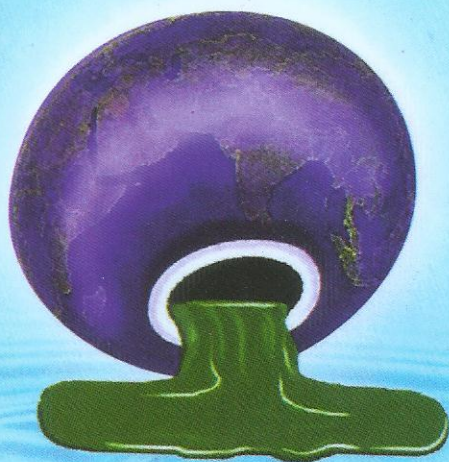


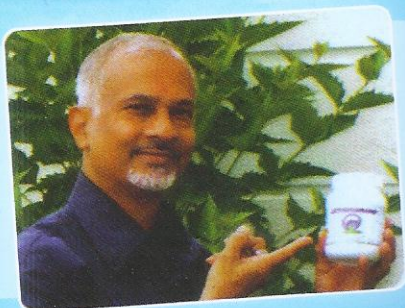
# JEEWANANAND

## WHEAT GRASS POWDER

'A DIVINE NECTAR FOR HEALTHY LIFE'



**Wheat Grass Therapy  
means  
Wheat Grass Treatment**



**Atul Gadkari**  
Yoga - Nisargopchar Tadnya

# JEEWANANAND WHEAT GRASS POWDER

*Diet Treatment along with Alopathy, Homeoathy & Ayurvedic Treatment*



- 12 - 16 gm. of Wheat Grass Powder (3 to 4 spoons) per day is beneficial in case of Diabetes, Cancer, Thalassemia, Paralysis, Psoriasis, Arthritis & Depression.
- 8 - 12 gm. of Wheat Grass Powder (2 to 3 spoons) per day is beneficial in case of Constipation, Acidity, Piles, Colitis, Ulcer, Kidney & Nervous System Disorders, Body Weight and Skin Allergy.
- 4 gm. of Wheat Grass Powder (1 spoon) per day is sufficient for a normal person.
- The Dose of Wheat Grass Powder Should be increased Step by step

No. of Days	Morning	Afternoon	Evening
1 to 5	1 spoon	-----	-----
6 to 10	1 spoon	-----	1 spoon
11 to 30	1 spoon	1 spoon	1 spoon

The Dose mentioned above should be taken for about 3 to 4 months. After 3 to 4 months the dose of 1 spoon in the morning and evening is sufficient. 1 spoon of Wheat Grass Powder means 4 gm Powder. Spoon Should be full with powder. Each Wheat Grass Powder Bottle contains a spoon.

It is very important to prescribe a proper Diet Plan.

# **JEEWANANAND**

**A divine nectar for good health**

**Wheat Grass Therapy means  
Wheat grass treatment**

**Authors :**

***Shri. Atul J. Gadkari***

***Shri Ramesh D. Patil***

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**-: Dedicated to :-**

*In the loving memory of Dr. Ann Wigmore  
who has gifted human beings  
a Divine nectar Wheat Grass Therapy  
through her extra-ordinary invention.*

## A THOUGHT ....

One day I happened to meet Mr. Atul Gadkari. I was very much influenced by his confidence and positive approach. Mr. Gadkari's obsession is literally to circulate the importance of Naturopathy by canvassing and educating people about this aspect. His vow to introduce Wheat Grass Powder in each and every nook and corner is really extraordinary.

I was first introduced to Wheat Grass Therapy through his friendship. During our first meeting he presented me a book on 'Wheat Grass Therapy' which consisted of 325 pages written by Dr. Suresh Nagarsekhar - a Naturopathy Expert.

I was very much impressed by his phenomenal book. By writing such a precious volume he has really done an invaluable social work. He has explained Wheat Grass Therapy subject in a very simple and easy language. He has written very frankly about this miraculous Therapy.

An important task of making Wheat Grass Therapy conventional among common people was undertaken by an American scholar Dr. Ann Wigmore. She not only cured herself from this divine Nectar but also brought about a revolution by treating thousands of patients all over the world with Wheat Grass Therapy and gave them a new life. Thus she devoted her entire life by creating awareness and educating people about the importance of Wheat Grass Therapy.

Dr. Nagarsekhar has introduced Dr. Ann Wigmore in his opening Chapter. Her Biography is really a great motivation and inspiration for everyone. Dr. Nagarsekhar's book is voluminous & informative.

'Wheat Grass Therapy' should reach each and every house and the diseased should see a spark of hope in their life was the main purpose of publishing this small booklet. Keeping this objective in mind, Shri Atul Gadkari and me have introduced this small booklet for everyone.

Once this Wheat Grass Therapy Treatment is known and accepted by the majority of people, they will come to know the importance and permanent benefits of this Therapy which is surely a 'health mantra' for the future generation.

**- RAMESH PATIL**

PRESIDENT

(SHRAMIK MUKTA PATRAKAR SANGH, PUNE)

# WHEAT GRASS THERAPY

We have almost lost our existence in this modern and fast era. We have become modern but at the same time unhealthy and diseased.

The present generation prefers FAST FOOD. As a result we ignore our health and prefer fast food rather than healthy food. It spoils our beautiful body and precious health. Thus we often fall sick and consume heavy doses of allopathic medicine, which is a temporary remedy. Actually, these doses are an official preparation of serious sickness in advance.

An American Lady Prophet realized about the negligence of health and the side effects of strong medicines. Expensive medicines are only meant for rich people as poor people cannot afford these medicines. And these medicines are also not easily available. Keeping this in mind, the Lady brought about a revolution and invented a new method of treatment.

The name of the Respectable Lady is Dr. Ann Wigmore. She not only brought glory to America, her own country but has done an immense favour to the whole world. She introduced Wheat Grass Therapy from her hard work and efforts. Wheat Grass juice Treatment means Wheat Grass Therapy. This exceptional Treatment has given relief to numerous patients all over the world. It not only cures normal health problems but also has the capacity to cure Asthma, Diabetes, Blood Pressure and the most dangerous disease like Cancer.

Dr. Ann Wigmore introduced this Therapy to the common people in the latter half of the last century. The world was stunned once they experienced this Wheat Grass Therapy. People got an eternal experience from it. They got proper direction of liberty from disease.

Dr. Ann Wigmore was born in 1910 in a very small village of Lithuania. She was very weak and feeble right from her birth. There was a very serious injury near her ankle.

The wound on her leg did not heal and had Gangrene. According to the doctors the only solution to save her life was to ampute her leg. But Dr. Ann Wigmore opposed this operation. Her condition became worst day by day but she had faith in God.

She started reading a sacred book. From meditation she got a message 'You become a religious messenger, propagandist and construct temples. Not those temples which are built with stones and bricks but of a human body which is actually Almighty's temple. So build these healthy temples.'

She was very much influenced by an old incidence from the Bible. King Teuchand from that story ate grass from the jungle and was completely cured. This story from the Bible affected her conscience. She collected all samples of grass and started her invention. She challenged all the experts from all over the world. Dr. Arya Thomas - a Grass Expert studied about various types of grass. There are more than 350 types of grass. Ordinary grass also contains body nourishing nutritive values. But through his minute observation he came to a conclusion that Wheat Grass is one of the best quality grass. A man gets the most nourishing ingredients from Wheat Grass juice than any other juice. This juice contains minerals, vitamins and supplementary elements. The number of elements which are found in the blood of a human body are also present in the Wheat Grass Juice in same numbers. And so it will be correct to say that Wheat Grass juice means **GREEN BLOOD**.

