



Vol 11 Issue III

We announce launch of our new website <http://ayushkar.com> devoted to organic Ayurveda products. Kindly visit to get 100% certified organic and quality Ayurveda herbs.

A GREAT TESTIMONIAL

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Now available at Garry and Sun, USA - The new longevity tonic & all the other products of Chakrapani Ayurveda, India, potent and fresh Ayurveda herbs, massage oils for body types, good quality Indian spices and readymade Ayurveda food items suitable for Ayurveda body types. Contact at Toll Free: 1 - 888 - 98 - HERBS or visit our Web site <http://garrysun.com>

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France:
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<http://massages-ayurvedique.com>

Dear Readers,

It has always been a pleasure to get support and encouragement through the kind testimonials received from our clients, visitors of our websites and subscribers of our newsletter. All of them have been nice in their own special way for us, but there is one in particular which I would like to share with all of you today. Written in a beautiful poetic form, with an underlying sweet tone makes it so very special that we are publishing it in this newsletter "As it is" – without editing.

We heartily welcome your suggestion on our newsletter how to make it more useful and knowledgeable.

Best Regards and Namaste.

Dr. Rajesh Kotecha 'Vaidya', M.D. (Ayurveda)
Director,
Chakrapani Ayurveda Clinic and Research Center

DR. KOTECHA'S ITINERARY - 2010

Dr. Rajesh Kotecha, M.D. (Ayurveda), CEO of Chakrapani Ayurveda, India is traveling in USA till 19th April.

He will also be visiting Brazil, Colombia, Netherlands Antillis (Curacao island), France and different countries of Europe during the year 2010. His program for the

U.K.

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www.ayurherbalproducts.com**Ireland:**

The Samadhi Centre

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Ms. Soraida

<http://curvedic.org>**Germany:**

Dr. Ramin Mobasseri

www.dr.mobasseri.de

In India and all the other countries: Chakrapani Ayurveda [Click here](#)

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lectures, workshops, personal consultations and Panchakarma at different places is as below. We invite our readers from above countries to attend any of his events to be organized during below said period. To get the details of his travel to the respective countries and to register for an appointment with him, kindly call / contact below.

Till 18th April 2010 – USA

Contact person: Mr. Gary Grewal

E-mail : gary@garrysun.comWebsite: <http://garrysun.com>

Toll Free: 1 888 98 HERBS

6th May 2010 to 15th May 2010 – Rio, de Janeiro, Brazil

Contact - Mr. Jorge Farias

E-mail: fariasjh@hotmail.com Ph: (21) 2261.5352**15th May 2010 to 28th May 2010 – Bogota, Colombia**

Contact person: Ms. Gisele Dupuis

E-mail : gdupuis@cable.net.co**28th May 2010 to 3rd June 2010 – Curacao**

Contact person: Ms. Soraida Bishop

E-mail : fundashongrupopakomunidat@yahoo.comWebsite: <http://curvedic.org>

Tel: +5999 5181223.

19th June 2010 to 25th June 2010 - France

Contact person: Mr. Fernard

E-mail : sietpa.sarl@gmail.com

Tel. 0556 959 523

Website: <http://massages-ayurvedique.com>**A Great Testimonial**

Four seasons. Four seasons passed since I did my Panchakarma in Chakrapani

For Archives of our earlier published Newsletters, please [click here](#)

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Kindly visit our recently launched websites on different aspects of Ayurveda as listed below:

Clinic.

It is a reasonable and wise time to make a balance of the effects of the Ayurveda therapy on my health and I must say also my intellectual and spiritual and well-being!

In fact it is important to say that after one year I can still feel every single day the benefits of the therapy given by Doctor Kotecha.

There is really a " before" and "after" the therapy.

One month after my return in Paris I did every control and analysis to check clinical results as doctor Kotecha asked me, and the results where just amazing. Surprising for me, and more amazing for the hepatologist, he couldn't believe that the C hepatites virus that I have decreased in such a way. My sickness seemed to decline spectacularly. This is factual, clinical and proved.

But there is much more to say and I will never regret to have confided faithfully my health and well being in doctor Rajesh's hands.

From the first to the very last day Doctor Kotecha assisted me with so much attention and perspicacity and his staff takes care with so much gentleness that I believe I never lived such an experience in my life.

When I decided to go for a therapy at Chakrapani, it was because I didn't want to do the chemical therapy that the doctors proposed here in Europe as I knew it causes heavy secondary effects and possible heavy depression, I didn't know very much about Ayurveda, but I knew it could have very good results on my type of disease, and most of all I was aware that Ayurveda could also cure the problems of stress, psychological and mental aspects of the health. I had to face several hard life tests in last 20 years and my vital energy was very low. I deeply needed to "reunify myself". I felt like a decomposed puzzle, and was aware that Ayurveda medicine could get me back to unity and in touch with the source of my vital

<http://ayushkar.com>
<http://arjuna.co.in>
<http://ashwagandha.co.in>
<http://bestamla.com>
<http://anantmool.com>
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<http://bilva.in>
<http://isabgol.co.in>
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<http://manjishtha.com>
<http://bhumiamalaki.com>
<http://bestbrahmi.com>
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<http://gokshur.com>

energy.

It is exactly what happened. Physically, intellectually, spiritually.

I will always be very gratefully to doctor Kotecha and his so sweet and careful staff.

Hoping to be able to come back soon!

Marie-Agnès Nobécourt

(Thank you very much Marie-Agnes for great testimonial from your heart)

Recipe from Grandma's Diary

Porridge

Ingredients :

1. Millet flour 2 tbsp.
2. Ghee / oil 1 tsp.
3. Water /Milk 2 cups

Method :

Take an open thick base pan. Add ghee or oil to it. When it starts heating add millet flour to it. Fry it on low flame till it changes colour. Then add milk or water as desired and cook on low flame while stirring continuously .

It is a sattvic food.

CHAKRAPANI PRODUCT OF THE MONTH

Shallaki : Useful as an adjuvant in arthritis and gently cares for joints. Very effective as an anti-inflammatory agent. Has cholesterol and triglyceride lowering properties.

Helps reduce body weight.

<http://lodhra.com>
<http://bibhitaki.com>
<http://fenugreek.in>
<http://shilajeet.in>

For more details on these products please visit: <http://www.chakrapaniayurveda.com/>

AKSHAYA PATRA : Good initiative for free food to school going children in India

The Akshaya Patra Foundation, the world's largest school meal programme currently feeding over one million school children across seven states in the India. Their kitchen in Jaipur, Rajasthan is having state-of-the-art facility and it is equipped to feed 30,000 children everyday.

For donations kindly contact - Shri Balamukunda Dasa
The Akshaya Patra Foundation
+91 9799999889 (cell)
email:- balamukundadasa@gmail.com

CONTACT US

Chakrapani Ayurveda Clinic & Research Center,
Chakrapani Global Center for Training & Research in Ayurveda
8, Diamond hill, Behind Birla Temple, Tulsi circle, Shanti path, Jaipur-302004, India.
Telefax : +91-141-2624003 Phone: +91-141-2620746

E-mail: info@chakrapaniayurveda.com

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