

## **BREAST CANCER CURED WITH PRANAYAM**

Respected Swami Ramdev Ji Maharaj!

Namaste!

Breast cancer was detected in May 2006. I was given normal medicines and chemotherapy. Chemotherapy has many side effects. I watched your pranayam on Astha channel. I started practicing pranayam for one to one and half hours daily, which mainly included Kapalbhathi and Anulom-Vilom. I am a doctor and I could easily notice the presence of oxygen in the body. The cancer cells do not take the oxygen. While practicing pranayam I could feel whether the oxygen has entered the lungs or the arteries or veins. I could also feel that Kapalbhathi has massaged my internal organs and is successful in removing the poison from the body. I felt that the trouble has arisen and I have to overcome it. I should have the strength and self-confidence to overcome it. This was possible only because of your Yog revolution. Now it is one and half years since I have been diagnosed cancer. I am continuously practicing pranayam. You have dreamt of making India free from diseases in the same way I have dreamt of freeing women from this cancer. Chemotherapy is one of the methods of recovery but it has side effects. Pranayam is a life giver and does not have any side effects. If it

is diagnosed in the initial stage then it is curable.

I thank you from the bottom of my heart; you have taught me an easy, natural and inexpensive way, which is a combination of bliss and blessings.

Yours

Dr. Sneha Jain

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## **PRANAYAM RELIEVES MANY DISEASES**

Respected Sri Swamiji Maharaj  
Namaste!

Five years back one of my friends told me that if Swami Ramdev Baba's yog is practiced then it is possible to relieve several diseases related to the human body. But I did not pay much attention towards his words at that time. I suffered from many diseases like fat tummy, constipation urinary problems, cold etc. Every month I used to take treatment for the same. My father also suffered from chronic common cold. He was not able to hear properly, and his appetite also reduced. He used to get angry and used to get irritated for simple things.

One day I watched your program on television. I liked the program and thought of practicing yog regularly. The next day, April 15<sup>th</sup> 2006, I practiced Yog watching television. I prac-

tice Yog and asanas for one and half hours and regularly watched your program from 8 to 9 p.m. Now I am free from all diseases and I have got a new life.

Yours

Kanhiyalal (Retd. Head Master)

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At the back of Greenwood

S.S School

Dist- Palwal

## **MAGIC OF PRANAYAM, DEAF WAS ABLE TO HEAR**

Respected Swamiji Maharaj  
Namaste!

Swamiji, I was not able to hear properly from past 6-7 years, the doctor did my audiograph on 05-01-2001 and said that I have to use hearing aid. I could not buy the machine due to some reasons. I started practicing pranayam and other exercises slowly. Since 5 years I have been practicing pranayam and asanas for one hour daily and now I am able to see the difference. On 10-09-2008 Dr. Rajesh Rane called me for the audiograph and after examining the ear he said that both my ears are perfectly fine and I need not use the machine in future. The doctor was surprised and asked me how it could be possible. I then told him that I was practicing pranayam and asana, especially 'Brahmari pranayam', the doctor recommended to continue the same in future.

Yours

**B.D. Upreti**

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