

Harnessing **Nature's** Healing Technology



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The story of Freedom iClinics began in 1983. A young Homoeopath Dr Mayank Shah, fresh out of medical school, begins his journey to relieve suffering humanity from their illness. Right from inception, he was convinced about the efficacy of natural ways of healing. But healing is not as simple as it is narrated in medical text books. In reality, illness is much more complex than we think. The roots of illness are engraved deep within the personality and energy system of the individual..... Often, a singular approach does not give complete cure. It is necessary to explore other energy treatments and amalgamate them for a powerful healing protocol.

Dr Mayank Shah introduced Homoeopathy at a time when it was not as popular as it is today. He set about educating the society about the benefits of this wonderful science. Very soon, Acupuncture was added to complement the effectiveness of homoeopathy. Both treatments are dynamic 'Natural' treatment methods which involves energies. Right from its inception, Freedom iClinics set its roots in favour of Natural Healing.

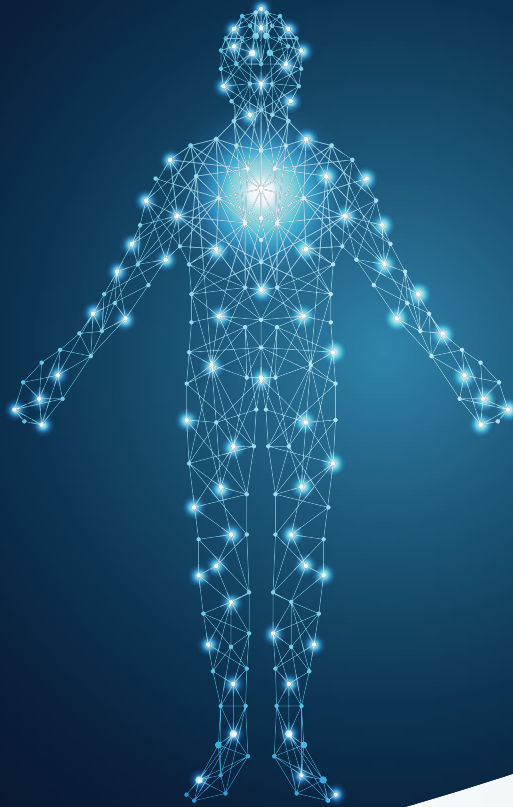
The results of amalgamation were encouraging. Thus, Dr Mayank Shah, dived deeper into the science of natural healing and began to study the different natural therapies from all parts of the world. Over the years, many healing disciplines were added to the therapeutic armoury of Freedom iClinics. Besides the whole spectrum of natural medicines, many other therapies, which were based on natural healing principles, were introduced into the treatment programs. The results were astounding for both, the doctor and the patient a like.

Thus, Freedom iClinics developed as a HUB for integrated therapy approach and demonstrated its efficacy in treating chronic and difficult cases. Through research, Dr Mayank Shah developed many unique treatments viz. Healing Diets, Healing Exercises, Pressiq Therapy and Mind Therapy. They became an integral part in the treatment of patients suffering from chronic and difficult illnesses.



Today, Freedom iClinics treats patients across the world. Dr Mayank Shah is supported by his wife Chandan Shah - a Naturopath & Dietitian. Together they laid the foundations of a natural & complete healthcare approach; Currently, their two children, Nutritionist Dhvani Shah and Dr Chiraag Shah are furthering the mission of 'Freedom from suffering'

'Treatments must be safe, effective, permanent and based on nature's healing principles.'



Humans are not flesh, bones & blood.... they are primarily living energy !

Our universe is essentially a manifestation of energy. Energy is the primal substance from which our visible cosmos is created. This means that everything, including humans, is simply energy stored in 'physical-mass' form.

The concept of an energy based universe gives us an insight into something beyond the material world and a better understanding of everything around us including ourselves. More importantly, it connects us to the concept of a unique and intelligent **'living energy'** as our core substance. Humans and all living things are the products of this special core energy.

The basic nature of all living beings is energy. The physical body is the manifestation of an energy field made of dynamic vibration. In an individual body, these vibrations create subtle, imperceptible forces described as a vital force or life force. It is this life force that flows through the body and is the basis of our daily life functions and experiences. Every human has an individual energy field. All of the human body and its psychological processes — thoughts, emotions, beliefs, and attitudes — are composed of energy derived from the human energy field.

When we perceive ourselves as energy beings, all our efforts are directed towards nurturing this energy and enhancing the individual energy potential. It is from this energy potential that we take our form & function. Our Energy potential is transformed into physical form and is influenced by our experiences, conditioning, expectations, thoughts, and beliefs. The body stores patterns of physical tension, stress and trauma. Additionally, the tissues store unresolved emotions, thoughts, beliefs, consciousness, fears and phobias. Thus toxic vibrational patterns are created. These have a bearing on our health and wellbeing.

