaybhai suggested to meet Dilipbhai Dholakia. On 16-10-2013 we came to Ahmadabad. Thyroid tests were again carried out in Ahmedabad at Sun Pathology laboratory. Thyroid had increased, TSH report showed TSH -150 with report, we came to Dilipbhai. And Dilipbhai said "She will be cured without medicine". We had yet not started medicine. As we had 2 young children. it was not possible for us to stay at Ahmedabad. Dilipbhai started his Therapy treatment, 2 times a day. One in the morning, one in the evening. He taught us certain things to be done at home. He told us to come to Ahmadabad as per our convenience and with a fresh new report. As per Dilipbhai's instructions, we practiced at home. Report after 20 days showed TSH 43-.65. Again we came to Ahmadabad for treatment and went back to Limbdi. Again on 4-12-13 Thyroid report showed TSH 14-31 continue. Again we came to Ahmedabad on 25-12-13. The new report of 25-12-13 showed TSH 11-81. Again we took treatment of Dilipbhai and went back to Limbdi.

On 23-01-14, we again came to Ahmedabad. Again a new report of Thyroid was taken. The Thyroid report showed TSH 7-77. Again, after treatment we went back to Limbdi. On 1-3-14, we again came to Ahmedabad for Dilipbhai's treatment. Fresh, new report of Thyroid showed TSH 5-50

Last report on 15-4-14 showed TSH 4-63, which is a normal report. Without any medicine, Thyroid was cured. Xerox Copies of all reports are given to Dilipbhai. We are very Thankful to Dilipbhai.



Ulcer Sleep lessness Stress and intestine T.B.

Binita R.Joshi age : 29 year

I am working as on software engineer with TCS Bombay. Since last one and half to 2 years, once in a month, I suffered a cute pain in stomach and vomiting .For 15 to 20 times. Every time I had to take injection as I was not able to take tablets. Gastroenterolog 'st at Bombay carried out endoscopy and colonosipy. It was diagnosed that I had stomach ulcers, swelling in small Intestine and Intestinal T.B...I was taking medicines prescribed by my Doctor .Due to heavy load of work in my job, I was under heavy stress. My sister always at above address in Ahmedabad .I came to Ahmedabad to start Dilipbhai's treatment within 10 days of Dilipbhai's treatment I was cured by about 90-70.



Neck pain Back Pain –Knee Joint Pain Menopause and Stomach Problem

Shilpa Hitendrabhai Joshi, Age: 49

2/B, Indraprastha Appartment, Nr. Amitnagar Circle, Karelibaug,
Vadodara.-390018



Since last 15 years, I had following problems. For that I consulted many Doctors, many tests were conducted and took lot's of medicines. There was no benefit to me. At all (1) due to neck pain, I had pain in my both hands and should have pained. One lumbar spondylitis, I had back pain, pain in both legs, pain in whole body, had gas-acidity problems, dry cough. Before many years was operation for Appendix and since then I had all above pain. All problems were due to Menopause, suffered pain in left chest. I took treatment of Dilipbhai for 21 days for all my above problems, I felt 70% to 80% benefit. As I had to go back to Newzeeland. I could not complete treatment for 1 month. If I had completed 1 month treatment I am sure, I would have been cured 100%



Arthritis Cervical Spondylitis Lumberspondylisis

Premlata Vijaykumar Gupta, age-55 years

A/18,Shreeji Colony, Nr.Ambica School, Vijaynagar Road, Odhav,
Ahmedabad.



Due to Osteoarthritis, I suffered a cute pain in both knee of my legs. Due to Cervicalspondylisis, I suffered pain in both hands. According to MRI report lumber spondylisis L-4, L5 and L-5 –S were under pressure and due to that there was severe pain in back and legs. I had Frozen Shoulder's so I had shoulder pain. By taking treatment of Dilipbhai for only 15 days I am completely cured. Thank you Dilipbhai.



Diabetes, Cholesterol, Back Pain, Blood Pressure, Weakness

Tarunkumar Jain, Age: 40,

C-301, Aerovilla, Nr.Shivdhara Apartment,

B/h Omkar Bunglow,Thaltej,Ahmedabad.



