

# KANAK

## Complete Beauty & Health Tonic

**"Dedicated to Truth"**

**"The almighty Duo"**

With Deep Respect & Profound Regards to the Supreme Almighty Duo Who Created this world and bestowed *Satya - Anand - Sondarya !*

To all the women of this world, I initiate my small effort to help out woman kind

- From - Bane to Beauty !
- From - Gloom to Grace !
- From - Sorrow to Happiness !
- From - Delusion to Truth !

**"Shivling" itself represent:**

Union of Param Purush & Param Shakti

Generating & Symbolizing -

*Satya - Anand - Sondarya !*

All the women being the Roopas of "The one & only", Supreme Shakti Goddess - Durga, are the essence of human life !!!

Because beauty of human life lies in women!

Hence our first effort is for the Woman kind. Because only women can nurture

*Satya - Anand - Sondarya !*

Around them !

**"Pledge for My Existence"**

With all my Eternal - Respect & Spiritual Devotion to "My Deity"

I bow my head to thee who was graceful enough to infuse, real meaning of love & respect towards females in my existence, and has been my inspiration to achieve the very best in Ayurvedic Science of Medicine & Life.

It is a pledge I have to follow, I have to keep that I'll always strive for producing the very best from my existence... which is your blessings to me..... I'll strive my ever hard to not let you down!

Thanks!!!

For the Grace showered on me, in my soul please Grant solace to my body & soul in your most revered feet Eternally!

Please accept my small effort & uplift My Existence

- From - Bane to Beauty !
- From - Gloom to Grace !
- From - Sorrow to Happiness !
- From - Delusion to Truth !

"OM"



**Signature**

**I believe that; if you exist**

- You can be Beautiful
- You can be Joyful
- You can be Truthful

And we Want "Beauty" to prevail, Hence our cause is dedicated to "Beauty"

We want "Joy" to prevail; hence our cause is dedicated to "Joy"

We want "Truth" to prevail; hence our cause is dedicated to "Truth"

And as women are the base of all these three Essences of Existence!

Hence we are dedicated to you all Women!

- If you do not have time to visit Beauty Parlor but still you want to look beautiful & graceful.
- If you do not have time to exercise & still want to be fit. If you do not want to do Yoga but still want to look young & youthful. Then we offer a very-very special care In Just 2 minute!!

What Beauty Parlors, Expensive Creams & Expensive Anti Ageing Treatments can not do for you that our Brand "**KANAK**" will do for you. Yes it is this very medicine "**KANAK**" which will create miracles in your Body - in your life. It will look after almost all your problems, in Just 2 Min. /day, Therapy. One min. in the morning - one min in night!!

**If you give us -**        A "Little" time  
                                  A "Little" Patience  
                                  A "Little" Understanding

We'll make a "Big Difference" in the way you look at your life, forever!

Now, Relax and be happy, as you are not required to do 1 hour of yoga or exercise, you are not required to go to parlors, you are not required to go to Cosmetologists you are not required to go to Gynecologists. Because we'll give you better protection by spending just 2 minutes in a day.

It is going to change your life & your thinking 100% because this unique marvel of nature will help you on all the fronts of your body, may it be

- 1) Cosmetic front
- 2) Restoration-maintenance front
- 3) Pathological front - (Disease-disorder).
- 4) Personal Health front
- 5) Anti-ageing front

**1) On Cosmetic front it will help you -**

- Improve your complexion certainly. It will improve your complexion from darker to fairer complexion in just 2 weeks.
- It will soften the skin of your face.
- Pimples & Acne will get diminished.
- Your skin will regain its youthful texture of elasticity as a result your skin will certainly start glowing.
- It will soften your palms also.
- It will smoothen your patchy skin.
- It will clear your dark circles certainly!
- It will improve & turn your lip color towards pink from dark.
- If your gums are greyish they will become pinkish & make your smile gorgeous!
- It will improve your eye ball color if they look dull & dirty off white.
- If your hair are dry & rough they will become smooth & silkier.
- It will improve your color of the palm from being dull to pinkier.
- If your hair are thinner if they break faster & easily then they will become thicker and stronger.
- If your scalp has dandruff then that will be cleaned very soon.

- If your hair are falling too much then it will be controlled.
- Chipping of skin around nails will stop.
- If your eye brows are thinner then you will notice that slowly it is becoming thicker.
- Dryness of your lip will get controlled & your lips will become soft & smooth.
- Cracked lip will be cured.
- Pigmentation (Jhaian) will start diminishing soon.
- Stretch marks will get minimized (after delivery stretch mark look awful).
- Your nails will start shining & become firm.
- The color of nails will also becomes pinkier may it be finger nails or nails of feet.
- If your breasts are sagging, it will firm them up & build up normal size.
- Your cracked heels will be smoothened & your sole will become pinkier & soft.
- Above all we must tell you that we have seen that Kanak has sharpened the features of face also! A few girls and ladies had blunt nose so after 6-8 months they themselves noticed that their nose became better automatically!! What else any one can expect!

In nut shell you can say it is a great Age-reversal - MIRACLE!!!

## 2) ON-Restoration & Maintenance Front

- If your body is quite healthy & no abnormal activity is going on in it, cosmetically or pathologically & you do not have any sign or symptoms, which is worrying or disturbing. It is a blessing to be so! Yes it is! We congratulate you for your super fine luck! But one advice we can always render.
- If you are all healthy strong & beautiful then still if you take **Kanak** twice an year, 2-3 months in summers & 2-3 months in winters then you'll see that, your present state of blessing - your health will be restored year by year, longer & longer !! It will certainly keep your body fit enough to keep almost all problems & diseases away from you and make you strong and healthy. You will keep fit strong-healthy & you'll look younger also!! Suppose at the age of 35 you start taking **Kanak** just to restore your health, beauty & strength, and till 40 years every year you have taken 2-3 months summer & 2-3 months winter course, then at 40 years you will 100% feel & see that you are looking 30 years of age!! This is going to be so, if nothing damaging happens to your body in the mean while. We have tested our medicine & found its extremely astonishing results!! We are producing a few **cases** as evidence to our claim.