Dr. Thomas spent over 50 years in this research. Wheat Grass Juice contains lot of medicinal properties. He was very much confident that a human being can survive by consuming this Juice and natural diet. This self confidence really helped Dr. Ann Wigmore in her research. She first used this medicinal treatment as a remedy to cure herself. She also got best results for her other body disorders Thus she also got the extra energy for her research work. She took a vow to spread and circulate the knowledge of Wheat Grass Therapy and started delivering lectures. And she continued this vow till her last breath of life eternally.

In her lectures, she confidently told that Wheat Grass Juice means 'A Complete Diet'. Any incurable disease can be cured and uprooted completely with Wheat Grass Therapy Treatment without any side effects in future. She proved from her research work that Wheat Grass Juice contains many ingredients such as Vitamins, Minerals, Carbohydrates, Proteins, Chlorophyll and some ingredients which are unknown to modern science An ingredient 'Lateral B' which is present in Wheatgrass powder is anti-carcinogenic in nature, induces the apoptosis of carcinogenic cells and thus acts effectively against Cancer.



Wheat Grass is one of the best quality grass compared with any other type of grass. A human being gets all types of nutrients from this Wheat Grass juice. One Kg. of Wheat Grass Juice is equivalent to the nutritive values you get from 23 kg. of leafy vegetables. Wheat Grass Juice contains Chlorophyll as well as other nourishing elements. Chlorophyll is the most vital ingredient for our body. Chlorophyll purifies our blood, keeps our bladder and lungs, fit and healthy. It also increases our haemoglobin level and is 100% safe. Vitamin E, a natural antioxidant in the Juice is also very useful for sexual health.

Green Wheat Grass contains the following ingredients :

- 1) Chlorophyll
- 2) Fibres
- 3) Vitamin A, B, C & E
- 4) Proteins & Amino Acids
- 5) Enzymes
- 6) Minerals
- 7) Other Nutrients and some unknown elements.

These ingredients are very important for a human body. Lack of these ingredients can affect the body's equilibrium and thus increases possibility of a disease.

The ingredients can be classified as follows :

**1. VITAMIN 'A' :**

Vitamin A lubricates our skin. Deficiency of Vitamin 'A' causes dark circles around the eyes. The main function of Vitamin A is to regulate the vision cycle in human body. Vitamin 'A' is also very important in case of ear, nose and throat disorders.

**2. VITAMIN 'B' :**

Nervous system disorders may occur due to the deficiency of Vitamin 'B'. It is also beneficial in curing mouth infection and loss of appetite. It is also essential for mental balance.

**3. LATERAL B-17 :**

The ingredients of Lateral B-17 are present in Vitamin B. This ingredient has the capacity to fight against Cancer cells. So wheat grass is very useful in fighting against Cancer.

**4. VITAMIN 'C' :**

Bones become strong because of Vitamin 'C'. It aids the process of healing any type of wound. It also acts as an anti-aging element and makes an individual look young. All these properties are present in wheat grass.

## 5. VITAMIN 'E':

Vitamin 'E' plays a very important part in procreation. With the help of this Vitamin, abortion can be avoided. Being a natural and powerful antioxidant, Vitamin 'E' can prevent Degenerative diseases like Diabetes and Cancer. Vitamin 'E' is an ultimate solution for menstrual problems. It also protects health during old age. It helps to overcome impotency and also increases the production of sperms

Proteins play an important role in Dietetics. Generation of new cells after the cell destruction in body is extremely essential for proper growth and development of our body. Protein plays a vital role in cell generation.

Antibodies, Plasma and Hormones which are very essential for our body are generated by Proteins. Proteins are available in wheat grass juice and thus wheat grass juice is a unique food. In short Proteins help to digest food while Amino Acids produce blood in the body.

Wheat Grass juice contains Chlorophyll and other vital elements. It also contains all the required minerals which are essential for our body. Out of which, Magnesium present in chlorophyll activates nearly thirty Enzymes.

Various digestive juices and Enzymes in wheat grass juice are beneficial to our body in many ways. Hundred gm of Wheat grass juice contains about 90 to 100 mg. of Chloroplast. The Chloroplast creates nutritive ingredients with the help of sun rays. Thus according to Dr. Barshar a scientist, Chlorophyll is 'Concentrated Sun Energy.'

All green herbs contain Chlorophyll, but it is found in large quantities in a wheat grass plant.

The Root causes of disease is found in stomach and head. Wheat grass therapy is very beneficial for digestion of food, kidney, skin allergy, procreation system, teeth and gums, knee pain, waist pain, respiratory system & heart problems. It also controls blood pressure.

Wheat grass juice is very effective for incurable disease like Cancer. Cancer may be of any kind, blood or intestine, lungs or food pipe, it is possible to get victory over this disease through Wheat grass therapy.

Dr. Ann Wigmore treated herself by consuming wheat grass juice. Because of this, she could overcome gangrene and got very good results for her other health problems. As a result, she started her research with more zest and confidence. She created awareness by highlighting the benefits of wheatgrass and gave publicity to wheat grass therapy through her lectures. Dr. Ann Wigmore used this therapy for many patients and cured innumerable of them. She established Hippocrates Health Institute at Boston in USA. With the help of her colleagues she was successful in treating thousands of patients. Dr. Ann Wigmore was the LIFE of this Institute. Because of her work skill, she gained confidence of her patients as they were cured from incurable diseases.

As patients got positive health results through Wheat Grass Therapy treatment. Dr. Ann Wigmore became more and more active. She was obsessed by this therapy. She travelled and spread this therapy in many countries and got positive response for this treatment. Her success was in her faithful behaviour as she really struggled for the welfare of her patients. Her entire life was for the well being of the people.

On 6th February, 1994 'Hippocrates Health Institute' caught terrible fire. Before anyone could realize Dr. Ann Wigmore died of suffocation in that fire. An energetic and lively life was extinguished.

Dr. Ann Wigmore has done an eternal favour to human beings and made her place immortal in everybody's mind.

Dr. Ann Wigmore's wheat grass therapy was recognized as wheat grass juice therapy treatment. Naturopathy also adopted this wheat grass therapy. Laboratories too gave a new look to this therapy by using latest technology. Wheat grass therapy was circulated and published not only in India but also in the advanced countries like Europe, USA, Japan, Germany and Russia and will be carried on in future too. This therapy is conventional for normal cough & cold and also for incurable disease like Cancer. Thus the treatment looks to be simple.

This treatment has the strength to destroy almost all type of disease. Wheat grass therapy attacks the main vulnerable spot of any type of disease. So in future we should avoid temporary treatment which suppresses our disease and works as a temporary dressing. We should opt for a treatment which will permanently cure the root cause and the disease.

Atul Gadkari (Yoga & Naturopath expert) is inspired by Dr. Ann Wigmore and is engrossed in spreading and circulating wheat grass therapy treatment in each & every house.

This natural SANJEEVANI has a very unique importance in Naturopathy, which has saved lives of many serious patients and brought them out of danger. Now a days people know the importance of this therapy. Wheat grass therapy clinics are coming up in big cities and attracting people towards them.