Since last 10 years ,I suffered from uncontrolled diabetes, High cholesterol severe back pain ,high blood pressure ,liver problem felt too much weakness ,the whole body .Due to Doctor's medical reports and so much of medicines , I was too tired that I felt suicide.

I had attended Yoga Shiber of Dilipbhai at Sindhu Bhavan in May -2014 since then I felt that Dilipbhai had solution of all my problems.

On 4-6-2014 my blood reports showed PPBS-450,FBS-270,lipid (Cholesterol) Triflyceride-290HLD-34 (which is very less)VLDL-58 LDL-166,liver test SGPT-83.7 back pain increased a lot .In L4,L5,there was pressure on veins, I was totally broken physically and mentally.

On 17-6-2014, I started balance Therapy treatment with Dilipbhai, strictly followed diet suggested by Dilipbhai within 5 days I started feeling good. After treatment of 1 month, I felt a miracle had happened again all my blood reports were taken. Blood sugar PPBI was 160 from 450,FBS was 117 from 270,liver test SGPT was 19.82 from 83.70cholesterol report TRlcame 178 from 290,HLD came 40 which was very less-34,LDL report came -78 from 166,VLDL came 36from58



Pain in knees

Sunil M. Telreja, age-45 yrs.

Gurukrupa -1115/B, Nr.Oil Milling Centre, Opp.Parmarth Flat,
Rubber Factory, Bhavnagar.



Since long, there was constant pain in my knees, to walk; I needed help of a walker. I consulted an Orthopedic Doctor X-Ray and MRI reports were taken .All Doctors suggested knee-replacement of both knees. Before 2 months, I slipped on by Motorbike and knee ligaments were turned and ruptured .Doctor suggested ortho surgery. I come to Ahmedabad for consulting Doctor at 'Shelby Hospital. My Brother –in-law Jay Bajaj suggested me to consult Dilipbhai.

I got result within 3 days of starting treatment of Dilipbhai, I left walker. I started walking and climbing stairs, which was a miracle for me. At the end of Dilipbhai's 15 days treatment, without knee replacement or ortho surgery, I was totally cured.

My very long old problem of Indigestion was cured; problem of short respiration was solved was cured of my many years backache problem.

At very young age, due to my knee pain, I felt very frustrated, Dilipbhai was a God sent messenger to me. I am very thankful to Yogacharya Dilipbhai.



Rheumatoid Arthritis

Dakshaben Sunilkumar Bhatt

4/10, Sadguru Palace Apartment, Opp.Shreeji Hotel,
Kalavad Road, Rajkot.



Since last 18 years, I suffered from Rheumatoid Arthritis. Since last 1 year I was completely bed ridden. I was impossible for me to sit, stand, walk or change body position during my sleep. In all joints of the body I felt string or biting of a scour pain and suffered a lot of pain. If somebody touched me by mistake I would scream.

For all 24 hours a day somebody from my family had to remain present with me to take my care. Since many years I was taking Ayurvedic medicines .In the afternoon I ate Khichdi (Hotchpotch) due to above diet, I became so weak that I could not carry my own self.

My legs were bent from knees right hand was bent from elbow joint, and did not remain straight .Once a running person was contained to a wheel chair.

During this time I got information about Dilipbhai from Face book media, I felt that God made my contact with Dilipbhai to solve all my problems, I talked to Dilipbhai on mobile by car, I came to Ahmedabad from Rajkot. From car sitting in a wheel chair, I met Dilipbhai with confidence and guarantee Dilipbhai told me that I will not only be able to walk, but will be able to go back to Rajkot from Ahmedabad running. With his confidence and style of talking, I felt that my illness will be cured. Rheumatoid Arthritis is a disease, from which a person cannot,



It is not only difficult but impossible for a person to get cured from Rheumatoid Arthritis still Dilipbhai talked of caring my Rheumatoid Arthritis. It was like holding fire in the paper.

I started Dilipbhai's treatment, in 3 to 4 days; I could stand on my own and started walking slowly. Things happened, which were difficult to believe emotionally due to feeling of joy, I had tears in my eyes. All people who were observing me were astonished became impossible thing had become possible. I got a new life, free from wheel chair now not a bedridden.

Dilipbhai continued treatment with full confidence, in a play full manner so that my feeling about my pain was less and with full affection and closeness.

