

Practical Suggestions for any Health Issue

Prepared by: **The Shiv Baba Services Initiative** (SBSI)

Websites: www.shivbabas.org | www.bkgoogle.org | babamurli.net

1. **Follow your doctor's advice:** It's essential to follow your healthcare provider's instructions regarding medication, treatment plans, and lifestyle modifications.
2. **Rest and sleep:** Get plenty of rest to allow your body to heal and recover. Sleep is crucial for the body's healing processes.
3. **Eat a balanced diet:** Provide your body with the nutrients it needs to heal by consuming a well-balanced diet. Include fruits, vegetables, whole grains, lean proteins, and healthy fats.
4. **Stay hydrated:** Drink an adequate amount of water daily to support your body's functions and aid in the healing process.
5. **Manage stress:** Explore stress-reducing techniques such as meditation, deep breathing exercises, yoga, or engaging in activities you enjoy.
Tip: Get help for [Healing Depression](#) ↗
6. **Follow a prescribed exercise routine:** Depending on your condition, your healthcare provider may recommend specific exercises or physical therapy. Follow their guidance to improve your overall physical health.
7. **Take prescribed medications as directed:** If your healthcare provider prescribes medications, take them as instructed and complete the full course if applicable.

8. **Seek emotional support:** Dealing with physical illness can be challenging emotionally. Reach out to friends, family, or support groups to seek emotional support and understanding. **Tip:** [Heal Emotional Hurt](#) ↗
9. **Stay positive and maintain a hopeful mindset:** A positive attitude can contribute to overall well-being. Believe in your body's ability to heal and focus on your recovery.

Remember, these are general suggestions, and it's important to consult with a healthcare professional for personalized advice based on your specific situation.

Essence of Suggestions >>

➡ Take care of what you eat. We suggest eating fruits, green vegetables and in the right amount every day.

➡ Eat a "balanced diet" including proteins & vitamins.

➡ Drink a lot of **water** (good for brain to function better)

➡ **Exercise** a little every day.

➡ Doing **yoga** keeps our body fit in a natural way.

➡ Remain "positive" about your health & have patience. Our **thoughts** has a great influence on how to FEEL and that affects our physical body.

👉 It is important to **walk** or do some **work** to maintain the "blood flow" to all organs.

👉 Mentally, to remain FREE FROM WORRY is important.

👉 We also recommend doing अनुलोम-विलोम (a Yoga form in which we hold nostrils one by one and control the flow of breath)

🌱 **Spiritual insight** to this, is that our body is merely a *medium* of the soul to experience the result (fruit) of our own actions (past Karma)... The illness of body therefore, comes only to "settle" the **karmic debts** which the soul is carrying from its previous birth/s. This way, the illness actually frees the soul from its karmic debt. This way you should see. This spiritual insight will help you to see the **bright side** of what happens and understand that "*Everything Happen for a Good Cause*"

*We have prepared a complete letter giving spiritual guidance with **4 steps** to HEAL any heal condition. **Please go through this letter** 👉

<https://files.shivbabas.org/wp-content/uploads/Spiritual-Guidance-to-Heal-Health-BKGSU.pdf> (PDF)

and

🎵 You can also listen to this *audio recording* of a "phone call guidance" given on the topic "**Healing Health, Anxiety through RajYog, general**

Yoga, Right Diet" ➤ [https://bksustenance.s3.ap-south-](https://bksustenance.s3.ap-south-1.amazonaws.com/PG+AG/PG+to+Anusha+on+Heal+Health+with+RajYog.mp3)

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(English audio)

Blessings...