

indigestion
cause & cure



L. Ramachandra Sarma

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P R E F A C E
[To the First Edition]

I am one of those who believe that it is not only possible but necessary for everyone to be his own doctor. This book is specially meant to be a guide in the self-treatment of digestive disorders.

The title of the book gives one the impression that its scope is limited to a very small range of disease conditions. But actually there is no such limitation, because the principle of unity forms the fundamental basis of Nature-Cure. Almost every chronic disease is dyspepsia of some degree. Real cure in any chronic disease is unthinkable so long as the root of the trouble, namely, dyspepsia, is ignored. Once digestion is set right and normal hunger is restored other superficial symptoms will go the way they came. This truth may seem incredible to those who are unacquainted with Nature-Cure; but the real proof lies in practical experience.

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L. RAMACHANDRA SARMA

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