



## Key to Health (Paperback)

By Mohandas Karamchand Gandhi

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Classics for Your Collection: goo.gl/U80LCr ----- Health Tips for You From Mahatma Gandhi Written by the iconic world leader, Mahatma Gandhi, this booklet is full of little tips on how you can get a better body and health. Originally written in Gujarati, an Indian language, it is now available in English and several European languages. Gandhi gave it the name Key to Health, and he told, to paraphrase him, that anyone follows the tips and guidelines in the booklet would have a power key to an optimal health. And that the person doesn't have to spend time shuttling between home and hospital. This is much like prevention is better than cure, as well as you can always get a better health when you come near to nature Some aspects covered in the book: Human body Fresh Air Brahmacharya Tea Pure Water Natural and Well-chosen Food Coffee Intoxicants Tobacco Condiments Be with nature and be natural is the essence of this little book from this great man. Some excerpts from the book: 1. The human body is composed of what...



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