Illness is created by such long-standing stress patterns throughout the body caused by our various experiences of stress, traumatic emotions and wrong conditioning. When physicians target the physical symptoms and not the underlying energy imbalances, the illness does not respond to such prevailing treatments. The true aim must be to balance these excess, deficient, or stagnant subtle energy fields to improve energy flow and promote health.

It is only when we accept and believe in our 'energy' based existence, that our concepts of health, illness and cure will radically change. To heal energy, we need energy! We cannot expect to heal our energetic framework with chemical drugs or mechanical procedures. It is time to understand the human energy field and the factors that govern it. Only then can we understand the ways to bring harmony into our existencewhich will be the only true form of healing and natural health.

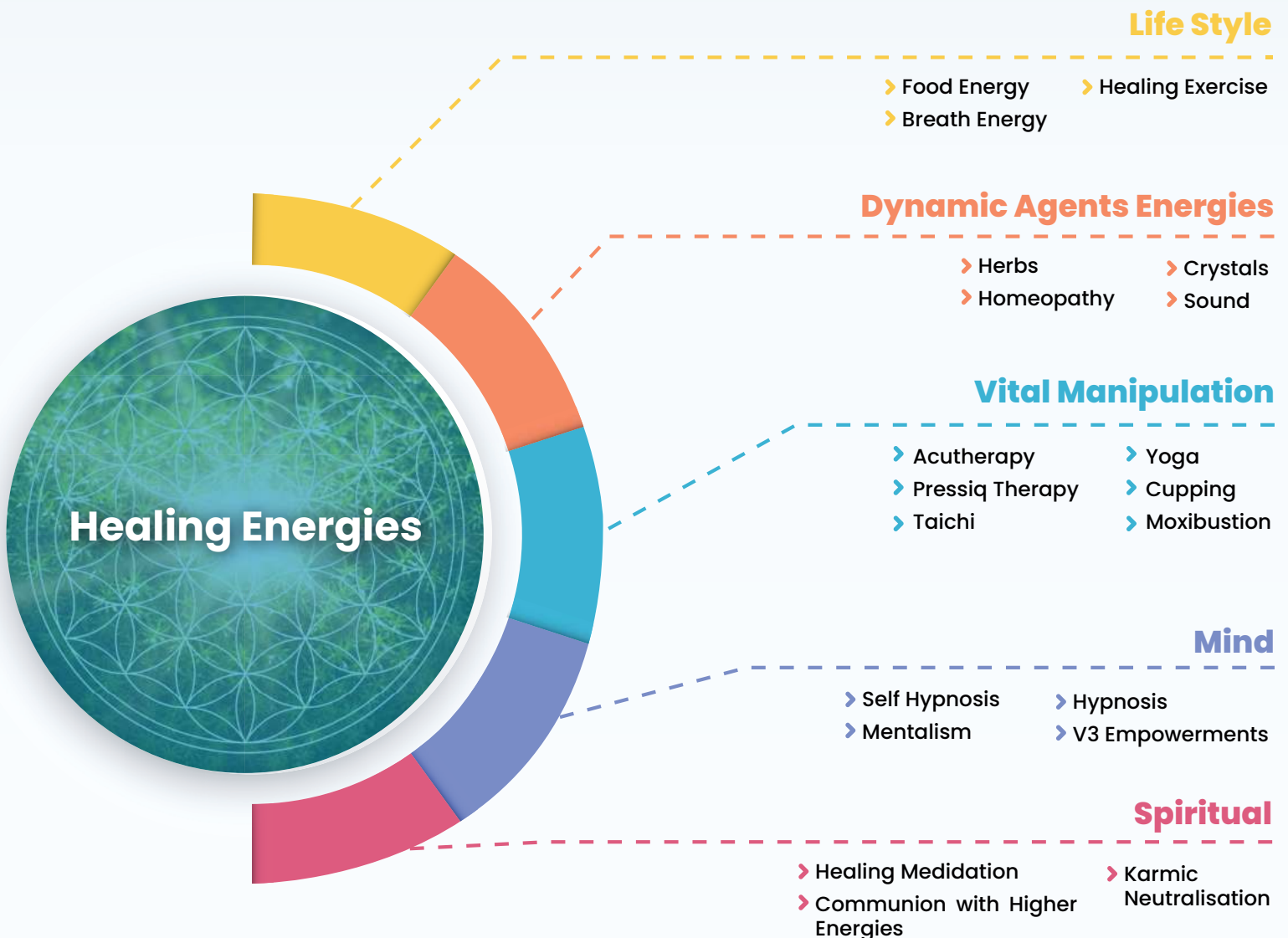
In ancient times, medical sciences revolved around the concept of Human living energy or vital force. Diagnosis of illness was done by analysing the disturbance in the energy field and therapies, directly or indirectly, aimed at restoring harmony to the disturbed energy core. All such therapies which strived to heal the energies are truly 'Nature's Original Medicine'.