**Mrs Aruna Rajpurohit**, 42 years of age had several problems such as:

- 1:Dark Complexion.
- 2:Severe Constipation.
- 3:Hard stools.
- 4:Bleeding Piles.
- 5:Insomnia.
- 6:Gastric Disturbances.
- 7:Sweating while sleeping at night.
- 8:Hysterectomy(Uterus removed).
- 9:Knee ache while sitting & getting up.
- 10:Swelling on knees.
- 11:Pain in heels.
- 12:Pain in elbow(tennis elbow).
- 13:Fat glands all over body.
- 14:Severe headache once a week with vomiting (Migraine)-since childhood only injections worked for this.
- 15:Cervical Spondylitis.
- 16:Every body part above neck used to become taught.
- 17: Needed to exert pressure to urinate.
- 18:If the body used to be pressed then gas discharged from mouth.
- 19:Severe Acidity.
- 20:Swelling on perineum.
- 21:Badbreath.
- 22:Burning & Itching in eyes.
- 23:Dry skin.
- 24:Swelling all over the body.
- 25:.Fever every day due to exertion.
- 26:Brittle nails.
- 27:Burning of soles.
- 28:Cracked heels. & soles.
- 29:Sneezing.
- 30:Back ache.
- 31:Hair falling.

It is a little unbelievable for a common person but she had been suffering from all these **31 problems** described above. It will be again very surprising for you to note that after

taking **Kanak** most of her problems subsided. You just cannot imagine her happiness when she noticed that most of these problems which she told me were getting controlled by just our medicine!

Another case is **Mrs Sushila Vaish**, 39 years of age had many problems such as:

- 1:Pain in legs.
- 2:Pain in Arms.
- 3:Extreme swelling on hands & fingers.
- 4:Extreme weakness.
- 5:More than normal Appetite.
- 6:Tiredness.
- 7:Headache.
- 8:Always felt dull.
- 9:Palpitation.
- 10:Fear of falling down.
- 11:Swelling after eating sour things.
- 12:Pain in foot soles.
- 13:Pain in calves.
- 14:Pain in shoulders.
- 15:B.P.16:Nightmares.
- 17:Always tensed.
- 18:Hair falling.
- 19:Dry cough.
- 20:Uncontrolled urine discharge with cough.
- 21:Pain Abdomen.
- 22: Loose stools with tension.
- 23:could not sit on floor.
- 24:Could not bend.
- 25:Back ache.

In her case also in just 30 days of **Kanak** therapy she noticed positive changes in all her problems & persons around her started telling her that “You are **looking gorgeous!**”

**Ms Neha Mishra** aged 40 started treatment for headache, flat foot, Varicose veins & pain in legs. She was extra ordinary beautiful but her skin was not healthy so she used to put on lot of make up. After taking **Kanak** therapy all her problems subsided

completely & you would not believe that she stopped using makeup because her skin started radiating wonderful glow. Now she looks stunningly beautiful & naturally beautiful. She moves around without any make up.

**Mrs. Nasreen** aged 57 years - had grave multiple problems in her body when she came to us. All her problems were noted down on the very first day and then we started the therapy. Now after 2 years her all problems are 95% cured, she is quite happy now for that. But with this one wonderful thing that happened to her is that persons around her are commenting her that she is looking - younger & youthful!! After 2 years of time gone by which would have increased ageing signs on her body & face, instead people are saying your are looking 8 year younger!!!! What else any one would need.

This is how **Kanak** will help you restore your health, beauty & you are certainly going to look younger after 2-3 therapies only !!

It will also look after your menopausal state and help you get through menopause without any complication and restore your vital body parts such as Uterus !

It will certainly keep ageing signs away because it will keep your skin tissue fresh and active & maintain your skins elasticity.

If you take **Kanak** as we have advised you to then what you are going to get in future is - At a later age may it be 40 plus, 50 plus, 60 plus or even 70 plus you will always feel not plus but minus!! You got the point, i.e. at 40+ you'll feel 40 - (minus). If you are 45 you'll certainly feel your body as that of 37 years of age. If you are 57 you'll certainly feel your body as that of 49 years of age! If you are 66 you'll feel and experience your body as that of 58 years of age. If you are 72 then you'll feel & experience your body as that of 64 Years of age!!

We are highly optimistic and quite sure of this because we have seen Dramatic strength of **Kanak** on so many ladies of all ages!

- It will look after your eye sight also.
- It will energize you.
- It will restore your teeth & improve their color.

### **3. ON THERAPEUTIC Disease Front**

If you have any disease or many diseases and if your have taken 2-3 therapies of **Kanak** then you will notice dramatic decrease in signs & symptoms of all your diseases and slowly most of the signs & symptoms will be subsided.

In case you suffer from any of the common joint problems like:

- Cervical Spondylitis
- Back ache
- Frozen Shoulders
- Tennis Elbow
- Knee aches
- Ankle pains
- You may be having "Post Caesarean" back ache.
- Ageing Phenomena Osteoarthritis weakening & damage to joints, especially knee joint (a disease for which knee replacement is the only solution in Allopathic science).
- It will help in Rheumatoid arthritis also.
- As women bear children and during pregnancy & lactation women loose a lot of calcium of their bodies which must be properly replaced soon, but because in most of the women calcium is not properly assimilated due to many causes hence they remain dehydrated life long and then their Bones & joints loose strength & health which produce diseases like knee degeneration.

