

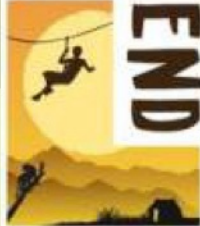
LIFE WITHOUT MEDICINE

A NEW BEGINNING

DEEP IMMERSION
COURSE TO
REINVENT YOUR
WAY OF LIFE


Sumiran


पोषक Greens
Organic

**LANDS
END**

THE LAST RESORT

Date

14/08/25(Thu)

To

17/08/25(Sun)





A TRANSFORMATIVE
EXPERIENCE
3 nights - 4 Days



THE CONCEPT

At a time when there is an increasing dependence on extensive and expensive investigative tests and use of medicines for treating even small ailments, the idea of a LIFE WITHOUT MEDICINES may sound far-fetched and even hard to believe.

Time and again, it becomes evident that we have only one disease – NATURE DEFICIT DISORDER. The modern way of life continues to push us further and further away from these roots. This deep immersion program seeks to help you reconnect with the natural energy that flows through our cells, giving you insights on how our mind, body and spirit strike a balance for inner peace & joy as we deeply listen to our bodies.

Over the years, this simple idea of how to recompensate the dearth of nature in our life has been crafted and developed into a proven health empowerment program. This "Lifestyle Correction Program" is what we lovingly call Life Without Medicine.



THE CHALLENGE & ITS SOLUTION

There exists 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 and how modern medical science has refused to accept the self-healing capacity of our body by following the right lifestyle.

Over subsequent years, we have gathered enough evidence that overdependence on allopathic medicines for eliminating symptoms rather than treating the root

cause of the problem 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.

These shortcomings of the modern so-called scientific approach to restoring health and well-being is a huge challenge that we, as human beings, are facing today. And it is this challenge that we seek to address through this groundbreaking approach to life called LIFE WITHOUT MEDICINE.

WHAT ARE WE OFFERING?

LIFE WITHOUT MEDICINE is not a "pathy" of medicine. It is an easy to understand, easy to 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, we are here to offer you an ANSWER to what constitutes "HEALTH".

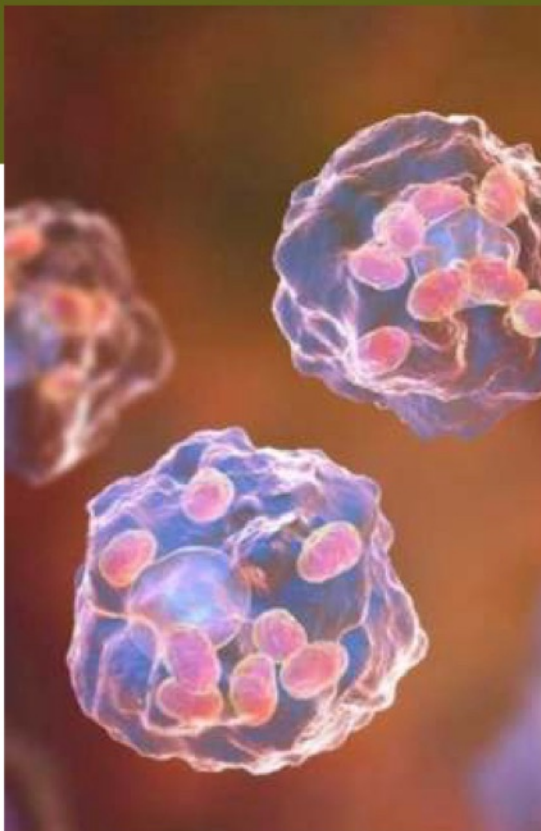


THE PROGRAM

This 3 Nights | 4 Days Experiential Learning Program has been designed to take you on a deep dive into "What your life has become" and "What it needs to be". The immersion program has been carefully designed not to overwhelm the participants. It has an easy pace. It has the right balance of classroom lectures, outdoor activities, drama, fun and learning. Most participants find the program life transforming. The experience is spread over different modules, covering:

01

THE MIRACLE OF THE HUMAN CELL



02

THE IMPACT OF SUGAR AND FAT





03

ALKALINITY AND ACIDITY OF YOUR LIFESTYLE



04

FOOD NUTRITION & HOW THE BODY HANDLES IT





05

EMOTIONS, FREE RADICALS AND ANTIOXIDANTS



06

MICRO-ORGANISMS, THEIR IMPACT AND IMMUNITY BUILDING



IS THIS COURSE FOR YOU?

This program is designed to be suitable and safe for all. Past participants have been people ranging from 15 years up to 90 years of age.

The course has had patients of all kinds suffering from single to multiple diseases, mild to very serious, acute to chronic including Diabetes, Hypertension, Obesity, Fatty liver, Arthritis, Age related problems, cancer, chronic migraines, and auto-immune diseases.

However, it is possible that the infrastructure/facilities at the venue may be unsuitable or inconvenient for people who are physically incapacitated or debilitated. In such cases, please connect with us and allow us to plan the course better for your needs.