“ THE PRIMARY OBJECTIVE OF MEDICINE IS TO RESTORE ‘NATURAL’ HEALTH AND FITNESS BY ELIMINATING THE DYNAMIC ROOTS OF ILLNESS ... THAT IS THE ONLY TRUE FORM OF NATURE’S ORIGINAL MEDICINE”.

The ancient medical sciences had a distinctly different approach to health and the understanding of illness as compared to modern times. Illnesses were seen as living energy field disturbances and all treatments were based on nature’s Healing Principles. Preserving health was more primary and important; healing illness was considered as a failure in achieving the primary objective.

In cases where healing became necessary, all treatments were designed to restore the body’s natural balance and thus achieve Original Healthy State. It was imperative that the treatments were safe in themselves and capable of healing the illness from its roots. Thus, such treatments can be rightly referred to as Nature’s Original Medicine(NOM).



The NOM culture gave utmost importance to healing naturally, a concept which evolved over hundreds and thousands of years. The objective was to achieve physically, mentally and spiritually healthy society. When an individual is naturally healthy, he can develop higher levels of consciousness and evolution. An evolved individual can guide the masses towards living purposefully. This culture flourished due to conducive lifestyles and human values.



The practice of NOM was dependent on these important factors

1. The physician himself with awakened consciousness and potentials
2. An understanding of human energy field
3. A thorough knowledge of the factors affecting the human energy field
4. Aligned lifestyle and pure environment
5. Availability of energy resources and healing potentials

Associated with Human Energy is the concept of Universal energies with its own inherent intelligence. The universal energy is the matrix which integrates everything in the universe. As if Time, Space and Life itself dance to the tunes of its dynamic vibrations. Energy is never at rest or constant and is in a continuous state of flux. With the passage of time, everything changes. With the changes in Universal energies, Human energies also change. The very core of human consciousness, knowledge and understanding changes with it and reflects in the behaviour of humans.

The Human energy field goes through cycles of evolution and devolution with time. At the peak of evolution phase of Human energy field, human consciousness resonates at higher frequencies and reflects in pure lifestyles and human values. Pure energy flows everywhere and humans exist with an evolved natural healthy state. With changing energy patterns, there is a shift in consciousness too. As the human energy field shifts its polarity, it is reflected in deteriorating human values and toxicity in living conditions. Subsequently, a new generation of health disorders emerge, with much higher severity and morbidity.

Consciousness and higher intelligence is the very fabric on which humans align themselves with nature's laws of Life. When this core is disturbed, our ability to perceive the higher purpose of life is lost and the lesser instincts play a dominant role. The emotions of impatience, irritability, dissatisfaction are commonly expressed. Along with it, our ability to understand the cause of illnesses also diminishes and the patience to heal the disharmony disappears. The so called new human psyche, loses its direction and the sanctity of Nature's Original Medicine is also lost.

The lower intellect begins to seek quick fixes, which could offer symptomatic relief. Such treatments did not heed the natural laws of healing and were harsh and toxic. Such treatments triggered a shift in the natural state of health - though symptoms vanished, the purity of health and inner harmony was destroyed and replaced by a compromised and artificial equilibrium. The modern advancements of medical science are ignoring the primordial truth and purpose of our life and health and thus ushering us into an era of toxic drugs and complicated surgeries.

Today, as these synthetic and harsh treatment get harsher and more violent, we are unable to heal the patients of their illness. The illusion of short cut treatments is on the verge of collapsing. The magical natural state of health and wellbeing is still elusive. In order to regain our natural health and harmony mankind is again turning its attention towards the tenets of Nature's Original Medicine. Many healing modalities which were a part of NOM are emerging on the modern healthcare arena.

As these time tested therapies are gaining popularity, it is necessary to restore the Nature's Original System of Medicine and its true potential. Freedom iClinics is reviving the NOM culture which promises to be the

TREATMENT OF THE 21st CENTURY !

RELEVANCE OF NOM IN MODERN TIMES

In modern times, healthcare management is divided into the following categories.