**Kanak** will give you relief in all the above-mentioned problems & help in recharging your bones & joints to make them strong & healthy!

Other common problems faced by you such as:

- Many women have a typical unpleasant smell in their sweat that will be stopped by **Kanak** Therapy.
- It will improve your digestion.
- It will cure constipation.
- It will help your girl in her menarche (beginning of menses in adolescent girls)
- Mentally you'll feel good & easy in day today's stressed life.
- If you suffer from insomnia sleeplessness then you will start having sound sleep.
- It will look after your eye sight also.
- It will arrest further development of till & warts.
- If you are lactating mother it will improve lactation.

Yes!!! You see so much, so very much capable **Kanak** is!! Is it not amazing and a little unbelievable for you!! Yes we can understand, you might say - OH! How can one



medicine do such a lot!! ? But be assured and once give a fair trial to **Kanak**, the way we want you to, then we are sure you will appreciate & approve our brand **Kanak**!

### **Why?**

Because it is just not another product rather it is a product, which is based upon 20 long years of Intensive Research and it contains Best of 32 carefully selected herbs, which are highly potent & effective for woman's body.

Following key ingredients in **Kanak**:

Rasont, Manjisth, Gokhshru, Kalajeera, Ashok, Kakrasingi, Vanshlochan & Ashwagandha posses complete female system restorative properties & brings natural glow on face.

Remember: The antique pot of Herbs is far more powerful & potent than the 3rd generation or 4th generation of Strong - Chemicals. Even if you compare it with "**Botulinum-Toxin-A**" popularly advertised & known as Brand Name **BOTOX**

After taking 2-3 therapies of **Kanak** you'll experience a lot of positive change not only in your skin but in all your body systems also.

You'll notice that not only your skin is getting better & starting to glow but you are becoming very active, energetic, strong, healthy & happy woman!

You'll start feeling the impulse of being a "complete woman" for the persons related to you, in your life. Because as a woman you may be playing many roles in your life: a friendly sister, a supporting friend, a responsible Daughter or Daughter-in-law, a power house-fulfilling - understanding wife and as a caring mother!! In every field of your life you'll feel high-up for your responsibilities, requirement & your desires.

Be assured that we'll always be with you for your Good-Cause.

Always & forever with all the Best of support in the form of "**Kanak**".

You may apply any amount of expensive creams, lotions, or chemicals (such as Botilinum Toxin-A) your skin may look good but not glow and your inner state of bodily strength, energy, nutrition will remain the same - sluggish - weak - sagged.

### **External Applications -**

Will not restore your youth from inside.

Will not strengthen your bones.

Will not improve your digestion.

Will not increase your blood volume.  
Will not improve your blood quality.  
Will not improve your tissue health.  
Will not cure your inner abnormalities.  
Will not build up your strength.  
Will not build up your stamina.  
Will not build up your energy.  
Will not cleanse your body internally which actually reflects out of your body & skin!!

Above all they can not cure your multiple problems & diseases!!

But **Kanak** will do all -

All the above mentioned functions and that too so easily that you'll hardly know & yet you'll notice a sea change every where in your body! Just every where it will work and that too very deeply providing the best of support to your body!

**You will experience phenomenal positive changes on your face, on your skin, in your body, in your heart and in your mind also!**

**Kanak** will rejuvenate your body!

**Kanak** will satiate your heart!!

**Kanak** will bring tranquility to your mind!!!

All this with no compromise on all the fun you may like to indulge in! Like Chatt, Pani Puri (Golgappe), Bhel Puri, Dahi Vada, Dosa etc. etc.!!!

Because in our menu to good health strength & tranquility you'd be rather advised to eat these things we advise to eat Pickle, Chutney, Dahiwada, Dosa, Idli, Jalebi, Urda daal, Rajma, Garam Masala, Adrak (Ginger) Black & Brown Pepper, Pure Ghee rather than to avoid them.

When you eat everything with a word of caution – in a balancing manner, then you will see that all the myths you were living with were UNTRUE!!

To abstain uselessly is not required rather indulge in all 6 tastes but in a balanced way and see your self on top of the world - Healthy Happy and Tranquil.

Keep 2 days in a week to indulge in your taste & rest of the 5 days also you need not to eat dry tasteless food to keep fit.

**So the Mantra is:**

**Not external application but internal input is the word for health, strength and happiness.**

## **Not Abstinence from food but proper indulgence in food is the word for Youthful Energetic Tranquility & Grace.**

### **4. Personal Health Front**

As far as your personal health is concerned **Kanak** will cure almost all the diseases dysfunctions, signs & symptoms related to Sexual status & Genital status like -

- Painful Menses
- Leucorrhoea
- Repeated Urinary Infection
- Amenorrhea (absence of periods)
- Excessive bleeding (discharge)
- More than three days discharge
- Vaginal itching
- Color & texture of labia will also improve.
- Dryness of vaginal passage.
- PCOD, problem related to ovaries.
- Hb will be improved.
- Hormonal imbalance will improve.
- Pain during sexual activity will subside.
- Frigidity (Not getting a good feeling for sex) will subside & you will feel good about this pious act.
- It will improve sexual impulse & sensation and will produce deeper pleasure & satisfaction in you.
- It will prepare you better for menopause & will help you achieve uneventful menopause, so that you do not undergo any operative procedure like hysterectomy.
- If you are planning for pregnancy and before getting into it if you take Kanak for 4-6 months then it will keep away as many complications away as possible and provide very good ambience to the child to grow properly !
- It will clean genital passage & help it produce clear lubrication.
- The color of genital skin will also improve from dark brown to light brown & get towards pink.
- Color of nipples will also improve !!
- It will maintain & keep your sexual activity to an excellent state so that you can feel a complete woman inside, after all days hectic work & job you'll not feel dry

and dehydrated for your sexual part of life! means you'll feel like giving your man the best of your love & get the best of responses with in your body also to make you feel deeply satisfied in your life ! we wish you all love and satisfaction in your life !

