

# **DR. MANTHENA'S HEALTH SOLUTIONS**

**Health Care via Lifestyle Education** 

Dr. Manthena's Health Camp A Lifetime Solution for Health



Quality Health Care at Affordable cost ~ starts at Rs. 15000/- (15 days) Medical Reimbursement Facility available for AP State Government Employees - G.O.154 (12 Sep 2017)

### **40+ Naturopathy Treatments**



Treatments shown above (left to right): Yoga, Meditation, Hydro Delux Massage, Acupressure, Acupuncture, Sauna, Therapeutic Massage, Sand Bath, Mud Bath, Thermo Chromo Therapy, Steam Bath, Hip Bath, Spinal Spray, EMS, Colon Therapy, Infra-Red Therapy, Traction, Yogic Kriya

## Dr. Manthena's 7by7 Detox & Yoga Program

Introduces You to Naturopathy, Yoga. Specially Customised for people unable to stay for 15 days. May not gain significant benefit for chronic health issues.

FAD

New

1 Week

### **Rejuvenate with Best-In-Class Facilities**



Facilities shown above (left to right): Relax & Rejuvenate with Natural Flora, River Front Swimming Pool, Pedal Boating, Rain Water Therapy, Outdoor Games like badminton, River View Huts, Comfortable Rooms, Healthy Food including Salt & Oil free Special Menu like bhaji, pani puri etc.

### Dr. Manthena Satyanarayana Raju

- Habituated to Naturopathy since Childhood
- Curious to know the Perfect Path to be Healthy
- Extensively Self-Experimented to find the Secret of Health
- Man of Self-Less Service, Relentlessly Propagating Naturopathy and self-proven techniques through:
- Free Health Lectures & Consultation
- 15+ Life Changing Books at Affordable cost
- care within the reach of every person
- Affordable Health Care for ALL via Arogyalayam
- Successful Research on Diabetes, Hypertension
- Quality Health Camp at MOST Affordable Cost
- 365 days free consultation (phone & walk-in)
- Continuous Service to the needy since 1994

### Dr. Manthena's Treatment Approach

Your ailments are cured by a combination of:



Natural. Fresh Diet &

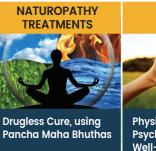
Customised Salt-Oil Free Recipes

Diet & Treatments prescribed by Doctors post daily Consultation.

### Health Education is a vital part of the approach:

- Daily 1.5 hour Health Lecture by Dr. Raju
- Daily 1 hour Well-Being Lecture by Dr. Visala
- Daily 2.5 hours Yoga Training cum Practice Session

800+ Free episodes on TV (find them on our You Tube channel) Co-founded MSR Public Charitable Trust to bring quality health Providing Health Education to ALL in Most Simple Manner ✓ 50000+ people cured from 104+ diseases





Physical & Psychological Well-Being, using 7 Essentials

Daily 1 hour Salt & Oil Free Live Cooking Training