1. NATURE'S ORIGINAL MEDICINE
2. MODERN EMERGENCY MEDICINE
3. CRITICAL MEDICINE
4. SURGERY
5. MIND THERAPY

These healthcare approaches are applied for 7 categories of illnesses as shown in the chart below:

ILLNESS CATEGORIES	NOM	Modern Medicine	Mind Therapy	Critical Medicine	Surgery
Lifestyle	✓	✗	✓		
Indisposition	✓	✗			
Day To Day Illness	✓	✗			
Acute Illness (Day To Day)	✓	✗			
Pseudo Chronic Illness	✓	✗	✓		
Injury	✓			✓	
Poisoning	✓			✓	
Acute Critical (Life Threatening)	✓			✓	
Severe Acute illness	✓	✓	✓		
Auto Immune	✓	✗ ✓	✓		
Cancer	✓	✗ ✓	✓	✓	✓
Severe Chronic illness	✓	✗ ✓	✓		
Advanced Pathological	✓	✓			✓
Accidents	✓			✓	✓
Psychiatric Disorders	✓	✗	✓		
Advanced Psycho Somatic Illness	✓		✓		
Pain Management	✓	✗	✓		✗ ✓

Freedom from Suffering

“The biggest irony of today is that we consider ourselves medically modern and advanced, but we are probable at the lowest level of a naturally healthy society.”

Healthcare is vital for our survival, wellbeing and our transcendence. Health and illness are both indicators of the quality of our existence. It became the prime duty of the physician to guide individuals and the society towards healthy living and illness prevention. The importance of preventive healthcare was established since early times. After all, if there is no illness there is no suffering. Healing an illness came second; illness was considered a failure of the healthcare system to deliver health and wellbeing.

There is another vital concept which has been forgotten over time. It is the concept of 'Natural laws of Health and Healing'. Whether it is Preventive Healthcare or Curative healthcare, these laws apply universally. It is time to remind ourselves

1. 'Humans are energy' - Those who fail to understand these laws and deviate from nature's path are the ones that fall sick.

2. Healing must balance the human energy field' - those who do not understand the laws of healing do not do justice in healing the sick.....

Health is not restricted to the physical body. It applies to our whole existence. Today, the whole world is suffering physically, mentally and spiritually. We have made our lives and our world toxic. While we have succeeded in masking our symptoms our core energies are depleted. It is high time that this realisation seeps into our awareness and we start taking the steps to heal ourselves and the world. It is time we have Freedom from Suffering!

Many modern physicians do not understand the concept of Human Energy, Natural health, and Healing on nature's principles. This is happening because Human Energy is currently not detected by machines or technology. The so called 'modern scientists' tend to emphasis on EBM (Evidence based medicine) and technology. But the limitations of technology are never accepted nor is the limitation on knowledge. It is necessary to create a category of HEBT (Human Energy Based Technology) where a scientific approach to understanding the invisible energies and its applications are given a finite structure ...

Modern medical sciences tend to pay more attention to the physical body and attribute illness to bacteria, viruses or to biochemical changes. The dynamic nature of our existence is seldom understood. As a result, modern treatments are limited to Pain killers, Antibiotics and Anti-inflammatory drugs, and biochemical modulators. It is evident that these drugs can only mask symptoms but cannot cure the illness, specially chronic ones. Hence patients need to take drugs for life. Mankind is facing the possibility of mass drug poisoning and its side effects. The limitations of such treatments and its long-term consequences are gradually emerging.

True freedom from illness and suffering is achieved when natural health is restored. The term 'Natural Healing' must be understood in its totality. Natural healing is a system which restores health and wellness by working with the innate curative powers of the human entity. It uses forms of healing which take into consideration the whole person, the mind, body, and emotions and by bringing balance and harmony to life. All treatment modalities are specially designed to influence the human dynamic forces at all levels - a technology to harness the healing powers vested in nature.

Freedom iClinics is firmly rooted in the philosophy of 'Nature's Original Medicine'. It is the best way to free suffering humanity from its ailments. More and more people are turning to natural methods of healing and changes in lifestyle to improve wellbeing and to resolve illnesses. Natural medicine is the answer to a growing disillusionment with drugs and conventional medicine. It opens up the possibilities of treating the root cause of illness which are entrenched deep into our energy system.

All treatments at Freedom iClinics are based on nature's principles and uses medicines which do not contain toxic or synthesised chemicals. It introduces a spectrum of therapies which are 'energy' based which can address illnesses whose roots are embedded deep into our energy fields. Not only are illnesses cured, patients gain self-empowering, self-care practices to look after their own health and be free....

iCLINICS - Integrated Multi-Therapy Clinic

Freedom iClinics is a super speciality clinic offering treatments by amalgamating the complete spectrum of natural therapies that are known to exist today. The term 'iClinics' represents integrated approach. All these therapies complement each other and provide a 'wholistic' approach, which have the potential to treat and manage all categories of health problems. When they are combined to work in synergy, it becomes a powerful healing protocol.