## 5. Anti-ageing front

- You'll notice if you had wrinkles then those will stop growing further & you'll see that the previous wrinkles will start vanishing.
- It will improve hair & scalp health also. If hairs are turning grey it will stop further greying.
- If you are developing double chin then slowly it will be checked & it will start getting away!!
- Skin of your body will also feel tight & smooth!

## Why should you supplement your body?

Look around yourself, you will find almost everyone is troubled by some thing or the other. Even young girls do not have enough strength, Health & Energy which at their age one should be having.

- They should be bubbling with energy.
- They should be full of youth.
- Their bodies should be having adequate blood.
- Their face should be light house of grace.

Rather what they have become is that:

- They get tired very fast. They do not have adequate stamina.
- They develop grey hair in this prime of youth.
- They have to put on glasses to see & read.
- Their teeth are decaying.
- Their palm and soles are dull not pinkish.
- Their face are pale. They have no Glow and Grace.

If the young generation is so much weak then you can very well imagine what our bodies must be.

There are many causes behind all this state of bodies.

But the prime cause is - **our food.**

These days anything and every thing is grown by chemical fertilizers.

- The crops are made to grow faster & bigger by Urea & D.A.P.
- Dairy products such as milk, pure ghee, paneer, dahi & cooking oils are also adulterated
- Many vegetables are grown faster by injecting oxytocin like Ghiya (Loki) etc.
- Injection of oxytocin is used on buffalos to yield more milk!.
- Poisonous chemicals are used to ward off insects.

Due to all such unnatural methods through which food is produced, our food has lost its natural food value & nutrition. This in turn has been cause of our bodies getting all negative impulse.

When wheat & rice are produced by chemical fertilizers, then they grow faster and grow more certainly but in this process they do not get matured properly and they loose the nutrition in this process. A recent study has revealed that wheat grown by this process contains 10% to 20% less calcium!!

The same way fruits & vegetable are also grown. They also are now lacking the nutrients in them.

When you eat these produces, due to their lack of nutritional level your body gets 10 to 20% of less nutrition daily & then slowly it looses the strength & vitality and finally even a young person turns weak and the body looses its grace, glow, energy & early ageing starts. So keeping in view these unavoidable damages we at **“Navika Remedies”** formulated **Kanak**.

So if you want to keep your body recharged &

- In a fine state of health,
- In a fine state of Glow
- In a fine state of Grace
- In a fine state of Energy
- In a fine state of Strength.

Then you must supplement your body by perfectly balanced supplement **Kanak** therapy at least twice an year - once in summers and once in winters, this way your body will be recharged, re-energized and disease causing process will also be checked & cured.

**Kanak** will:

- Build up strength in your body.
- Build up energy in your body.
- Build up blood volume in your body.
- Build up blood quality in your body.
- Build up bone strength in your body.

- Build up immunity of your body.
- Check diseases in your body.
- Keep your skin healthy.
- Improve your complexion.
- Build up better digestion.
- Check ageing phenomenon.

This way it will work deep in your body & then you'll notice - Ageing phenomenon is slowed down & you will start looking younger & youthful.

Your energy level will always be surplus & you will look fresh & active always.

**Your disease causing process will be stopped hence you will not have to go to Doctor's frequently.**

So these are the **advantages of Kanak Therapy**.

Remember "Even every relationship also require Proper Inputs". If you do, then it blossoms forever, if you do not then it becomes more a misery than happiness.

The same way if you see very closely then you will see every thing in this world is based on this principle of "Give & Take"

What you give is what you take back. **As you sow, so shall you reap!**

You pay better you get better products.

### **Even Gita Says**

What you do - that you get.

Means even God says "You give good, You get good". The same principle will apply on your body

You have to give good to get good and if you want best then give best, means -

If you want best from the body then give the very best to the body.

**Kanak** is the one and the only in this field , we can assure you that if you want to give the best to the body, then we are giving you the best as **Kanak**... "Be Assured" !

Because once you are associated to us you'd be irreplaceable association to us. We would not like to loose you and so we will give the best only.

Finally one more aspect you must know that these days life style has changed a lot, these days its a life of "Stress" "Tension" "Exertion" "Late Working Hours" "Late Time of Sleep". All this has made life tougher, harder than before.

Moreover the body's health & energy levels have gone down, to all time low".

Hence keep these factors in mind you must supplement your body.

That is why we have developed **Kanak** after 20 years of intensive Research.

### **HOW to notice good actions of **Kanak** on your body**

Best way to notice your actual body state is to stand in front of a mirror where sufficient light should be there or you have one dressing lamp on the mirror. Make one specific time say 12 noon or 1 p.m. Everyday or every time you judge yourself it should be on the same time & same light. If you have a good digital camera you can shoot your trouble areas like pigmentation Pimples, Hair.

Even we would suggest you to take photograph one portrait of yourself before starting **Kanak** Therapy that should be very clear & properly focused with same amount of light.

But if you cannot take photographs then you can notice changes by standing in front of mirror itse If by looking at yourself - either in your dressing room or in your bathroom & evaluate your body's signs & symptoms & mark them or circle them. Before starting Kanak Therapy and after Kanak Therapy compare those signs & symptoms again. You will certainly see improvement in almost all of the signs & symptoms!!!