We find wheat grass juice centers in various part of Mumbai, Pune, Miraj and Kolhapur which are open in the morning. This really is a social work for our precious health.

Production of wheat grass is very easy and its treatment is very convenient.

Wheat grass juice can be prepared by a very simple method. Soak wheat grains till they are sprouted. Sprouted wheat grains can be sowed either in a mud pot or mud bed in your home garden. Cover it with some mud and sprinkle water slowly for 7 days. After 7 days cut the wheat grass from the plant. The height of this grass should be about 4 to 6 inches.

Wash these plants and grind it to paste. Strain the juice through a clean cloth. Consumption of fresh juice is very useful. Honey can also be added to it.

Leaves can also be chewed. Juice can also be used as a germicide on a wound or can be used as a collyrium for your eyes. This juice has all the properties present in it.

Instead of wheat grass juice therapy, wheat grass powder therapy treatment can be used as an alternative which is also very simple. Wheat grass powder is very easily available.

Wheat grass which is removed after 7 days is dried. once it is dried wheat grass powder is prepared. Wheat grass powder contain the same properties which are present in the wheat grass juice. It also contains Proteins, Amino Acids, Digestive substances, Minerals, Chlorophyll etc. Along with all these ingredients there is plenty of fiborous substance present in it. This fiborous substance is very essential in controlling Colitis. This fibrous substance also controls the increase in the amount of sugar and Cholesterol in Blood. It also cleans the intestine and makes the bowel movement easier. This fibourous substance is known as fibres. Due to these fibers stones are not formed in the Gall Bladder. The process of formation of stone in the bladder is known as Gall Bladder Stone. These fibers help to control the amount of sugar in the body and hence wheat grass powder is very beneficial for diabetic patients.

Wheat grass powder also contains other type of fibres which are known as Insoluble fibres. These insoluble fibres retain water when they are present in the intestine which aids in the digestion of food. This helps to keep the stomach clean and prevents constipation.

Wheat grass powder therapy is as effective as wheat grass juice therapy. In case of wheat grass juice the fibres are thrown out when wheat grass is grinded and strained. Whereas wheat grass powder contain fiborous substances i.e. **SOLUBLE** as well as **INSOLUBLE FIBRES**, which is very remarkable and appreciative.

Consuming this wheat grass powder regularly is very easy. Dissolve wheat grass powder in a glass of water and drink it. Mostly wheat grass powder should be taken in the morning on an empty stomach. The quantity of powder can be increased as per the disease, the stage of the disease and with the proper guidance of an expert.

Natural diet, exercise, yoga, pranayam along with wheat grass powder is very beneficial.

Secondly, you can continue with your other treatments like Ayurvedic, Allopathy and Homeopathy along with wheat grass powder therapy which is a supplementary treatment. It is also very convenient as wheat grass powder can be carried easily while travelling.

As this powder contain all types of nutritive ingredients, it is beneficial to all the age groups with proper guidance of an expert.

Wheat grass powder rebuilds body cells & outer skin helps to overcome deficiencies of nutritive ingredients. It also purifies blood in our body. It maintains the normal level of haemoglobin in the blood and also increases the percentage of haemoglobin. The digestive system problems due to constipation can be cured. It is very effective on incurable diseases. Blood Pressure, Diabetes, Arthritis, Insomnia, Menstrual Problems, Thalassemia can be cured and controlled.

Wheat grass powder being a natural antioxidant, helps to eliminate the poisonous matter from our body naturally. As a result sweat is relieved from foul smell.

Wheat grass powder mixed with gram dal flour and milk can be used as a cleanser. Powder mixed with milk cream can be used as a face pack. Wheatgrass powder along with water can be applied to head for an hour as a treatment for dandruff and conditioning of hair.

Thus we can conclude that, wheat grass therapy treatment is extremely beneficial for mankind. Dr. Nagarsekhar has given detailed information about this wheat grass therapy in his book and everyone must read it at least once in a lifetime.

Atul Gadkari has a very positive approach towards Naturopathy and Wheatgrass powder therapy. He has introduced and launched

### **ORGANIC CERTIFIED**

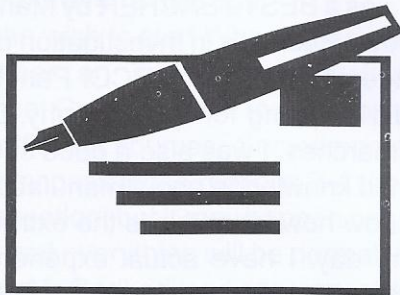
#### **' JEEWANANAND WHEAT GRASS POWDER '**

in the market and has gained great popularity due to its positive results. He meets needy patients and guides them for the last Ten years. He also explains the importance of this WHEAT GRASS POWDER THERAPY to everyone.

#### **' JEEWANANAND WHEAT GRASS POWDER '**

has given a relief and a new life to numerous patients.

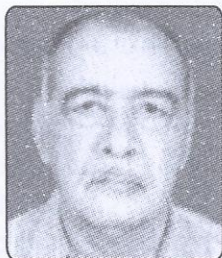




## Our Self Experience

I am 72 years old. During my college days I played tennis and badminton. From 29 yrs. to 55 yrs. of age I was about 80 years old. I was a member of BCCI's Indian Uprising Panel and so had to travel all over India. We ignore our health and so we suffer from some hereditary disease after 50 years of age.

I had undergone Angiography. As per doctor's advice I consumed 150 mg Aspirin tablets and since 1985 consumed 5-complex (V.C.B.) I also consumed other tablets to control my B.P. and finally for Diabetes. In spite of my balanced diet I feel weak and fatigued.



### **Stopped Taking Insulin & Body Fatigue Has Vanished**

I am Prof. M. G. Deshpande, at present residing in Pune. I was a Professor in COEP, Pune from 1961 to 1982. I retired at the age of 43 years in the year 1982. I was honoured as a BEST TEACHER by Maharashtra Govt.

I was having my own Business in Investigation of underground water and management. I was on BCCI Panel from 1969 to 1993 and also did umpiring for Ranji Trophy, Duleep Trophy and many other matches. I was also a good sportsman and a photographer. I had knowledge about manufacturing of Wheat Grass and so I know how laborious is the extraction of Wheat Grass juice every day. I have actual experience of Modern farming for 15 years. Various techniques like Green House are to be used for manufacturing Wheat Grass yearly. Wheat grass juice is readily available in glass (10 Rs. per glass) or in a pouch. But we always have a doubt in our mind whether it is clean, pure and original or green color mixed in water.

I met Mr. Atul Gadkari 6 months back. He gave me detailed information about Wheat Grass powder. This powder is manufactured scientifically and is Organic Certified. Mr. Atul Gadkari is a Naturopath and Yoga expert. As per his guidance I consumed 1 spoon of Wheat Grass powder twice a day (1 spoon in the morning + 1 spoon in the evening).

I am 72 years old. During my college life I played cricket, tennis and badminton. From 29 yrs. to 55 yrs of age i.e. for about 25 years I was an active member of BCCI's Indian Umpiring Panel and so had to travel all over India. We ignore our health as we grow older or we suffer from some hereditary disease after 60 years of age.