At Freedom iClinics, the most effective therapies are practised, ones which are well proven, scientific and time tested, and specially effective in the management of Chronic Diseases.

NATURAL MEDICINE

NextGen Homoeopathy,
Biochemics, Flower Remedies,
Herbs

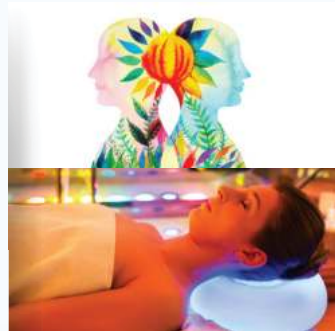


VITAL-ENERGY MANIPULATIONS

Acupuncture,
Auriculo therapy,
Pressiq therapy

SPECIAL THERAPIES

Mind Therapy, Healing
Meditation, Chromo
therapy



NATUROPATHIC THERAPIES

Healing Diet, Healing Exercises,
Healthy Lifestyle

The medical world is once again taking interest in NOM and its therapeutic protocols. However, the traditional approach is diversified with the presence of many therapeutic disciplines under them, making it difficult for a common man to decide which one to choose from. It is necessary to have a single platform to integrate the various natural disciplines and take advantage each one has to offer. **A speciality clinic offering integration of various therapies can give better results than clinics practicing single therapies.**

Freedom iClinics represents both - Freedom from illness and the integrated approach (iClinics). Advanced treatment protocols give our patients the best of traditional healing wisdom with the advantage of modern scientific methodology. At Freedom iClinics natural healing is an art and delivering good natural health is the prime objective!

Welcome to the world of natural healing.... Welcome to Freedom from Illness....

Welcome to Freedom iClinics!

Management Protocol

“**Treat the patient and not his symptoms**” is the core ideology behind any treatment at Freedom iClinics. All chronic cases are carefully analysed to identify the root cause of the illness. The all treatments are aimed at eliminating the root cause and restoring health.

Besides chronic illnesses, all other disease categories are managed on the basis of nature’s Healing Technology!

- > Constitution
- > Errors in living
- > Overwhelming factors


- > **Internal causes** - Emotional disturbances, genetic predispositions,
- > **External causes** - Environmental, Infective, Poisons,
- > **Misc** - Irregular food, Overstrain, Trauma, Lack of exercise




- > Draining toxins of the disease
- > Removing aggravating factors
- > Eliminating the cause

- > Strengthening the system
- > Prevention
- > Insight for immunity development


Freedom iClinics offers a complete healthcare spectrum ranging from Medical aesthetics, Mental & Psychosomatic illnesses to chronic illnesses of varying degrees. Besides, the wholistic approach, our clinic has developed research based combinations treatments for special conditions like Pain, Migraine, Women & children problems, Allergies and severe conditions like auto immune illnesses and Cancer.




Medical aesthetics :
Morbid Obesity, Acne, Warts




Day to Day Illness:
Common Cold, Acidity




Chronic & Difficult Illness:
Liver disorders, Heart & Lung disorders




Special:
Diabetes, Migraine, Asthma, Cancer



Generic Health Conditions :
Children, Women, Old age



Mind :
Illness with Mental Roots, Psychiatry



Pain Management:
Spondilitis, Neuralgia, Arthritis

The prognosis with wholistic treatments at our clinic, is dependent on the severity of the illness, the pathological status, age of the patient and the 'curability factor'. However, all treatments are aimed to give relief and a better quality of life where complete cure is not possible.

Our treatments reduce the dependency on other drugs, minimise the severity, and improve the mind state and ultimately take the patient towards CURE.

Enjoy Natural Health...Enjoy Life!



1. Total Health Transformation

....Our Signature treatment program that has the power to heal/relieve almost any illness!

Health is precious; yet it is taken for granted. Our well being is under constant attack from

External Environmental factors

Inherent weaknesses of our constitution

Wrong nutrition, Lack of exercise

Depleted Vital (Pranic) energy

Toxic mental processes

Disharmony of body, mind and spirit

None of us are really healthy. We get so involved in mundane activities, that we fail to communicate with ourselves. We are not able to recognise the early signs and symptoms of ill health. Illness usually begins as functional disorders. They are initially mild and insignificant, and gradually they begin to hamper our day to day functions. As the toxicity grows, our cells and tissues are damaged. Slowly, physical and organic changes become pathological processes and our illness assumes a menacing proportion.