### **This is our faith & belief in Kanak Therapy**

#### **Improvement**

#### **None**

	<b>25 %</b>	<b>50 %</b>	<b>75 %</b>	<b>100 %</b>
<b>Face</b>				
Skin Complexion	Wheatish	Pale Dull		Dark
Skin Glow	Normal Dull	Very Dull		Glows
Skin Texture	Lax	Normal		Wrinkles
Skin Smoothness	Pits	Rough		Smooth
Skin Dark Circle	Light	Dark		Very Dark
Jhaiyan (Black Spots)	On Cheeks	Forehead		All fact
Black Spots Color	Light	Dark		Very Dark
Pimples	Very less	A bit		A lot
Pimples	Rare	Often		Daily

Pimples	Small	Large	Mixed
Pimples	Discharge	No discharge	
Upper Lips	Skin Colored	Dark Brown	Pinkish
Lower Lips	Skin Colored	Dark Brown	Pinkish
Both Lips	Same Colored	Diff. Colored	Pinkish
Hair above upper lip	Normal	Little worrying	Too much
Hair on chin	Normal	Little worrying	Too much
Forehead	Clean	Wrinkled	Fluffy

### **EYES**

Brows	Dense	Light	Very thin
Lashes	Long	Short	Medium
White Cornea	White	Pale	Dirty off white
State in morning	A lot of Secretion	Normal Secretion	No Secretions

### **Hair**

Natural Color	Black	Brown	Light Brown
Grey Hair Status	Below 25%	Below 50%	Below 75%
Texture	Smooth	Rough	Dry
Hair Ends	Straight	Splitting	
Length	Short	Medium	Long
Thickness	Thick	Medium	Thin
Falling	Normal	above normal	abnormal

### **Teeth**

Color	Milky White	Pale	Yellowish
Cavity	None	1 - 2 - 3 - 4 ( )	
Plaque	None	Present	
Gums	Healthy	Swollen	Bleeding
Gums Color	Pink	Dull	Greyish
Tongue	Pink	Dull	Greyish
Tongue	Smooth	Dirty	Cracked
Tongue	Black spots	Black Lines	None
Stomatitis	Never	Occasionally	Frequently



**General skin condition**

Elbow back	Skin Colored	Dark	Very Dark
Armpits Under arms	Normal	Dark Rough	Very Dark
Skin Outsides of Hip Bones	Smooth	Rough	Dark
Skin Back of Hip	Smooth	Rough	Dark
Skin on Knees	Normal	Dark	Very Dark
All over body skin	Normal	Dark	Very Dark
Skin All over Color	Fair	Wheatish dark	Very Dark

**Hands**

Palm	Rough	Soft	Hard
Palm Color	Pink	Dull	Greyish
Nails	Pink	Dull Off-white	Greyish
Skin around Nails	Chipping	Dark Colored	
Nail Shape	Flat	Short	Long
Nails	Break up fast		

**Feet**

Sole	Soft	Rough	Hard
Sole Color	Pinkish	Dull Off-white	Greyish
Heel	Soft	Rough	Cracked
Toe Nails	Pink	Dull Off-white	Greyish
Toe Nails shape	Flat	Short	Long
Nails	Break up fast		

**Breasts status**

Tone	Loose	Firm	
Size	Normal	Small	Large
Nipples	Pinkish Brown	Light Brown	Dark Brown
Glands	None	In one (L) (R)	Both
During periods	Tenderness	Swelling	Pain

**Uterus status**

Leucorrhoea	A bit	A lot	
Leucorrhoea Status	Watery	Sticky	Thick

Leucorrhoea Odour	None	awful	
Leucorrhoea Time	Daily	Occasionally	Near Periods
Period Cycle	( ) days	After how many days it repeats	
Period duration	( ) days	How may days it runs	
Period discharge	Normal	Below Normal	Excessive
Pain time	Before periods	1st day, 2nd day, 3rd day, all days	
Pain intensity	Bearable	More than Bearable	Too much
Clots	None	A few	A lot

### **Vaginal status (Skin texture of Genital area)**

Color of Labias	Pinkish Brown	Light Brown	Dark Brown
Status of Inner Labia	Uniform & Properly thick	Shrunk & thin	
Vaginal Itching	None	Occasionally	A lot

### **Sexual status**

Pain during sex	None	Little	A lot
Remain frigid, fails to become sexually aroused	Occasionally	No.	Often

Dryness \*

None Yes

(\* After sex if you feel burning in vagina then it is because of dryness)

Get aroused late	No	Yes	
Does not get proper fulfillment (Orgasm)		No	Yes

### **Menopausal status**

Get hot flushed	None	A bit	A lot
Suddenly sweating	None	A bit	A lot
Bleeding	Normal less	Above Normal	Too much
Mood Swing	Depressed	Irritated	Palpitation
Bleeding	In one month	Twice in month	Irregular

### **Post Menopausal status**

Dryness in Vagina	None	A little	A lot
Hot Flushed	None	A little	A lot

Narrowing of vaginal passage	None	A little	A lot
Giddiness	None	A little	A lot
Insomnia	None	A little	A lot
Mood Swing	None	A little	A lot
Desire of Atmyog (Sex)	Normal	Very less	No More

### **General muscular skeletal status**

Neck	Normal	Little Pain	A lot of pain
Shoulders Arms	Normal	Little Pain	A lot of pain
Elbow	Normal	Little Pain	A lot of pain
Wrist	Normal	Little Pain	A lot of pain
Fingers	Normal	Little Pain	A lot of pain
Upper Back	Normal	Little Pain	A lot of pain
Lower Back	Normal	Little Pain	A lot of pain
Hip joint	Normal	Little Pain	A lot of pain
Last (tip) of spine	Normal	Little Pain	A lot of pain
Thighs	Normal	Little Pain	A lot of pain
Knee	Normal	Little Pain	A lot of pain
Calves	Normal	Little Pain	A lot of pain
Ankles	Normal	Little Pain	A lot of pain
Foot sole	Normal	Little Pain	A lot of pain
Heels	Normal	Little Pain	A lot of pain

