

AyushaktiTM
since 1987

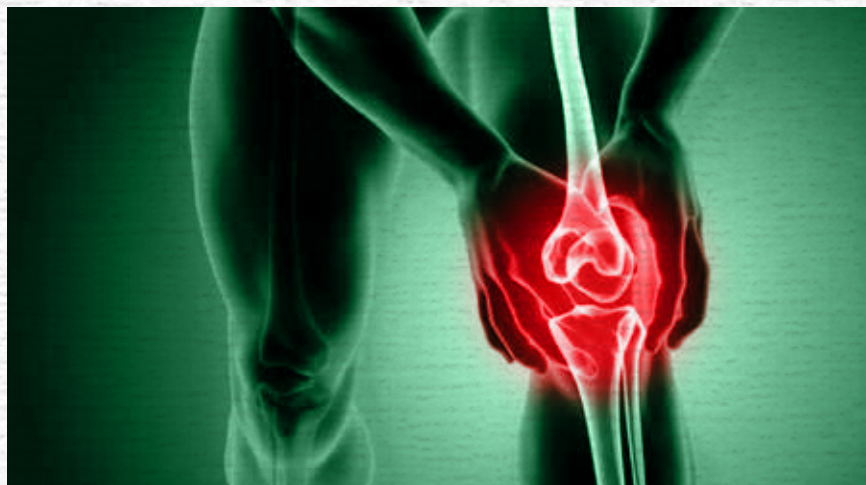
NECK PAIN



BACK PAIN



KNEE PAIN



How to Amazingly Overcome Chronic, Unbearable Pain and Feel More Flexible

Proven Incredibly Effective On More Than 300,000 People Worldwide

How German Neurologist Dr. Garner relieved his Frozen Shoulder?

"For the last 10 years, I was suffering from severe pain my shoulders. I could not properly do my daily chores such as having a bath, playing my favourite sport (badminton) and complete my valuable sleep due to this severe pain. Tried several foreign medicines but none of them gave results. After coming to Mumbai Ayushakti clinic and 21 days of Arthrox treatment, my shoulder pain is almost gone, I could easily raise my hands without any pain. Surprisingly, my blood pressure also became normal and I lost 7kgs." - **Dr. Garner, Germany**



What is the root cause of Frozen shoulder, neck & back pain, knee pain?

The root cause of all joints & muscle pain is due to EXCESS air movements which then dries up the cartilages, create blocks, degenerating the bones and tissue and making it stiff and inflamed with severe pain in knee back, shoulder, neck and ankles.

3 steps to help you in Freedom from Pain

- 1. Balance dosha** – Excess Vata (air) causes stiffness and pain. Excess Pitta (heat) causes inflammation. Removing them improves joints health.
- 2. Expels toxins** - Aama (Toxins) create soft balloony swelling in joints and soft tissues. Aama can also block calcium and vitamin D uptake in bones. Ayushakti practitioners plan specific detox based on your level of toxins to create transformation in your joint health.
- 3. Nourishing bones, muscles and cartilages** - This helps strengthening the bones and joints for long term deeper relief from inflammations, pain and bone degenerations.

Journey of Freedom from Pain killers

I Met Dr. Naram and Dr. Mitchel and it really helped me. I was on prescription medicine from many years. After following Ayushakti doctor's guidance, I stopped taking the prescription medicine since April. Thanks to her. My health has been improved much better including my digestion and reduction in my pain and inflammation. Thank you so much. **"Down Dorr USA"**



Book a Phone/Video consultation and get a customized plan for you.
<https://bit.ly/2D2634G>

6 Tools to restore joints strength to experience Pain Free Life for ever!

1. Diet :

Avoid - Wheat, fermented foods like yogurt, sour and spicy items, raw salads, red meat. occasionally you can eat chicken, turkey and eggs.

Enjoy more - Grains and pulses, squashes, pumpkins, leafy vegetables. Eat any one of these Calcium rich foods like sesame seeds to strengthen joints and muscles.

2. Lifestyle :

- 30-45 minutes of daily exercise such as walking and swimming makes a great difference.
- Practice Pranayama and Anulom-Vilom

3. Proven Effective Home Remedy

Turmeric (haldi) powder	1 tsp
Dry ginger (sunthi) powder	¼ tsp
Ajwain powder (wild celery)	¼ tsp
Asafoetida (hing)	1 pinch
Fenugreek seed powder (methi)	½ tsp
Coriander seed powder (dhaniya)	1 tsp
Garlic juice	1 tsp



Mix all these with water and take twice a day. In cases of severe pain take it three times a day, or as often as necessary. In chronic pain situation and or with dependability on pain killers, along with diet and kitchen remedies you have to take deep healing herbal supplements also. Recommend to consult your Ayushakti practitioner for a customized plan for you.