Today we encounter severe illnesses of all kinds. Diseases which are labeled as incurable. We are told to live with our illness. Our daily existence becomes dependent on life long medication, various restrictions in activities and we are subject to multiple surgical procedures. Our natural healthy body is replaced by artificial parts and so is our well being.

Freedom iClinics introduces its signature healthcare program **“Total Health Transformation”**. This program aims to manage all complicated illnesses and restore natural health and harmony.

Restoring Natural Health with natural therapies (NOM).....

Natural health means aligning to the laws of natural living. Total transformation involves three stages for Body-Mind-Spirit harmony.



Total Health Transformation utilises multiple therapeutic disciplines that heal naturally and holistically.



Total transformation is all about eliminating the roots of illness and transforming into a naturally health state!



2. Drugless Healing

There is a popular naturopathic approach called healing without drugs. It is based on the concept of the intrinsic healing capacity of the body. The fundamental theory revolves around Detoxifying the body which stimulates the natural healing processes of our body.

The principles of Naturopathy have existed since thousands of years. It believes in viewing the whole person in regards to finding a cause of disease, and using the laws of nature to induce cure. It was from this original school of thought that Naturopathy takes its principles.

The healing power of nature : Nature has the innate ability to heal

Identify and treat the cause: There is always an underlying cause, be it physical or emotional

Do no harm: A Naturopath will never use treatments that may create other conditions

Treat the whole person: when preparing a treatment plan, all aspects of a person's being are taken into consideration

Teaching healthy Lifestyles: A Naturopath empowers the patient to take responsibility for his/her own health by teaching self-care

Prevention is better than cure: A Naturopath may remove toxic substances and situations from a patient's lifestyle to prevent the onset of disease

An advanced approach to Drugless healing....

Traditional drugless healing comprised of naturopathic diets, detox by steam bath, enemas and mud packs and exercises. Reflexology and massage also formed an important aspect of this approach. At Freedom iClinics, we have identified a powerful combination for effective healing of illnesses without the use of any drugs. The four modalities comprising of the following together offer a therapeutic approach to resolve most illnesses.

Healing Diets | Healing Exercises | Pressiq Therapy | Mind Therapy

Drugless Healing is suitable for most illnesses and specially useful for illnesses of the digestive system, respiratory system, allergies, obesity, chronic headaches, hyper lipidaemia, sleep disorders, and many more....



3. Mind Health

“Our way of life breeds unhappiness. We have an active and turbulent culture in which there is little of peace and contentment. We have disturbed the organic roots of our life, which are good food, water and air, and happiness. We have drifted from nature and live in an artificial world dominated by an urban landscape and mass media, in which there is little to nourish the soul. We forever desire new things and are seldom content with what we have. We run from one stimulation to another, rarely observing the process of our lives that is leading us nowhere. we are never still nor do we rest.”

There is a growing awareness about the role of the Mind in health and disease. Our Mind plays a key role in our life and our attitudes and feelings. When the mind is in harmony, it imparts health and when in disharmony, it causes disease. Most chronic illnesses originate in the Mind. Thus it is vital to heal the mind for the management of any chronic illness.

“The MIND alone can heal the problems originating in the MIND”