### **Hair**

On Chest	None	A few	A lot
On abdomen	None	A few	A lot
Arms	Normal	Above Normal	Too much
Legs	Normal	Above Normal	Too much

### **Crystal deposition on**

Groin Hair	None	A few	Too much
Under Arms	None	A few	Too much

## General condition of the complete body.

Intensity					
1.Giddiness	Never	Occasionally	Frequently	Mild	Severe
2.Breathlessness	Never	Occasionally	Frequently	Mild	Severe
3.Headache	Never	Occasionally	Frequently	Mild	Severe
4.Palpitation	Never	Occasionally	Frequently	Mild	Severe
5.Disturbing Dreams	Never	Occasionally	Frequently	Mild	Severe
6.Worried	Never	Occasionally	Frequently	Mild	Severe
7.Irritated	Never	Occasionally	Frequently	Mild	Severe
8.Insomnia (Sleeplessness)	Never	Occasionally	Frequently	Mild	Severe
9.Burning Urination (Urinary Inf.)	Never	Occasionally	Frequently	Mild	Severe
10.Piles	Never	Occasionally	Frequently	Mild	Severe
11.Constipation	Never	Occasionally	Frequently	Mild	Severe
12.Lack of appt.	Never	Occasionally	Frequently	Mild	Severe
13.Asthmatic	Never	Occasionally	Frequently	Mild	Severe
14.Cough	Never	Occasionally	Frequently	Mild	Severe
15.Cold	Never	Occasionally	Frequently	Mild	Severe
16.Fever	Never	Occasionally	Frequently	Mild	Severe
17. Sweating in Soles	Never	Occasionally	Frequently	Mild	Severe
18. Sweating in Palms	Never	Occasionally	Frequently	Mild	Severe
19. Acidity	Never	Occasionally	Frequently	Mild	Severe
20. Skin Allergy	Never	Occasionally	Frequently	Mild	Severe
21. Varicose Veins	Yes	No			
22. Swelling	On face	On Hands	On legs	On feet	all over the body
23. Belching *	Yes	No			

(\*Gas comes out of mouth with loud sound)

## How will **Kanak** work so deeply ?

How will Kanak work so deeply & help you to achieve such Multidimensional effects on your body ! ?

There are two stages in a women's body on which **Kanak** will act.

### Stage I

In a woman's body, there is a complete chain of controls & Functions related to each other from top - Pituitary to Thyroid, adrenal, ovaries & uterus itself.

All these hormones function in harmony to each other. And this way they perform all bodily activities. But there should be a harmony, balance & coordination between them, when the coordination or balance between these hormones is disturbed then problems &

disease start building up,. That is where **Kanak** works !! **Kanak** helps build up harmony, coordination & balance among all these hormones of your body. When disease causing imbalance is rectified by **Kanak** then problems & diseases of your body are controlled & cured one by one automatically and very easily !!

## **Stage II**

There is one more chain of Enzymes related to digestive system, which play a vital role producing appropriate nutritional supplements, which perform-reparative works & initiate curative processes.

We mistake Digestive System to be only for digestion of food, but its functions are far more complex than just digestion, because until there are enough enzymes for different functions, the body will not work properly. There are Enzymes which digest food. Some of the enzymes assimilate digested food in body. Few enzymes keep the internal organs & tissues fresh & clean.

There should be a perfect Balance & coordination between these enzymes, to keep body functions fit!! That is where **Kanak** works !!

Finally, Stage I and Stage II should also have a perfect coordination; otherwise if there is imbalance between Stage I and Stage II then also there is going to be malfunctioning of body systems, may it be digestive system, circulatory system, reproductive system, skeletal system or even your skin.

**Kanak** helps build up this vital co-ordination between Stage I and Stage II to attain healthy flawless body.

That is why we have seen that so many problems & diseases are controlled, regulated & cured by **Kanak** alone because. It has an astonishing potential to maintain these vital balances! It goes into the root of body channels & from there it spreads the positive wave, positive program. That is why we have seen that so many problems & diseases are controlled, regulated & cured by **Kanak** alone because it has an astonishing potential to maintain these vital balances! It goes into the root of body channels & from there it spreads the positive wave, positive program or positive process, and then rejuvenation of each & every tissue of your body starts.

A nice example to understand **Kanak** Phenomenon is -

Suppose there is a big beautiful tree and suddenly due to some dysfunction or disease or lack of water & essential minerals it loses its green grace. It is no longer bearing flowers & fruits.

Now suppose we want it to regain its lost beauty, greenery & grace then we start decorating it from outside- we stick some fresh leave, we stick some branches & we stick some fruits also!! However beautiful branches we may stick. However beautiful leaves we may stick. However sweet fruit we may tie on this tree but result would be-

No Natural branches will come out.

No true leaves - will come out

Means the tree will gain - No Natural Grace!!!!

On the other hand now you leave this method of external application & start working on the real problem & the real channel then what you have to do is -

1. You look into the matter of its root you find out that what is the cause of its lost grace.
2. If the input through soil is not proper then rectify it by feeding the root by proper supplements.
3. If the root is not getting adequate & fresh proper water then ensure that the root is supplied good fresh water.

#### Result -

As you remove all the adverse causes from the root & feed the root properly from inside then within a few days the tree will regain its lost beauty, it will regain its lost grace!! It will regain its greenery and it will start giving flowers & fruits!!! you will see the real difference.

You got the point!! ?

Means that when we applied so many things externally on the tree then it looked just good but when we worked on the root - then it just became a perfect tree !!, Then you do not have to do separate works for Branches, Leaves, Flowers, Fruits, Because you are feeding the master channel! Which will rectify all the abnormalities automatically!

The same way suppose a person has a lot of deficiencies in her body.

Her body is dehydrated, she is lacking in strength also, her body is under weight also. Her skin is dry & rough & she is developing wrinkles also. She has lot of problems & a few diseases also.