Can your struggles with chronic & lifestyle diseases like diabetes, hypertension, cholesterol & the like, be **FINALLY** over with this program?

Since most of the lifestyle diseases have a multifactorial causation and develop over a long period of time, the tenets of this course, once understood, and followed correctly, should help in prevention as well as in reversing progression of most disease conditions. That has been the feedback received by us from many past participants.

3 NIGHTS 4 DAYS
FULLY RESIDENTIAL
EXPERIENTIAL WORKSHOP





THE TEAM

This workshop evolved over many years of exploration and research by well known and highly accomplished medical practitioners who have applied the principles of LIFE WITHOUT MEDICINE to their own lives, as well as their patients. Upon arrival, you will have opportunity to consult with our qualified doctors.

DR. RANJANA GARG

A medical practitioner working in the field for past thirty years, Dr. Garg is an expert in preventive medicine with a focus on holistic health. A passionate believer in transformative role of diet in managing and reversing lifestyle diseases, she has worked as a game changer with numerous patients focusing on mind, body & spirit.



DR. MONIKA GUPTA

An allopath teaching budding doctors and healing people without medicine, Dr. Gupta is professionally trained in Yoga and Energy healing. She is a constant source of motivation for many during dark phases of their lives and has guided many patients on the path of wellness achieved through lifestyle changes.

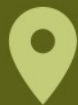


THE VENUE

LAND'S END is a unique anomaly - a 300 acres lush green, man-made, community cared sustainable eco system that let's you disconnect from the hustle and bustle of the world and fully immerse yourself into the transformative experience that is "LIFE WITHOUT MEDICINE."

Designed to bring you closer to "NATURE" that has been deficient in your life, LAND'S END offers:

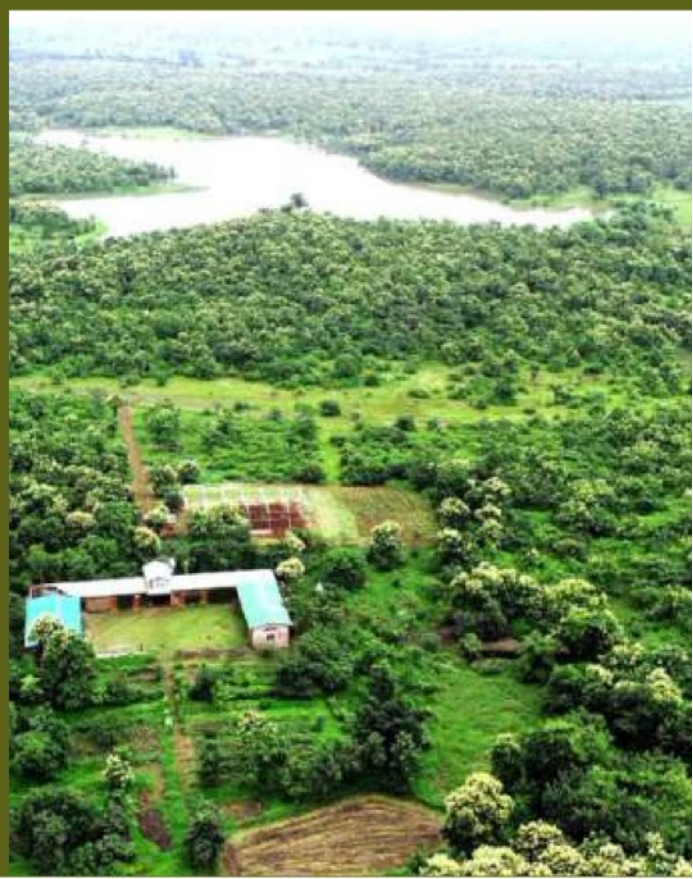
- 300 acres of natural landscape
- 10000 acres of surrounding forests
- 80 acres of lakes and dams
- 300+ varieties of birds and butterflies
- 200+ varieties of herbs and medicinal plants
- 14+ Adventure activities
- Nature Walks and Boating
- Star gazing
- 100+ organically grown crops
- And best of all - ZERO POLLUTION



BARKHERA SAGONI



35KMS FROM BHOPAL
25KMS FROM SEHORE
170KMS FROM INDORE



LIFE WITHOUT MEDICINE

Contribution / Person
(All Inclusive)

1) Attached Toilet
Twin Sharing- 32000/-
Triple “ - 26000/-
Four “ - 24000/-

2) Dormitory
5 Bed - 20000/-
8 Bed - 18000/-



INCLUSIVE OF 3 NIGHTS-4 DAYS SHARED ACCOMMODATION, FOOD,
ACTIVITIES, COURSE PRESENTATIONS AND LEARNING MATERIAL.

LIFE WITHOUT MEDICINE

BROUGHT TO YOU BY



Sumiran

IN ASSOCIATION WITH



पोषक Greens
Organic



BARKHERA SAGONI, BHOPAL
For More Details

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