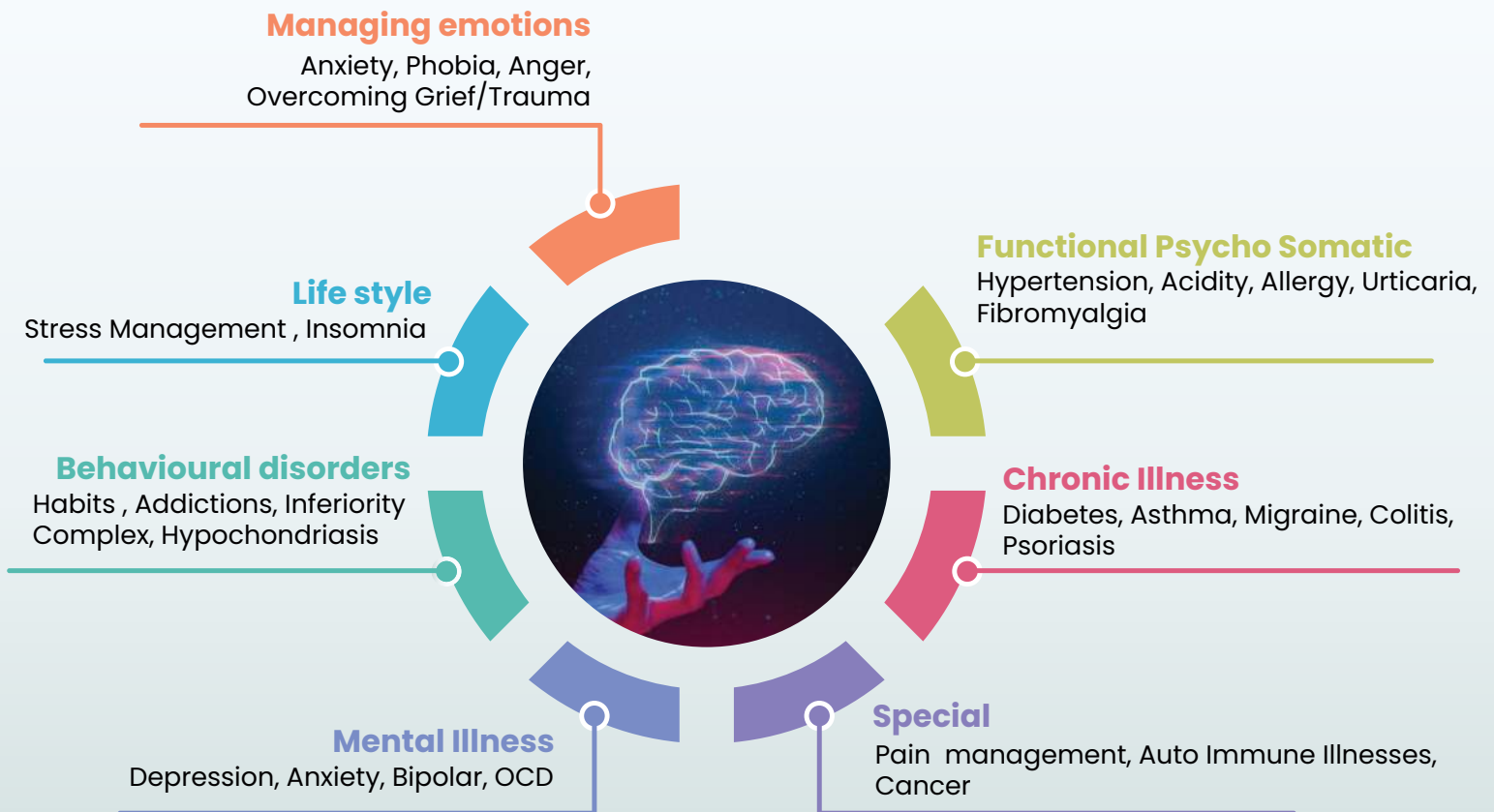
Mind is the most powerful energy of our existence. Freedom iClinics has researched the MIND energies and how they influence your health. After years of research, a special therapy called MIND THERAPY was evolved to address illnesses with roots in the MIND. This therapy is both, diagnostic and therapeutic and is often the main healing modality in many illnesses.

The Mind Health program addresses all psychological and psycho somatic illnesses and much more. Mind therapy can help manage various chronic psycho somatic conditions, psychological conditions and stress disorders. It also extends a beneficial role in auto immune conditions and malignancies. It is not only the basis of good health but also the precursor for a good and happy life.

FREEDOM MIND THERAPY is a fresh new approach which has derived concepts from Psycho therapy, Neuro Linguistic Programming, Clinical Hypno therapy, Life Philosophy and much more. It aids in the development of the latent potentials of the mind and promotes positive thinking. The philosophy of Mind therapy is stated herewith

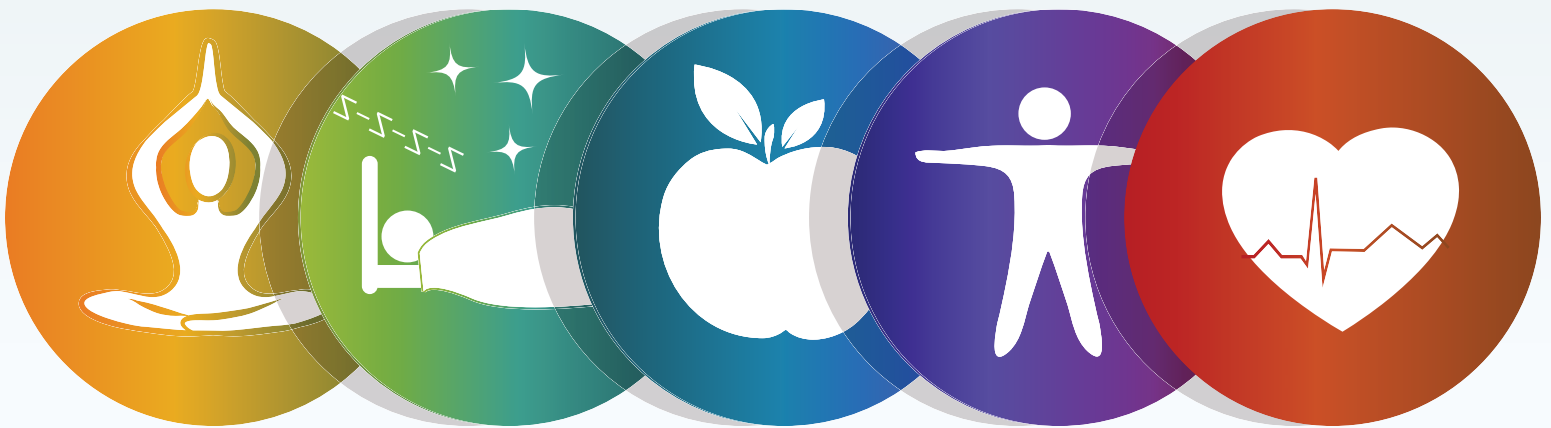
The Mind is the primal force of our existence. The human body is the crystallization of deep rooted mental tendencies. Healing the mind, heals our lives. Freedom Mind Therapy heals the body, detoxifies the mind & spirit and promises freedom from illness!'