I had undergone Angiography. As per doctors advice I consumed 150 mg, Aspirin tablets and since 1965 consumed B-complex (Vit. B). I also consumed other tablets to control my B. P. and insulin for Diabetes. In spite of my balanced diet I felt weak and fatigued.



Under the guidance of Mr. Atul Gadkari I am consuming Jeewananand Wheat grass powder for the last 6 months and will continue throughout my life. I am relieved of constipation and my facial skin has become lustrous. Diabetes cannot be cured but controlled. Since I started consuming this powder I have **stopped taking insulin** injection but I take only 2 tablets before food. I also stopped B complex. My **body fatigue has vanished** and B. P. is also under control. I can drive 200 to 300 kms. in once stroke even at this age.

Those who wish to start Wheat Grass powder treatment should remember an important instruction. 'If you start consuming Wheat Grass powder Toxins are thrown out of your body through different sources. Sometimes scars appear on the skin, you may pass loose motions 3-4 times a day or may get vomiting sensation, but it may happen only in few cases for 3-4 days. After that everything will be normal, so in such cases you must follow Mr.Gadkari's advice very strictly and you will have no problem whatsoever.'

Mr. Gadkari meets a patient personally and then decides the required dose of wheat grass powder according to that patient's health and illness. Mr.Atul Gadkari visits Mumbai and Pune frequently and many other places in Maharashtra. His rapid style of working is really so amazing that a young boy of 25 years too will be ashamed of himself after meeting him. When you meet Mr. Atul Gadkari you cannot decide whether his age is 40 or 60 years.

I give Mr. Atul Gadkari ALL THE BEST WISHES by heart and also wish him a long life.

-Prof. M. G. Deshpande,  
Pune  
Tel. 020-25441617



### My Knee Pain Had Almost Vanished

I am Anjali Patil. I am 65 years of age. I first met Mr. Atul Gadkari in Ahmednagar in July 2009. I got detailed information about Wheat Grass Powder through him. I told him about my health problems. My knee problem was unbearable while walking and was unable to get up immediately. Because of my Blood Pressure problem I had swelling in left side of my heart.

Mr. Atul GAdkari gave me required doses of Wheat Grass Powder and within a month got very good results. **My knee pain had almost vanished.** Now I can walk immediately after getting up. I used to be breathless because of the swelling in my heart but that was also cured.

My daughter who is 43 years of age had menstrual problem for the last 12 years. 15 days before her menstrual period her left breast had swelling and was hard as a stone. She had heavy bleeding and passed white discharge. After consulting Mr. Atul Gadkari she started consuming wheat Grass Powder as per her requirement and she was completely relieved from her menstrual problem within a month. Wheat grass Powder not only cured her health problems but she also lost about 3 kgs. of unwanted weight.

**Mrs. Anjali Patil,**  
Nagar

**Mob. : 9422080498**



## **It is a Food Supplement and not a Medicine**

I am Mrs. Nayana Raje. I was suffering from Asteatotic Eczema since June 2012. Unable to bear the inflammation, irritation and itching, I went to a renowned Dermatologist. Once he medically examined me, he also studied my blood reports. He was of the opinion that no oral medicine would be able to totally eliminate itching or diminish the red patches that had appeared on my body.

Tired and restless, I mentioned my malady to Vikas Patankar, my cousin, who advised me to meet Mr. Atul Gadkari immediately. As luck could have it, he happened to be in town visiting his patient the same day near my area. He promptly promised to visit me too. After gaining an understanding of my other ailments, apart from eczema, he fixed a dose of Jeewananand Wheat Grass Powder for me. He told me to believe in the therapy. More so, he stressed that I be consistent in taking the powder for at least 4 to 5 months. After starting the therapy, precisely on 19th March, 2013 to my astonishment, within 7 days the itching started subsiding and the red patches also started diminishing. After 15 days there was a remarkable improvement.

I am a diabetic and also a cardiac patient. I periodically check my blood for glucose and cholesterol management. After taking wheat grass for several days, even my blood reports were very encouraging. The glucose and cholesterol values were lower than what they were previously. I started feeling energetic. My skin was glowing, whereas the itching vanished gradually.

From September through November 2013, I travelled to UK and USA. My daughter, who lives in USA, was complaining of couple of problems prior to our visit. I suggested her to start Wheat Grass Powder Therapy. She started around mid June 2013. Within 2 months, she reported over phone that there has been commendable improvement in her ailments. Her husband also takes powder regularly for stress free and healthy life.

During my visit to USA, I also started giving 1/4 teaspoon of wheat grass powder (mixed with branded Honey) to my grandson. His seasonal cold, cough, and ear infection seems under control. My husband too takes the wheat grass powder consistently. He is highly benefitted from it. He is very active even at the age of 66.

In short, our entire family is regular user of **Jeewananand Wheat Grass Powder**. It can be comfortably carried to USA in luggage as it has Organic Certification and Eco Cert Certification from Germany. We even couriered sizable quantity to USA.

Wheat Grass is a Food Supplement and not a medicine. The molecular structure of Chlorophyll is very close to that of Haemoglobin.

I was fortunate enough to speak with Dr. Suresh Nagarsekar who has done Ph.D. on Chlorophyll (one of the main constituents of wheat grass.) He calls it as Green Blood. Moreover, he equates it with Mother's milk.

My sincere advice to everyone is this: "start consuming **Jeewananand Wheat Grass Powder** as early as possible for innumerable health benefits. The ingredients of powder develop resistance in the body to fight against diseases. Your body will **THANK YOU** for it!"

**- Mrs. Nayana Raje (M. A. Economics)**

Borivali (West), Mumbai,

Cell No. 9833935705



**I was able to Donate Blood because  
of the  
Jeewananand Wheat Grass Powder**

I am Chhaya Chandrakant Sawkare, residing at Dombivli East, aged 43. My Haemoglobin level had fallen much below Normal and was feeling tired all the time.

My weight had increased and was suffering from joint pain with both the knees and had hair fall. In addition to this my Gastro intestinal problems had also increased.

As luck would have it, I met Mr. Atul Gadkari in a rickshaw in Pune. I talked to him about my problems. He advised me to start with Wheat Grass therapy. Under his guidance I started taking Jeewananand Wheat Grass powder, thrice daily, i.e. in the morning, afternoon and evening, along with the diet plan suggested by him. To my surprise within one month there was substantial improvement in Haemoglobin level.

This enabled me to donate blood during the Blood Donation Camp held by PLASMA DIAGNOSTIC LABORATORIES AND BLOOD BANK DOMBIVLI BRANCH.

**This was possible only because of Jeewananand Wheat Grass powder**, and my earnest desire of Blood Donation was fulfilled.

**My all other Health Disorders were brought under control. I feel Energetic whole day.** Now I take Wheat Grass powder twice daily.