Long 15 years old Knee pain relieved in 3 weeks Arthrox treatment

I was suffering from severe knee pain for past 15 years. Not even able to walk for few steps. The medicines and physiotherapy gave some temporary relief. Off late, the pain was only increasing. Then started Ayushakti diet and herbal medicines it gave a remarkable reduction in pain. Then undergone 20 days detox Panchkarma which helped me greatly. Now I can walk without pain, no crackling sound in knee. Additionally, with Ayushakti treatment, my husband's heart block also cleared. His doctor was astonished and happy with these results. **Saroja, Bangalore**



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4. Herbal Supplements for deeper long lasting relief

Painmukti MJ, Painmukti Sandhical and painmukti cream helps release the muscle stiffness and inflammation internally and improve bone density and strength so that after some months of taking them, the pain goes away for ever.



As per internationally published research papers on Painmukti MJ, Painmukti Sandhi-Cal and Painmukti cream, this combination provide these remarkable results in three months:

- 90% of the people reduced their dependency on painkillers
- Pain, stiffness and swelling was reduced by 60%
- 100% improvement in quality of life such as:
 - a. Improved energy and happiness
 - b. Ability to climb steps and perform routine chores like cooking, walking etc.
 - c. Ability to have a peaceful, painless and uninterrupted sleep
 - d. No side effects and 100% safe.

5. Detox for nourishing from the root

Arthrox detox is a powerful detoxification programme which can relieve the root cause of any chronic PAIN condition. A full DETOX (Panchkarma) involves three ancient authentic process :

1. Moving the toxins to the digestive tract
2. Eliminating toxins
3. Rejuvenation of bones, muscles and cartilages to get flexibility, no pain and strong bones

My chronic pain was unbearable... But now can easily write and paint... says German MD doctor Meera Dorci

“At the age of 60, I suddenly found that my hands were paining, wrists were swollen and I wasn’t able to hold even a pen or write properly any more.... Due to severe knee pain, I had also difficulty climbing stairs. Painting was my passion but due to severe pain, I was unable hold the brush. After coming to Ayushakti Mumbai clinic and three weeks of “Arthrox” detox treatment, the knee pain and leg pain, swelling of my wrist and fingers are all gone !. Now I can write and paint easily without pain. Can climb 5 floors just in few minutes !!. Additionally I lost few pounds, my digestion improved, no cramps and no swelling of my stomach. Dr. Meera Dorci – Pediatrician, Germany



6. Do at home therapy

Mix ½ cup ajowain powder and ½ cup dry ginger powder. Place them in a thick square cloth and make ball. Tie it tightly as shown in the image. Heat this ball on a griddle and apply warm on the painful areas and massage. Reheat again and apply. Repeat this process for 20 minutes daily. Make sure the ball is warm enough when you apply each time.



For more Marma points for back pain, Sciatic pain, etc., connect to our expert Ayushakti practitioners world wide.

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WHY AYUSHAKTI?



Through its **worldwide chain of clinics** Ayushakti has helped more than a million people over the past 32 years to gain relief from chronic ailments such as joint pain, breathlessness, high blood sugar, skin & hair problems, gas-acidity, IBS, weight gain, infertility, chronic coughs, cold & allergies in children and a host of other ailments.



It has published research papers internationally on the **efficacy of Ayushakti herbs** in treating dermatitis, breathlessness & allergies, anxiety, depression, infertility, and pain management.



All Ayushakti herbs are **safe, natural and herbal**, tested and manufactured in NSF-USA certified manufacturing facility



There are more than **108 clinic consultation** points worldwide and clinics presents in USA, Europe, Australia, New Zealand, UK, Thailand, India.



More than **200 western medical doctors** and Heilpraktors (health practitioners) have been taught the art of Pulse reading and Ayurveda and they now practice the Ayushakti way of treatment in their clinics.

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For powerful health transformation stories, subscribe to the Ayushakti Youtube channel
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To experience the benefit of a deep detoxification program at Ayushakti Mumbai health resort/hospital write us or call us
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Disclaimer The video/phone consultation is not intended to diagnose any illnesses.
We only suggest diet and herbal formulas to balance your health through Ayurvedic principles
which may help you to become healthier