Mind therapy plays a vital role in management of various ILLNESSES....



FREEDOM iCLINICS offers futuristic services to upgrade Healthy living:

- Attune to a Healthy Lifestyle
- Breath Tech
- Meditations for health



Attune to a Natural Lifestyle

“ Illness is a message that we have deviated from Nature’s path..... and a reminder to realign ourselves”

Natural Lifestyle is much more than food, self care products, clothes and recreation. It is a higher state of existence where one is connected to the earth and nature. Everything we do must be good for ourselves, and also good for the environment and all life on earth. It is important to cultivate a sense of peace, connection and freedom.

A natural lifestyle breeds good health. We have to intentionally connect to the healing energies of the earth and our universe to heal ourselves.

Freedom iClinics helps you to live a qualitative natural lifestyle by integrating information on natural foods & products, by teaching techniques which connect you to natural energies, and to cultivate a unique attitude towards a healthy way of life.



Breath Tech

Breathing not only supplies oxygen; it connects us to an infinite spiritual force that permeates and energises our entire being.....

Breath connects the spirit to the body and the universal energy field. It is the inner life flow that pulsates through the whole being. The breath is the vehicle for all emotions and energies that move in and through the organism, and energises our earthly experiences, in its failures and its successes. Breathing imparts health and improper breathing is illness.

Mindful breathing helps in healing. This involves becoming aware of your breath and focusing on it. It does not involve the voluntary change in the way you breathe. However, the act of focusing on the breath usually slows down breathing patterns, making you feel more relaxed. As you focus on how air moves in and out through your lungs, mouth and nose, it becomes a form of calming meditation. Such a meditation automatically transforms the breathing and opens the channels for healthy inflow of healing energies.

Freedom iClinic introduces 'Breath Tech' - a unique form of breathing which helps eliminate illness and restore health. It introduces a system of inner breath and outer breath, and a balance of both which is the foundation of healthy Prana and perfect Health!



Meditation for Health

Meditation is not just a relaxation technique. It is the practice to arouse a superior state of awareness and focused attention. Meditation is also a consciousness-changing technique that has been shown to have a wide number of benefits on Physical and Psychological states of well-being.

Meditation is known to improve health in many ways. It boosts the immune functions, regulating hormonal discharge, and decreases cellular inflammation. It stabilises blood circulation in the body and regulates blood pressure, heartbeat, metabolism, and other essential biological functioning.

More importantly, meditation bringing a positive shift in lifestyle, improves sleep quality, and reduces fatigue. This activates the body's natural healing mechanism by releasing muscle tensions and creating a positive mindset.

“Meditation for Health can be useful to enhance our immune system and also in managing various types of illnesses”

Freedom iClinics introduces Meditation for health...with unique techniques for stimulating organ consciousness and to resonate at higher energy frequencies. Organ consciousness is a unique concept which links physical energies to the State of Mind. Organ meditation promises to be a great way of elevating ourselves to the next level of health & well being.

“Do not seek advice only when you fall ill ; seek advice how to avoid falling ill in the first place!”

The Freedom Community is all about living a naturally healthy life and will be the platform for a better life. Besides the unique programs on Lifestyle, BreathTech and Meditation for health, it will empower you with all facets for your health evolution.



Be a Freedom natural health community member and enjoy the following benefits:

- **Regular updates on social media**
- **Online webinars**
- **Latest Health news updates**
- **Advices on Nature’s Original Medicine (NOM)**
- **Interesting articles to upgrade your Knowledge**

The Freedom Community will help achieve its vision of a naturally health society!



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