**Thanks to Shri Gadkari and I wish him Long life.**

**- Chhaya Chandrakant Sawkare  
Ph. 0251 - 2473563**



**Doctor says "You can take your Normal Diet"**

My name is Ganesh Mahadeo Baikar, staying in Shrigaon, Tal. Alibag. I was suffering from severe stomach pain, joint pain, giddiness and Anemia. I had consulted many renowned Doctors from Alibag and Mumbai and took treatment. However there was no improvement. One day I had an opportunity to meet Shri Atul Gadkari at Sulochana tai Bhopi's house at Medhekhar, Tal. Alibag. I narrated my story of illness and treatment to Mr. Gadkari, who advised me to start Wheat Grass therapy as a naturopath without charging consultation fees. I started with the Jeewanand Wheat Grass Powder along with Diet Plan as suggested by him. **Within a months period I found much improvement in my health.**

Now my **DOCTOR SAYS - YOU CAN TAKE YOUR NORMAL DIET.** This improvement could only be possible due to Jeewanand Wheat Grass Powder and the valuable guidance from Shri Gadkari. **Thanks to Shri Atul Gadkari and Smt. Sulochana tai Bhopi.**

**- Ganesh Mahadeo Baikar**  
Po. Shrigaon, Tal. Alibag  
**Mob. 9260081054**



**My wounds cured with Jeewanand Wheat Grass**

I am Janardan Sadashiv Kale from Kailas Nagar, Thergaon, Pune. I was suffering Vericose Veins, Vericose Ulcer for around 30 years. Vericose Ulcer means wounds found on the legs. I received treatments from Alopahy and Ayurved, but all was in Vain. I was operated first time in 1998, and the wound was cured. But again after 5 years I found the wound relapsed. I had to leave my job on this account. In 2002 I was again operated and got cured.

However in 2011 the same trouble arose. I was thinking to get operated again, but luckily I met **Shri Atul Gadkari** in my village Shrigaon. After listening to my stories Mr. Gadkari advised me to start with Jeewanand Wheat Grass Therapy and **the MIRACLE happened.**

Within 2/3 months my wounds got completely cured. The skin colour got changed. I am satisfied for last one year.

This was possible only due to **JEEWANANAND** Wheat Grass. **My sincere Thanks to Mr. Atul Gadkari**

**- Janardan Sadashiv Kale**  
**Mob. 8806272311**



**Medical Expenses are reduced  
to almost 90%**

I am Sandhya Ravindra Kashikar. I am 64 years of age. I do meditation, yoga and exercise regularly for good health. In spite of all this I had some health problems. My brother, Mr. Niphadkar gave me detailed information about Wheat Grass Powder and gave advice to consume this powder. Wheat Grass powder is beneficial if taken regularly along with other treatment during sickness. It increases haemoglobin and resistance power against disease. I got very good experience as I was relieved from my health problems and felt energetic and lively. And so now I advise everyone to consume Wheat Grass Powder, their **medical expenses are reduced to almost 90%**. In my opinion Wheat Grass powder is sanjivani given by Nature.

Dr. Nagarsekhar has given detailed information about Jeewanand Wheat Grass powder in his book. 'WHEAT GRASS THERAPY & CHLOROPHYLL MIRACLE'. He has also published interviews of patients who are cured by Wheat Grass Therapy along with their photographs and telephone nos. One line in this book narrated everything about Wheat Grass powder.

**Jeewanand Wheat Grass Powder Therapy treatment will definitely give positive results even if the disease is very serious or old.**

**Mrs. Sandhya Kashikar**  
Andheri, Mumbai  
**Tel. 022-29287378**

## Being A Natural Tonic Increases Our Body Resistance Power

I am Mrs. Karkhanis residing in chembur, mumbai. I was suffering from acidity. I had knee pain problem because of overweight. My daughter had skin and hair problems. My husband too had Diabetes. My sister from Vadodara knew about our health problems. She told us about Wheat Grass Powder. She got Jeewanand Wheat Grass Powder from Mr. Niphadkar, Andheri. Each and every family member started consuming Wheat Grass Powder and got very good results. I too decided to take Wheat Grass Powder.

I informed Mr. Niphadkar about our health problems over telephone. He personally visited us and gave us detailed information about Jeewanand Wheat Grass Powder. He gave us required doses of Jeewanand Wheat Grass Powder and diet plan according to our health problems. All three of us started consuming Wheat Grass Powder regularly and in about 1 1/2 to 2 months we got very good results. Our haemoglobin increased, we felt energetic even after work and our bowel movements were also regularized. Now we look fresh and are benefitted from Wheat Grass Therapy. Wheat Grass Powder **being a Natural Tonic** not only cures us from our health problems but **increases our body resistance power** and guards us against diseases.

A most distinctive feature about Mr. Niphadkar is that he is a Naturopath and gives free guidance (Mob. 9819259866)

**Mrs. Karkhanis**

Chembur, Mumbai

**Tel. : 022-25225573**





**"Wheat Grass Powder" is  
An Integral Ingredient of my life**

A very close friend of mine Alka Mahajan who was disturbed mentally and disabled physically advised me to start Wheat Grass Therapy to cure my health problems. I too had to believe as Wheat Grass Therapy results were standing in front of me in the form of Alka Mahajan my close friend. I am very much grateful to her.

Due to some family tensions I had chest pain and was admitted in the Jupiter Hospital, Thane to undergo Angiography. My one heart channel was blocked 100% at its end. But luckily due to god's grace my heart prepared active subchannels and my Angioplasty was cancelled. Before that I was suffering from knee, neck & back pain. I was also a bit overweight i.e. 67.5 kgs.

Wheat Grass Therapy is a miracle. Mr. Atul Gadkari visited my house and gave me free guidance about Jeewanand Wheat Grass Powder and diet plan. I too started consuming Wheat Grass Powder strictly as per his instructions. Within 1 1/2-2 months I had to reduce my dose of 4 tablets to almost half of it i.e. 2 tablets. At present my weight is 62 kgs. I am very healthy now, as a result I do everything on my own and also participate in social activities.

Now **Jeewanand Wheat Grass powder is an integral ingredient of my life.** I also advice everyone to consume Wheat Grass powder.

**-Anjali Dengle,**

Thane

**Tel. 022-25892588**

## I was Relieved From Fatigue & Depression

I am Satish Govind Deshpande resident of Chunabhatti. I am 56 years of age/ I had undergone a Brain Tumour operation on 1st November 2007 in Bombay Port Trust Hospital. I got discharge after 15 days. Because of enormous weakness and psychological pressure I was in depression. We also visited hospital frequently. My elder sister-in-law Mrs. Bharati Pradhan from Malad suggested me to consult Mr. Atul Gadkari - a Naturopath and Yoga Expert from Lonavla. He gave us complete information about Wheat Grass Therapy. He gave us complete information about Wheat Grass Therapy. He gave confidence about my 100% recovery through his self confident speech. He too gave us proper guidance about diet and exercise along with Wheat Grass therapy. I started Wheat Grass Therapy and within a month I was feeling energetic, body was relaxed and **I was relieved from fatigue & depression**. There was also improvement in my memory.

From this experience my family members too started Wheat Grass Therapy. My wife Mrs. Sanjivani Deshpande's weight was 73 kgs. but within 2 months it decreased and now her weight is 59 kgs. She is also recovered from her knee problem and weakness. My brother Mr. Subhash Deshpande, sister-in-law Mrs. Shweta Deshpande and niece Kum.Snehal Deshpande got very good results from Wheat Grass Therapy. Mainly Kum.Snehal who was a bit overweight, lost 8 kgs. in 20 days. She was feeling energetic and her haemoglobin also increased. My brother and sister-in-law had knee problems, felt tired after walking but they too were relieved from these problems. They also lost 8-9 kgs. of unwanted weight and felt convenient while walking.

