



We all want a healthy body....

REMEMBER!!!

You are exactly

What you eat....

I have a simple booklet provided.

What you exercise...

**Maintenance,
A simple principal provided**

What you think.....

Your mind is your government. Train it properly to manage your body better. Use a few videos in my Youtube

Maintain your body every day. It will not get diseased. You have come to this heaven called Earth to enjoy a life of 100 years....Alert,Active,ALIVE .

The universal Mantra is....

- * I AM RICH ***
- * I AM YOUNG ***
- * I AM STRONG ***
- * I AM HEALTHY ***
- * I AM HAPPY ***



Visualise...Believe.....Repeat



Dr. Digambar Naik
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Author of the best seller book
Alert,Alive,Active @ 100