

# MEDICINE FREE LIFE

## MFL

At a time when there is an increasing dependency on extensive and expensive investigative tests and use of medicines for treating even small ailments, the idea of a Medicine-free Life may sound far-fetched and even hard to believe.



We at Sumiran have a reason to believe otherwise. A healthy bout of pure air, mineral rich water, exposure to abundant sunlight, farm fresh organic food and natural workout on the farms gave us some memorable insights about ailment free, it whispered in our ears that we have only one disease – Nature Deficit Disorder. It also gave us insights on how mind, body and spirit strike a balance for inner peace & joy. We love to share this perspective as an organized course called MFL.

Life without medicines is not just a concept but a proven health empowerment program. What began as a self-prescribed and practiced lifestyle for Dr. Pravin Chordia (MBBS, M.S.) and his family is now a proven successful lifestyle correction program. To date it has benefitted more than 3000 participants belonging to all age groups - with or without a medical history.

Medicine-free Life program is not a pathy of medicine. It is an easy to understand, follow and implement lifestyle, based upon the six vital elements of life made available to all by nature – Air, Nutrition, Sunlight, Water, Exercise and Rest in short, an ANSWER.



## HISTORY

From his early years at the medical school, Dr. Pravin Chordia was curious to study and research chemical versus organic mode of farming and living. He found a strong correlation between how humans over last 50 years have diminished the nutritional and healing capacity of our food by injecting too many medicines into the soil with how modern medical science has diminished the self-healing capacity of our body by indiscriminate use of medicines.



Over subsequent years he gathered enough evidence that overdependence on allopathic medicines is creating the same kind of problems to human health as those created by excessive use of chemical fertilizers and pesticides on soil and crop. During his very successful medical practice as a surgeon for 30 years in Pune he noticed many serious shortcomings of modern so-called scientific approach to restoring health and well-being. Over time he became sure that he had found a deep insight into a new way of living and healing a human body. Being an experimenter and researcher that he is, he decided to try everything that he believed in on himself and his family first before he could announce it to the world.

So, in 2005 Dr Chordia and his family purchased a large tract of barren land near Pune and they started living and practicing what they all believed was a natural and healthier way to live. Slowly the word spread around. First only a few friends and relatives came to their home (now called Eco Serene Village). The results for those who came were so encouraging that just by word of mouth many inquiries from all over the world started pouring in. In 2014 Dr Chordia decided to not limit the benefits of these findings to himself, his family and few patients but to take it to every individual in the society and hence a four-day immersion program was born called Medicine Free Life Program.



## OVERVIEW OF CONTENTS

The immersion program has been carefully designed not to overwhelm the participants. It has an easy pace and is very engaging and relaxing for all age groups. It has the right balance of classroom lectures, outdoor activities, drama, fun and learning. The participants come in as strangers and at the end of four highly interactive days leave as good friends with lot of cherished memories. Most participants find the program life transforming and highly useful.

- ◆ Human cell - the miracle
- ◆ Sugar vs Fat, epigenetics
- ◆ Alkaline vs Acidic lifestyle
- ◆ Nutrients, food, absorption
- ◆ Immunity, Bacteria, Vaccination
- ◆ Emotions & neurotransmitters, free radical, antioxidants
- ◆ Immunity, Bacteria, Vaccination

Dr Chordia's inimical style of explaining the most difficult medical terms thru similes, satire, layman stories and jokes makes every lecture of his a memorable and enjoyable one. A farmer and a PhD participant listening to him in the same class can relate and understand what is being said with the same ease and clarity. That is how well versed and deep Dr Chordia's hold on the subject is. Every participant feels and connects with the clarity and conviction with which Dr Chordia expresses himself probably because that clarity is born out of living what he is preaching.

## FEEDBACK FROM PARTICIPANTS AFTER OUR 1st MFL WORKSHOP (19 to 22 Oct 2018)

**1st mfl attracted 32 participants, ranging from doctors to pilots, engineers to businessman.**



### **ASHA GUPTA, DELHI**

"Very informative camp..... Amazing experience..... A must attend for everyone..... My whole family has started following some recipes.....i have lost 2 kg sin 15 days.....feeling more energetic and confident."



### **NAIN KAUL, JAMMU**

"My chronic problems of burps after food is 90% gone..... I have stopped taking BP medicines (was taking REPACE-25 for last 5 years)..... Have been monitoring my BP regularly and is in control. Actually, even before the program my BP was in control but my physician always scared me that if i stop the medicine it will come back. This program and listening to others experiences gave me confidence to give up medicines especially after having understood ANSWER."



### **SHAIENDRA JHA, PUNE**

"I used to take 3 pills a day for bp and now I am not taking any. I measure everyday and it is in control so far. when I reflect why I feel so good about MFL and why I enjoyed the whole Experience during 4 days is probably because the people involved in organizing and conducting it are driven by a higher motive of creating a sustainable planet where we all can live and let live"



### **VANDANA AGARWAL, INDORE**

"The daily schedule was maintained well without confusions. Food was very healthy and tasty. Dr Chordia's lectures were excellent and he kept everyone engaged and engrossed. In very simple manner he explained the do's and don'ts of how to live a healthy medicine free life. Jungle walk in the night, the lake and the whole ambience of lush green forest and water bodies was out of this world. Although we all had just met as strangers on first day but we parted as friends of long standing on the last day. We all felt happy and mentally relaxed. The large lawn with flowers was a beautiful place to sit and chit chat"

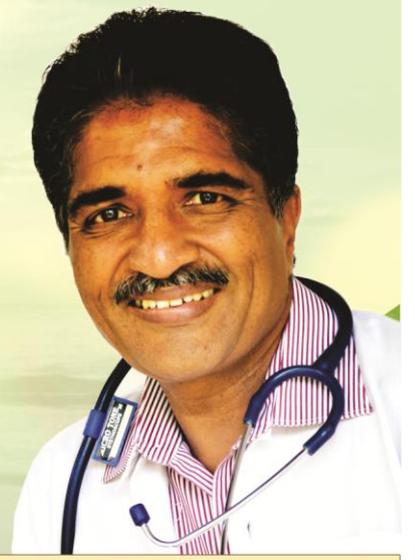


### **MAHESH KUMAR UPRIT, BHOPAL**

"Before the course I used to take 2 tablets for hyper tension and one for diabetes. Since 19' October I stopped these medicines and my BP and blood glucose is within normal limits. My wife has also reduced do sage of her medicines and there is improvement in her health.

# Medicine Free Life

In the lap of nature



**Dr. Pravin Chordia**

MBBS, MS (Gold Medalist)  
Founder of Medicine Free Life

Dates

**Course 1 - 29 Sep. - 02 Oct. 2019**

For

**Course 2 - 9 - 12 Nov. 2019**

2019-20

**Course 3 - 12 - 15 Dec. 2019**

**Course 4 - 9 - 12 Jan. 2020**

Venue

**Sumiran @ Barkheda**

( Dist. Sehore )

50 KMs from Bhopal

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[www.sumiran.org](http://www.sumiran.org)

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