One should be fit and healthy till the end of ones life. And this is possible only through Mr. Atul Gadkari's guidance. **At present Jeewanand Wheat Grass Powder is a part of our LIFE.**

**- Mr. Satish Deshpande,**  
Chunabhatti, Mumbai.  
**Mob.9869702638**



**Now I am not dependent  
on anyone.**

I am Mr. Mohammad Yakub Patel residing at Tardeo, Mumbai. I had severe pain in my right leg while walking. I own a Innerware Shop in Tardeo, Mumbai. I was unable to sit down and stand up in the shop as well as at home without pain. After consulting a Doctor I had to undergo a Hip joint Operation on 1-4-1993. After this operation I had relief only for a few days. But after some days I experienced the same severe pain as before.

In September 2009 I happened to meet Sri Atul Gadkari through my Senior Sri. Hemant Sawant. After consulting Sri. Atul Gadkari, I started consuming Jeewanand Wheat Grass Powder along with the Diet plan as per his instructions. And what a surprise because of consistency I got 90% relief in 3 months. At present I look after my shop and do all my work independently. **Now I am not dependent on anyone.** Now I consume Wheat Grass powder only twice a day.

**Mohammad Yakub Patel, Tardeo, Mumbai.**  
Mob. : 9892181204

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**Jeewanand Wheat Grass Powder  
Made  
Atmosphere In my House Happy**

According to Kaluskar Guruji from Bhandup Jeewanand Wheat Grass Powder made his mother hale & hearty,

Sri. Kaluskar Guruji, a well known priest from Bhandup, Mumbai was very much worried about his mother Mrs. Manju Kaluskar, 53 years of age as she was sick for many years. She had many health problems, Piles and haemoglobin deficiency. Guruji met Sri Atul Gadkari on 23-04-2010. Guruji consulted Shri. Atul Gadkari about his mother. His mother was fully recovered in 3 months because of Sri Atul Gadkari's guidance. Now she does all her work systematically and without feeling tired. **Jeewanand wheat grass powder made atmosphere in my house happy.** Thanks to Jeewanand Wheat Grass Powder.

**- Shri Kaluskar Guruji, Bhandup, Mumbai**  
Mob. : 9702747384



### 9 Months Baby Girl Became Healthy And Fresh

According to Advocate madam her daughter Kum. Janhavi who is 9 months old became fresh because of Wheat Grass Powder.

I stay in Thane, Mumbai. I am 30 year of age and a advocate by profession. My husband Mr. Jeetendrakumar Palve bought Jeewanand Wheat Grass Powder sealed bottle in February 2010. I started consuming this powder every morning. Since then till July 2010 I didn't feel weak and fall sick. As a result, Wheat Grass Powder helped me to overcome my post pregnancy weakness and wear & tear of my body within a period of only 15 days. Now I do all my domestic work, look after my daughter and also my office work without getting tired.

I stopped consuming Wheat Grass Powder for a few months from July 2010 and had to suffer for, severe cough, cold and mucus. I started consuming Wheat Grass Powder again regularly under the guidance of Mr. Atul Gadkari and what a surprise on the fifth day mucus was cleared and my health was hale & hearty.

I had to undergo scissarian after the asthma attack during my delivery. Before the same problem could occur, Jeewanand Wheat Grass powder cured my asthma. Now, I am very happy in my life as Jeewanand Wheat Grass powder has cured my life as Jeewanand Wheat Grass powder has cured my asthma, cold, cough and weakness completely.

My daughter Kum. Janhavi J. Palave is only 9 months old. She was weak and had boils with puss all over her body for the last 6 months. We consulted Mr. Atul Gadkari and he advised me to tart Wheat Grass powder for my daughter. And from the next day onwards, we could notice the difference as the boils were dried and the black spots on her body started vanishing. Her blackened skin has become fair now. **My 9 months baby girl became healthy and fresh.**

- Adv. Varsha Jeetendrakumar Palave

Thane, Mumbai.

Mob. 9619901970

### **This was Swami's Leela (Miracle)**

I used to drink wheat grass juice regularly during my chemotherapy treatment which was unbearable. My brother used to sow wheat grains everyday and after seven days extracted wheat grass juice for almost 2 1/2 years. I shifted to Pune at my sisters place for a few days. I was having my normal diet but wheat grass was not available. Various wheat grass powder brands were available but it was very difficult for me to decide exactly which one was genuine from those. My health was ok but I was not putting on weight and was feeling weak. I was unable to consume wheat grass which had helped me to survive from such a dangerous disease like Cancer and also kept my Pletlets normal. During this period my brother visited me in Pune. He took to me to Akkalkot Swami's Matha. There was a message written in that Matha 'Bhju Nakos Me Tuzya Pathishi Ahe' (Don't be afraid I am behind you). After reading this message a thought clicked in my mind 'How many days are you behind me please come to me directly'. After this incidence i was worried and really felt very sorry for myself. I was very much disturbed even after coming home. My brother left for Mumbai.

The same day in the afternoon Mr. Atul Gadkari visited our house alongwith one of our relatives Mr. Ravi Deshpande. Mr. Atul Gadkari gave us detailed information about Jeewanandnd wheat grass powder for me. He also prescribed the exact doses of wheat grass powder for me. After the discussion, we came to know that he was residing in Nangargaon, Lonavla near Akkalkot Swami's Matha. I thought what a coincidence **this was SWAMI'S LEELA (MIRACLE)**.

I am consuming wheat grass powder for the last 4 years and at present have no health problems whatsoever.

**- Sau. Nilam Chaubal**  
Dadar, Mumbai - 26  
**Mob. 9323615316**



**Simple & Easy  
But Gives Efficacy without Fall**

I am Mrs. Suniti Gupte. I was working as a Head Mistress in School. I resigned due to some personal reason. At present I take tutions at home. I have also completed a private Course of Naturopathy from Nashik. Due to some reason or so I just overlooked at it. About 3 years back I met sri Prakash Niphadkar. He gave me detailed information about Wheat Grass Therapy. I used Jeewanand Wheat Grass Powder and within a month my haemoglobin increased. Naturally I got very good results on my skin, it was glowing. Very soon I was relieved from acidity problems, lost some unwanted weight and cholesterol became low. I had to undergo an operation all of a sudden and during that period I realized that it was this Wheat Grass Powder which had helped me to overcome the seriousness of my health problem.

2 years back my husband fell sick and was quite serious. He had to undergo a Major Operation. During that period he was not consuming Wheat Grass Powder. But after that incident he is consuming Wheat Grass powder regularly and what is more important is that he adviced everyone : "Everybody listen to me. Take this Wheat Grass Powder. I made a mistake. I spend 1.5 lakhs to the doctor. If I had consumed this powder before I not only would have saved money but also would have been relieved from physical problem as well as mental pressure".

About 10-11 months back my sister suffered from Cancer. She had to go for Chemotherapy. I started Wheat Grass Powder Therapy and Diet nourishment treatment for her. As a result her health was quite OK during Chemotherapy than before. Doctor was also surprised to see such a development in her health. At present she is keeping well and within 6 months she started working. This was a real surprise for everyone.

At present I give detailed information about Jeewanand Wheat Grass powder to some of my parents and neighbours. As a result many of them got relief from Spondilitis, Knee pain, Diabetes, High Blood Pressure & Anemia. Mr. Niphadkar has given me proper guidance from time to time.