Now what we do, we apply many different-different medicines, so will she regain her lost strength by these local applications? Will these local applications give her muscles &

bones the proper nutrition which they are dying for ? Will they cure her internal diseases?.

No-

We may apply any moisturizer or cream but will they permanently subside dryness of her skin?

No-

Now we apply many creams which contain iron and other chemicals which increase blood in body. So will the locally applied medicines increase her blood volume & quality?

No - Big No-

But if we give her proper medicines proper nutrition, proper supplements to her internally.

Then she will soon regain her lost weight !

She will soon regain her strength !!

She will regain her lost health.

She will regain glowing skin !!!

will she or not ! ? Yes she certainly will. That is how **Kanak** will function in your body.

- 1) It will work upon the basic root of the bodily function.
- 2) Rectify the Root causes of the Dysfunctions of the body.
- 3) Provide nutrition to all the body tissues.
- 4) This way, it alone will cure many abnormalities very easily.

Finally you will experience -

A wonderful change in .... Complexion !!

A wonderful build up of .....Glow on your face

A perfect back up of ..... Energy

A powerful back up of .....Strength

A never before state of ...Health

A never before state of ...Fulfillment

A divine experience of.....Tranquility.

### **Phenomenon of Kanak**

"What actions you can expect from **Kanak** "

**Kanak** will not suppress any sign-symptom or disease; rather it will clean the cause of any abnormality & throw it out of the body itself that is why the sign-symptom or disease will be properly get cured. To understand this phenomena understand this example below :-

Suppose your skin has black spots or pigmentation, then how will **Kanak** work out on that :

1. It will improve circulation in that particular area.
2. That improved circulation will dilute the pigmentation or dead tissue.
3. Body will send this diluted stuff to the blood stream.
4. Blood will bring it to intestines.
5. Intestines will expel them !

Finally your body will get rid of the problem. This type of process will take place in every tissue of your body and day-by-day your body will improve & start functioning perfectly well.

In this the process of rejuvenation & curing of disease, you can experience, sign & symptoms like -

Sneezing

Cough

Cold

Gas in Abdomen especially in evening

Occasional loose or semi solid stool

In some cases one may feel sleepier for a few days.

Little discharge from uterus as Leucorrhoea.

Burning urination, If you have had urinary infection previously.

All these signs and symptoms would be just temporary and they will subside with in a couple of days automatically, So you need not do much for them. In general you should take more seasonal fruits take soups (mix veg, sweet corn etc.) take coconut or when you are getting loose-stools then do not leave foot instead eat more. Once a day take curd during loose stools + take achar, imli chutney. Still if you want some special advice then you can contact us and ask any question from our executives free.

### **Kanak the concept**

Women are essence of life; their bodies are more complex then men's body -



**Kanak** will

**Generate** - Strength, Energy & Blood in you!

**Rectify** - Disturbed internal systems - may it be, urinogenital system, digestive system, Nervous system, skeletal system & skin etc.

**Restore** - Your energy, youth and health!

**Lead you to** - immense happiness & satisfaction!

And you'll feel complete flawless womanhood!

### **How to take**

Basic Dosage of **Kanak**

A grown up woman or an adolescent girl can have 2 to 3 tablets twice daily.

#### **1st 20 Days:**

**1<sup>st</sup> dose:** 2-3 tablets in the Morning with milk only (one hour before medicine & after medicine nothing should be taken)

**2<sup>nd</sup> dose:** 2-3 tablets just after you finish your dinner, with 1/2 cup of water only.

Give rest for 10 days.

#### **2nd 20 Days:**

**1<sup>st</sup> dose:** 2-3 tab in the Morning with milk only (one hour before medicine & after medicine nothing should be taken)

**2<sup>nd</sup> dose:** 2-3 tab in the Evening again with milk only or 2-3 tab with milk while sleeping 90 minutes after dinner.

#### **3rd 20 days**

**1<sup>st</sup> dose:** 2-3 tab in the Morning with milk only (one hour before medicine & after medicine nothing should be taken)

**2<sup>nd</sup> dose:** 2-3 tab just after you finish your dinner, with 1/2 cup of water only.

This is one therapy of 60 days - This way after one therapy evaluate with the help of the form you have filled up in chapter 4. Compare your previous state & present state.

In the very first therapy you'll notice many problems of your body are diminishing to an unimaginable level and many problems would have vanished all together!

After each therapy of 60 days if you give 20 days of pause, then you can have any number of therapies you may like.

If you feel satisfied by one, two or three therapy whatever if you want to just maintain the effect for long-long time then there is one way that is -

In summers you take one therapy, in winter also you take one therapy this will be sufficient for your body to keep fit & away from disease what so ever and above all

This will keep your skin in perfect texture.

Your Complexion in the best of your state.

Your face shining with the glow of gold.

Your ageing signs far far away from your face and body.

You can plan your "maintenance" as per your convenience also, as below

- 1) 15 days take **Kanak**; 15 days discontinue.
- 2) 2 days take **Kanak**; 2 days discontinue.
- 3) 1 day take **Kanak**; 1 day discontinue.
- 4) 1 month take **Kanak**; 1 month gap.
- 5) 2 months in Summer 2 months in winters.

After taking a complete course of your requirement, if you maintain your body by any of the above described plans for one year only.

Next year you will certainly look 3 years younger !! **Believe it or not ! It is true !!**

But you'd believe it if you do as we advise, rather you'd say "I did not expect such good result!!!