After 40days of treatment, my 90-70 problems were sloved.It became very easy for me to walk, run, and climb stairs sitting with folded legs. I could not even dream about all this .His physical presence gets rid of half of the pain.

Dilipbhai is doing an excellent work to remove diseases from their roots using Balance Therapy.

In my 40 days treatment with Dilipbhai, I saw many people taking treatment with Dilipbhai .I saw people who were more ill than me being cured.

Dilipbhai is like P, A. God. I pray to God to give Dilipbhai power to make laugh all crying and weeping faces.

On this known path I walked for the last time with too much of feeling in heart. Hundreds of salute to you Dilipbhai.

I am very much thankful to Dilipbhai.



Thyroid

Dr. Amit Anand(Audio legist and speech Pathologist)
Asion speech and Hearing Clinic



I am Dr. Amit Anand, before 1 year Thyroid was detected to my wife Sweta TSH report came TSH-18 .We consulted senior Endocrinologist at Sterling Hospital .He prescribed medicine and said that this medicine must be taken lifelong. I was a little acquainted with Dilipbhai told with confidence that within 15 days TSH report will show TSH below 5.We started the treatment and after 15 days took Thyroid test report. Report showed TSH-4 on 12-9-14,1 year got completed in between , Thyroid report were taken out 2times.Reports are showing normal Thyroid. As a Doctor, I am giving this feedback became in Allopathic medicine has to be taken life long.Allopathy believes that Thyroid can never be cured is a wrong belief of Allopathy medicine.





Diabetes, Cholesterol, Sleeplessness, Cervical Spondylosis, Back Pain, Over weight, High blood Pressure and Irregular Heart Beats

Kantilal Punamchand Kothari – Age: 60 years

43, Sabarbag Society, Dharmnagar, Sabarmati, Ahmedabad

I was serving at Australia in Adani Mining. I left the service and come down to Ahmedabad due to my following troubles which harrassed me to much.

I was suffering from uncontrolled diabetes, uncontrolled high blood pressure. For high BP, I was taking four (4) tablets (Telma-40, one in morning and one in evening and Telma-H-40 one in morning and one in evening) in a day. In spite of taking these medicines, BP was not controlled. Since long I was suffering sleeplessness, high cholesterol, cervical spondylosis, lumbar, spondylosis and due to that I was feeling unbearable pain in hand and in back. I was over weight and my heart beats were too high and for that I was advised for a pacemaker. All the above difficulties I experienced since last 15 years for which I was taking Allopathic and Ayurvedic treatment. None of these provided any relief.

At Ahmedabad, I started to take treatment from Dilipbhai Dholakia and without taking medicine my diabetes came under control i.e. FBS-88 and PPBS-132. So far as high BP is concerned, it came to normal even after discontinuing three tablets.

Troubles of sleeplessness, cervical and backache were cured within ten days of the treatment. My cholesterol (lipid) report came normal. In addition, my weight was reduced by 5 kg. Dilipbhai and his treatment, both are miraculous. Now I am living with pleasing wood.

Really, there is a magic in Dilipbhai and in his treatment.



Cervical Spondylosis, Lumber Spondylosis, Spinal Cord, Dislocation (slipped disk), Hemoglobin deficiency

Patel Shardaben Ghanshyambhai – Age: 49 years, 6

**Tirthnagar Society V-1, Opp. H. B. Kapadia School, Bhuyangdev,
Memnagar, Ahmedabad**



I was suffering by acute pain in my hand and in back side of my neck due to cervical spondylosis since five years. Too much pain in my waste and in my leg.

After examine me and from MRI, Dr. Bharat Dave diagnose that I have lumber spondylosis and dislocation of spinal cord and advised for operation and it is the only alternative.

Despite the treatment of various doctors, physiotherapist and medicines for a longer period, there was no relief on the contrarory my trouble was increasing day by day.

On dt.23.9.2014, I approached to Dilipbhai with my husband Ghanshyambhai. After reviewing my reports and my physical condition, he came to the decision that I have to take his treatment for a one month and I will be alright.

After starting the treatment, I was completely feeling relief within fifteen days only. My hemoglobin which was at 9 point for years together now it raised to 10 point.



Rheumatoid Arthritis Weakness

Patel Bharatkumar Jashbhai

35/B, Vandevi Society, Nigam Road,

Nr.Smruti Mandir, Ghodasar, Ahmedabad.