I personally feel that Jeewananand Wheat Grass Powder given along with diet nourishment treatment will relieve everyone from incurable diseases. Wheat Grass Powder Therapy is **simple & easy but gives efficacy without fail**. Only proper guidance is a must. It was found that Wheat Grass Powder Therapy taken along with any other treatment gives results very fast.

**- Suniti Gupte (M. A. B.Ed.),**

Anjaria

**Mob. : 9773725588**



**My Patients Got Results  
In 3 Months.**

I am Dr. Srikant Deshpande having my practice in Classical Homeopathy at Andheri, Mumbai for last 23 years. About 1 1/2 years back Sri Prakash Niphadkar visited my clinic not as a patient but to give me information about Wheat Grass therapy. I had knowledge about Wheat Grass Therapy because I had read some books of Dr. Dhiren Gala. But his books have information about Wheat Grass Juice. Sri Prakash Niphadkar gave detailed information about Jeewanand Wheat Grass Powder. He was very much confident that wheat grass powder given along with homeopathy medicines to a patient will give very good results and recovery will be faster. After some days I used wheat grass powder for some of my patients suffering from incurable diseases such as Immune Disorder Psoriasis, Allergy, skin disease and they got very good results immediately, which were beyond my expectation. From that day onwards, I have given Jeewanand Wheat Grass Powder to almost 350 patients. I realised that any other medicine would have taken 6 months to cure a patient from a particular disease whereas Wheat Grass powder Therapy cured it in 3 months. **My patients got results in 3 months.** Most of the patients had this experience.

Just as homeopathy medicines work on body cells exactly the same way wheat grass powder also work on body cells. The most important thing is that there are about 4500 different homeopathy medicines. What is unusual about homeopathy is that even if the disease is of same type, the medicines are different. So to prescribe a correct medicine to a particular patient is a real skill of a Homeopathy Doctor. Whereas Wheat Grass Powder is only one but is still very effective on 80% patients.

Mr. Prakash Niphadkar prescribes Wheat Grass Powder & Diet Plan as per the health and resistance of a patient which is very beneficial to cure a disease.

Dr. Wigmore has given this world 'A NATURE's MIRACLE' in the form of 'WHEAT GRASS THERAPY'.

**- Dr. Srikant Deshpande, L. C. E. H. (Mum),  
Andheri  
Mob. 9869003300 / 9224314413**





### This is Miracle

I am Deepak Karnik. From 20th June 2007 onwards, I started suffering from several health problems all of a sudden. I had stomach ache, urine infection, back ache, vomiting and fever. I consulted my family Doctor Joshi and started consuming medicines but the trouble was unbearable. I visited Dr. Tambe on 22nd July and after my checkup I was admitted in the hospital immediately.

Several Tests were conducted for perfect diagnosis. Renal hyper tension bi-lateral renal disease, Anemia, Cytosis was detected. Urea nitrogen, urea was excess in the blood. According to the doctor both my kidneys were severely damaged. I was discharged from the hospital after 10 days. Doctor advised me to take light & specific diet and stop eating non-vegetarian food throughout my life.

After coming home my brother-in-law Sri Ravindra Karkhanis from Dadar (Mob. 9702891199) advised me to take Jeewanand Wheat Grass Powder along with my diet. I started consuming Wheat Grass Powder twice a day and doctor too was surprised to see such a recovery during my checkup. He thought '**This is miracle**'. After a few months during my next checkup doctor told me to start my normal diet as before. At present I take my normal diet.

I am confident that the improvement in my health is only because of **JEEWANAND WHEAT GRASS POWDER**.

- Mr. Deepak Karnik,  
Thane  
Ph. (022-2437687)



**I Got a lot of improvement in my health  
due to Jeewanand Wheat Grass**

I am Sharad Govind Kulkarni aged 56 years staying in Mumbai. I have been suffering from T. B. since Feb. 2012. I had been feeling weak and my weight had reduced. I had lost my appetite and was unable to walk without support. I contacted **Mr. Atul Gadhari** on the advice of my relative Rajendra Deshpande, Jogeshwari, to invite him to my residence. He gave me detailed information about Jeewanand Wheat Grass Powder on 3rd Aug. 2012. From next day onwards I started taking Jeewanand Wheat Grass Powder. **It has given a lot of benefit to me.** My weakness has reduced and am able to walk without any support, which has brought happiness in my life. **This is only because of Jeewanand Wheat Grass Powder.**

- Mr. Sharad Govind Kulkarni  
Mob. 9004051608

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**Stomach problems Vanished**

I came in contact with Mr. Satish Joshi Sir due to my business. He explained to me the importance and benefits of Jeewanand Wheat Grass Powder.

Due to nature of my job I was never able to have my meals on time. Due to the same I suffered from Indigestion, Acidity, Constipation and Gases for many years. **As advised by Mr. Satish Joshi** I started taking 1-1 spoon of Wheat Grass Powder with water in the morning & evening. **Within few days all the above problems vanished. Also, there were absolutely no side-effects.** I am now taking wheat grass powder regularly for the last 6 months. I have recommended the same to my friends as well. They too have benefitted from the same. Mr. Joshi Sir advises us regularly from time to time. From my experience I feel that everyone should consume Jeewanand Wheat Grass Powder and always remain fit and healthy.

- Mr. Chandrashekhar Agashe,  
Pune.  
Mob. 9623680730



**Jeewanand Wheat Grass Powder  
Is  
A Complete & Full Diet**

I am Mrs. Usha Vilas Satarkar. I was suffering from various health problems such as knee pain, spondylitis and thyroid.

I started consuming Jeewanand Wheat Grass powder twice a day (1-1) under the guidance of **Shri. Satish Joshi Sir**. My knee pain vanished within 2 months. My spondylitis problem has also become less. My thyroid reports were also normal. My hair fall stopped and hair started growing again. My skin is glowing and become soft. I feel enthusiastic now. As a result, as per the name Jeewanand - I also became very happy in my life. Due to this drastic change in my health me and my husband **Dr. Vilas Satarkar** started distributing Jeewanand Wheat Grass Powder information, pamphlets and also forwarded mobile of **Shri. Satish Joshi** to all our relatives and friends.

**JEEWANANAND WHEAT GRASS POWDER IS NOT A MEDICINE.  
IT IS A COMPLETE AND FULL DIET.**

It has no side effects. We consume Jeewanand Wheat Grass powder twice a day (1-1 spoon) and will continue in future.

**We were surrounded by disease but were protected by Jeewanand Wheat Grass powder.**

**- Mrs. Usha Vilas Satarkar  
Mob. 9823153796**



**Jeewananand Wheat Grass Powder  
Is a Secret Towards  
Good Health**

I am Mrs. Sindhu Sali. I am 68 years old. Since January 2013 I had a curve on both my legs. Due to swelling on my knee and arthritis problem I had joints and body pain. It was not only very difficult for me to walk in the house but I was also unable to stand properly. I started consuming Jeewananand Wheat Grass powder twice a day (1-1) under the guidance of **Shri.Satish Joshi Sir** and within a month I was relieved from pain. The curve also vanished in 3 months. I had also relief from joints and body pain. My knee pain had almost vanished. Now, I go to the market to buy vegetables, fruits, etc. on my own. I feel enthusiastic and energetic as I don't get tired now. No one will believe that now I walk so fast that even the young boys have to run to compete with me.

After noticing such a drastic change in me, my husband, both sons and my both daughters-in-law started consuming Jeewananand Wheat Grass powder.