It is "Incredible Medicine!!!" Because you'll experience such vast positive changes, positive results in all the states of your existence

Your body

Your Heart

Your Mind

and finally your inner self will feel deeply blessed & happy to be -

A Women - A Girl

**To be a complete women**

**To be a complete girl**

**To be a **Kanak** Phenomenon**

Because this process will keep your body recharged for everyday, every season, every year & you will notice agelessness in your body by "**Kanak Phenomenon**"

### **What to eat, what not to eat**

Mostly people know that in Ayurved. You have to leave 1 2 3 4 5 6 7 8 9 10 ... things first then you will get better & healthy.

**But we say something opposite**, you need not to leave so many things rather you are required to eat more than what you are usually eating!!! Let us tell you the list of what you must eat & you easily can have!

- 1) You must take Achar (Pickle)
- 2) Imli Chutney (Tamarind) also you must eat.
- 3) Once a week you must eat Pakoras.
- 4) Dahi wada also is recommended by us.
- 5) Moong Dal Mangode also you can have.
- 6) Rice is no problem.
- 7) Kheer, Halwa one can have twice in 10 days.
- 8) Papad you should frequently have twice in a week.
- 9) Urad daal also must be taken.
- 10) Black Chana once a week or twice in 10 days.
- 11) Rajma is also allowed.
- 12) Dosa
- 13) Idli
- 14) Panni Puri (Golgappe) thrice a month is fine. No Problem!!!

Daily your food can be changed to so many menus with **Kanak**! You get taste also & health also.

Best would be if you can cook most of them right in your kitchen then it is going to be heavens of health right in your Kitchen for you & your family.

You can always eat outside but what we say is that out of 365 days keep 60 days for indulgence in food outside & 305 days in your house! Then you are not going to be troubled by disease and simultaneously if you are maintaining your body with the help of **Kanak**. Then you'll feel highly satisfied - blessed & healthy also!!!

What else you need!?

So have fun, loving ladies!

Do no worry!

This world is not so cruel!

and nor is GOD!!

Because they have created 6 tastes

- 1) Madhur (Sweet)
- 2) Amla (Sour)
- 3) Lavan (Salty)
- 4) Katu (Bitter)
- 5) Tikta (Pungent)
- 6) Kashaya (Astringent)

All these are made for us only to eat in balancing manner & enjoy - Health!!!

You can enjoy these tastes & still be healthy.

As your association with us will grow gradually then we will let you know the flawless taste indulgence for health, nutrition & happiness.

Once you are in our permanently associated list more of this knowledge will be passed on to you.

Still we have given you more than required tips to eat & be healthy

**The Mantra would be -**

- 1) 305 days in house with best food cooked enjoyment with Best of oil & Masalas!
- 2) 60 days go out & have Fun !
- 3) Keep 4-6 hours gaps between meals.
- 4) Your plate must have 1 cup of Dal, 3/4 cup of Veg., 2 Chapatis, 1/2 cup rice, Achar, Imli also frequently, Papad alternately, salad (not much but less).
- 5) Try to take your last meal before 9 p.m. on normal days.

**Last of all**

Let me also take this opportunity to introduce you to our enterprise "**Navika Remedies**".

How it came in to existence & how the brand **Kanak** developed!

**Navika Remedies** started its operations in April 2005. This enterprise is a joint effort of two people coming together from different fields yet closely knit: I & my younger brother- **Mr. Vikas Shrivastav**. It has been his existence that such medicines are reaching out to you all. Otherwise I was not at all inclined to start such a huge enterprise. I was content in my shell, working on my challenge my assignment my science AYURVEDA. I was more inclined towards my inner self, and happy for the reason that I am blessed to be devoted to my Deity. With my love towards my deity I kept on exploring the deep deep knowledge ocean of Ayurved! And by the grace of my deity I could bring the hidden

treasure of this science, out. Time and again some new drug I could explore through extensive research.

Had he not been so humble & poised, I would not have been out of my shell of contentment.

After completing 12 years of service with Nestle India Ltd. Vikas was nicely placed as an Area Sales Manager at Delhi. He resigned in Oct'2004. He has a vast & extensive experience of markets of Northern & Central India & Nepal. He along with his team mates used to visit Doctors at Nestle. Very often he used to tell me " Bhaiya people are so troubled out there. They do not find soothing solutions for their plight. Once into this vicious\_circle of diseases & disorders they never come out of the whirlpool of pain. I many times think how they could be helped out".

Being my brother, He had been closely watching quite closely - "What the capabilities of these Ayurvedic Medicine are & how they can benefit human kind". He tried to convince me to set up a Pharmaceutical Co. But as I previously told to you, I was not at all inclined to start an Ambitious Project like that. So by many ways I tried to persuade him for smaller projects but whichever small enterprise I explored were not practically feasible.

Then I thought that why God is not allowing me to convince him for other projects!?. I came to a conclusion that since ages humankind always needed healing touch & in this age of chemically driven fast life Ayurveda's Herbal Healing is God's Boon to ailing humankind because it is the part of The Ultimate Science of God & I felt that Ayurveda is not my creation - Its God creation, I am just researching it. So what ever I may find out should not be called as my exploration my creation hence if God is asking through so many persons around me to initiate this enterprise, I must give positive thought to the Aim of his life.

I Finally took up this project & came to the conclusion that God wants me to work for his cause & in that process wants to give you all

**Their healing touch of Ayurved.**

**The benefit of their creation**

**The benefit of Nature**

**The benefit of their science**

We have to be just the medium of action.

So keep in mind never take Ayurveda as any human creation or exploration, because it is the part of **The Ultimate Science of God.**

**Have faith in it & get utterly benefited by the Love of God !!!**

I know not all will incline towards Ayurveda, but only those who are cared, who are chosen, who are really loved by the Creator will become interested in this Phenomenon of **Kanak.**

**I wish you are one of them, One of my responsibility to Look after and help.**

A handwritten signature in blue ink, consisting of a circular symbol followed by a stylized, cursive-like mark.

**Signature**