Since long time I was suffering from “R.A.Positive” because of which I was not able to walk .Sit or Stand also while I could sleep,my whole body pain ,because of which I was not able sleep.My age was 44 but my weakness is of 74 yr.old person.

I consulted myself to three Orthopedic Doctors, and they suggested some medicine and Physyo Therapy treatment .I was heaving my medicines and Physyo Therapy treatment but instead of improving my health it was getting woist.

One fine day one of my relative asked me to consult Mr.Dilip Dholakia,then me and my wife went to meet Mr.Dilip Dholakia.After seeing me and my report Mr.Dilip Dholakia said that you have take treatment for one month and your disease will be cured.Once I started my treatment ,I could feel the difference in 5 days, and after treatment for 40 days I was totally cured from the disease.



Knee Pain and Swelling

Indumatiben Ramanlal Shah – Age: 68 years

Indraprastha, Ghee Kanta Road, Kodinar

I had acute knee pain. I found it difficult to walk, sit or stand. I had consulted and undergone treatment under 5-6 orthopedic doctors and physiotherapists. At last doctors advised me knee replacement surgery. My feet and ankle were always swollen. A relative suggested Dilipbhai treatment. I have undergone treatment for 10 days under Dilipbhai and I am 90% cured.

Dilipbhai's treatment is truly magical. Along with my ankle swelling, other small problems which I was having also disappeared.



Slip Disc, Knee Pain, Obesity

Sandip Jain, Age : 41

I had unbearable lower back pain, MRI reports showed L4-L5 disc compression. Doctors diagnosed it as a slip disc and sciatica and was advised surgery as my last option. I could not stand, sit or walk for more than 10 minutes. It was very difficult for me to climb up or go downstairs. Both sides hips were in pain. Both my knee joints were worn out and I was afraid to undergo surgery, as spine surgeries are not very successful.

I had consulted Dilipbhai at a camp held at Mandavar in Rajasthan but treatment was not possible because of a large crowd. I came specially from Jaipur for treatment. I underwent treatment for 10 days morning and evening and all my above problems disappear. I had constipation since 15 years which also got cured.

My weight reduced from 95 to 89 kgs. in 10 days. I felt light and energetic. I gained self confidence. I pray to God to bless Dilipbhai with a long life so that people take me may benefit.



Gas, Acidity, Sinus, Knee Pain, Headache, Fever due to change in Weather

Prajapati Bhadresh Vasudev. Age.51



Over last few years I always used to get fever and congestion with every change in weather.

Since the last three years I have developed acidity, muscle and feel heaviness of stomach. Whole body aches of have a continuous headache at the back of the head. Apart from this I have shoulder pain and high blood pressure, orthopedic surgeon has recommended knee replacement surgery and I do not get sleep at night.

All above problems disappeared within 10 days treatment under Dilipbhai. My body feels energetic and light "Just meeting Dilipbhai cures patients at least 50%. He is such a positive individual".



Problem after Johndis, Typhoid and Dengue

Dhruvesh Malhotra, Age 18,

B/66, Ashoknagar Society, Satellite Road, Ahmedabad.

Johndis, in 2007, Typhoid in 2010, Dengue in 2011

I suffered from Johndis in 2007, Typhoid in 2010, and Dengue in 2011 and after that my body became very weak. My hand and legs used to be cold. My blood report, Urine report and cholesterol report was poor.

Because of Johndis, my liver was affected because of which my SGPT report for past seven years was poor. And also I had survival and spondilosis problems.

I took one month treatment from Mr. Dilip Dholakia and I was cured completely. My Hemoglobin beams 15 from 13

Other than the report many other report-changed also, survival and spondicosis problems were cured...I was feeling better both mentally and physically.

	Before	After
Deposit	Present	Absent
Transparency	Turbia	Clear
PVC Cell	3-4 h.p.f	2-3p.f.
Red Cell	3-4 h.p.f.	1-2p.f.
Crystals	Pr.Cca.Oxalate 3-4/h/p/f.	Absent
HDL cholesterol	39	55



Thyroid, Headache, Heartbeat, Vomit, Swealling, Jow, Suger, Low Pressure, Joint Pain

Bharti Malhotra (Advocate)

B/66,Ashoknagar Society,Satellite Road,Ahmedabad.