**According to Shri Joshi Sir : 'Diseased should consume Jeewananand Wheat Grass powder to become healthy and healthy to remain healthy throughout their life.'**

I started propaganda by advising all my relatives and friends to consume Jeewananand Wheat Grass powder and also forwarded Shri. Satish Joshi's Mobile No. Now all my relatives and friends are consuming Jeewananand Wheat Grass powder.

**JEEWANANAND WHEAT GRASS POWDER  
IS A SECRET TOWARDS GOOD HEALTH.**

**- Mrs. Sindhu Sali  
Ph. 020-25395906**



**My knee and waist pain reduced  
& Eye-Sight Improved.**

My object is work continuously. Good quality of work is my God / religion. I like to work twelve hours a day which affected my body. My knees and waist started paining & I started feeling tired.

Dr. Suresh Nagarsekar and Mr. Atul Gadkari advised me to take Wheat Grass twice a day. Within three to four months, there was tremendous change. **My knee and waist pain reduced by 80%. My tiredness vanished & my eye sight also improved. My HB increased to 16.5. I have decided to take Jeewananand Wheat Grass through out my life.**

- Mr. Satish Joshi,  
Pune  
Mob. 9322861695



**Blood donation saves  
Patient's lives**

I have decided to donate blood whenever possible, so far, I have donated blood 26 times. I was very sick for some time & had lots of weakness. Haemoglobin had come down upto 9. In spite of taking many tonics, the weakness persisted. I started taking Jeewananand Wheat Grass Powder on advice of Satish Joshi. Within 3 months, my weakness disappeared & I started feeling energetic. **My Haemoglobin increased to 12.5. I donated blood again. I have now decided to always take Wheat Grass & donate the blood after every three months.**

- Mrs. Swati Joshi,  
Kalwa



## Two Miracles in 2 Months

In January 2013, I attended the presentation of Shri. Satish Joshi on "Wheat Grass", in Saraswat Bank, F. C. Rd branch. He described the usefulness of Wheat Grass in simple language. We all were very impressed. Many of us started taking Jeewanand Wheat Grass under the guidance of Shri. Satish Joshi.

I was suffering from Sinus for last 6 years. I had taken many medicines & the treatment from ENT specialist but there was no relief. I & my family members were feeling helpless.

**Miracle 1 : After starting Wheat Grass treatment within two months my sinus trouble almost disappeared. My suffering since 6 years stopped within two months. I could eat ice-cream after 6 years.**

**Miracle 2 : My face was always full of pimples, in spite of using different creams & taking the treatment of skin specialist. Due to Wheat Grass my pimples disappeared & skin became soft.** All my friends & relatives were surprised seeing the change. Mr. Joshi had said, "**The illness may be serious & chronic but Jeewanand Wheat Grass Therapy always helps.**"

This proved true in my case. Seeing the positive effect of "Wheat Grass", in my case. My relatives also started taking Wheat Grass.

My husband takes Wheat Grass alongwith even when he goes on tour. Our staff in other Branches of Bank have also started taking Wheat Grass. I am very grateful to Jeewanand Wheat Grass & Shri. Satish Joshi.

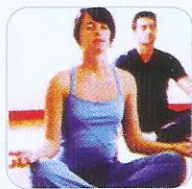
- Mr. Bhagyashree Sangodkar,

Pune.

Mob. 9860608013

## Diet Plan for Weight Loss

- Morning 6.00 am : ½ Lime + 1 tsp. Honey along with glass of water.
- Morning 7.00 am : 1 glass of water + wheat grass powder.
- Morning 8.30 am : Breakfast - 2 black dates, 5 yellow and black kismish, 1 walnut & 1 cup of cow milk. Avoid eating bakery and fermented food items like Biscuits, Bread, Idly, Dosa etc.
- Morning 10.30 am : 1 glass of tulsi kadha - Wash & Chew at least 10 to 12 tulsi leaves and drink a glass of water. ( Don't Boil The leaves in water)
- Morning 11.30 am : 1 glass of water + wheat grass powder.
- Afternoon 12.30 pm : Lunch - 1 Bowl of green vegetables soup/sprouted cereal soup/vegetable soup, 1 bowl of salad, chapati, vegetables, rice & curry/dal, pylau etc.
- Afternoon 3.00 pm : 1 glass of coconut warer / plain lime juice / 1 cup of dudhi juice.
- Evening 5.00 pm : Fruits / 1 glass of fruit juice, (Diabetes patient should avoid eating fruits such as mango, chiku, grapes, custard apple, sugar apple - as these fruits contain excess sugar than other fruits.
- Evening 7.00 pm : 1 glass of water + 1 spoon of wheat grass powder.
- Evening 8.30 pm : Dinner - 1 small bowl of raw srouted green moong (specially for women). Food - As mentioned above.



**Regular Pranayam, Exercise,  
Walk & Jogging**

Nature's Gift to Mankind



# JEEWANANAND

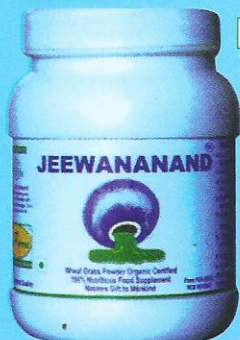
## WHEAT GRASS POWDER

M/S. HEALTHY ENTERPRISES

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**Contains Vitamins, Minerals, Amino Acids, Enzymes, and Nutrients in Natural Form**  
**"Beneficial for Diseased as well as normal person in all Age Groups."**

100%  
Nutritious Supplementary Food



**Certified ORGANIC Product**  
Available in 100g pack

- Removes Toxins from blood.
- Foul smell from Breath & Sweat.
- Increases Haemoglobin - eradicates Anaemia.
- Resolves - Constipation, Acidity, Piles, Colitis, Ulcer, Kidney Malfunction, Liver & Bile Problems.
- Useful in nervous system disorders.
- Useful along with the treatment of High Blood Pressure, Diabetes, Arthritis, Paralysis, Insomnia (Sleeplessness), Depression and Psoriasis.
- Highly effective during Early Sexual Maturity and Menstrual Disorders.
- Helps fast recovery from Cancer.
- Resolves Mental as well as Body Fatigue.
- Prevents Hair loss and Dandruff.
- Highly effective for Acne (pimples), Rashes, Black Heads and skin burns.
- Natural Face Pack : 4 Spoons of Milk + 1 spoon of Turmeric Powder + 1 spoon of Cream + 1 spoon of Wheat Grass Powder. Effective for pimples, black heads, skin rashes and helps to remove dark circles around the eyes, facial skin glows.

CERTIFICATION BY



S.A.F. - 32001 GERMANY  
Product processed and  
Marketed in Association with  
Organic Farms, Anjipattanam, Surp,  
Aravali (Ms) 444706



International Quality

**JEEWANANAND Wheat Grass Powder has no Artificial Colours or Preservative. While purchasing wheat grass powder / juice please confirm whether it is Organic Certified or not.**



(Organic)

100% Nutritious  
Food Supplement

It is Natural Tonic  
100 gm of Wheat Grass Powder = 23 kg.  
Vegetables in Nutrition

**For FREE Consultation Contact**

Hiller - Atul Gadkari (Yoga - Nisaropachar Tadnya) 96230 09763

Jeewanand Wheat Grass  
Should be Taken Only After  
Proper Consultation