I had suffered from Thyroid Gas, Acidity, constipation low suger, low pressure, Seraling on whole body, joint pains head ache, disturbed heart beat, sever vomitting, since last 10 years.

I consulted different Alopathy Doctors and tried Ayurvedic medicines but I was not benefited.

I took treatment from Mr.Dilip Dholakia and I was completely cured.

My Thyroid with medicine was 8 TSH became 3 TSH.



Back Pain

Kamleshbhai N.Gamit., age32

Badarkha, Ta.Dholka, Dist:Ahmedabad.

From since long time I was having severe back ache, because of which I was not able to walk. I consulted Orthopedic Doctor and took X –Ray and had medicines for six months, but I still had back ache.

I showed consulted another Orthopedic Doctor he suggested to do MRI Scan and aster long to the MRI he suggested me to undergo for Surgery.

Some body asked me to consult Mr.Dilip Dholakia and I went to consult him. After seeing my report he said that within 20 days of treatment my back ache will cured. I started my treatment and within 20 days I was cured from back ache problem.

MRI Impression

MRI findings of limbo-sacral spine demonstrate.

- 1... L4-L5 and L-5-S1 discs desiccation with annular tear posteriorty.
- 2... At L-5-S1 postero-centraland fight par central moderate extrusion of disc with Inferior migration in right spinal canal, compressing ventral theca, right Traversing and exiting nerve roots.
- 3... At L-4-L5, posterior bulge of disc indenting ventraltheca.No foramina or Spinal canal narrowing.



Diabetes , Cholesterol

Prashant P. Bhatt

19, Shrustri Bun glows, 132 Ft, Ring Road,
Satellite, Ahmedabad.



Since last 2 years, I suffered from diabetes and Cholesterol; regular medicines were taken by me for both problem, but without any control. I took 1 month Balance Therapy treatment of Dilipbhai .After 1 month dose of diabetes medicine was halved and Cholesterol medicine was stopped by him. After 1 month of his treatment my blood report showed PPBS-145 which was always above PPBS-200. Cholesterol report showed marked improvement.



Cervical Spondylosis and Back Pain

DINESH B. PATEL

Chairman



I am 76 years old having Cervical Spondylosis & backache problem since long time. I have consulted many leading Allopathic Doctors practicing in Ahmedabad and Bombay. Some doctors have prescribed pain killers which are injurious to our health and some have suggested spinal surgery which is also very dangerous at this age.

I am an ardent lover of Yogasana and have attended several Shibirs conducted by the Kaivalyadham, Lonavala, Yoga teachers of Shivanand Ashram, Ahmedabad and one month Shibir at Ayurvedagram, Bangalore. I have learnt aasnas, pranayam and meditation during this shibirs and also from reading books. I am doing walking regularly in the morning for 45 minutes and then do Yoga aasnas / pranayam / meditation for another one hour.

I have recently undergone 10 days yoga training at my residence under the Yoga guru Shri Dilipbhai Dholakia, which was an entirely different experience over what I have learnt earlier.

Under the guidance of Shri Dilipbhai, I am able to do most of the Aasnas and Pranayam very easily and also to stretch even in the difficult postures of the Asanas. Now I have the good feeling that I have come across the

best yoga teacher because his vast knowledge and teaching method of Aasnas and Pranayam are excellent. **Due to his teaching for one hour in the evening for 10 days my back ache problem got** relived up to 85% and I think If I practice his teaching of Yoga and Pranayam regularly, then my back ache problem will be solved 100% within a short period of time.

In India, 85 percent of the adult population suffering from back aches due to their cylindrical work style, especially, those who are working in the offices and sitting long time in front of the computers. Now, I am confident that they can be cured **by treating back pain without drugs** with the guidance of Yoga Guru Shri Dilipbhai and can be experienced themselves the feeling that they never felt without any medication.

I am very proud to Shri Dilipbhai for extending his vast knowledge of Yoga for the well being of the people who are suffering various kind of illness and not finding any ultimate relief through medication.

I wish all the best to Yoga Guru Shri Dilipbhai for all the success in the years to come.



Ahmedabad.
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The Body is Nothing but Rhythm,
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Rhythms of The Universe.....



Dilip Dholakia's

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