

# Stress and Diabetes

**Name : Vikas Gautam**

**Age : 36 years**

**Sex : Male**

**Place : Hyderabad, AP**

I work in a multinational company and for the last one year Stress at the workplace had messed up my life. I was unable to handle the Stress along with my high Sugar level. Added to this woe, my work schedule which did not permit me to eat or sleep at the right time. Ms. Sujatha Raman counselled me for Stress and gave me some valuable tips to handle my Stress. She is the one who asked me to try Indian Noni. **After two months of taking Indian Noni, I feel active and I am able to control my Sugar level easily without using any other medication. The best part is, I don't feel tired even after a very long day ! Indian Noni is my multivitamin.**

## Indigestion, Joint Pain and Stress

**Name : Suresh Despande**

**Age : 52 years**

**Sex : Male**

**Place : F/118, PDL Colony,  
Chittawadg,**

**Hospet, Karnataka - 583 211**



I am working as supervisor in Pampasar Distillery Company (PDL). For the last two years, I was suffering from various health problems. I am going to tell you how this miraculous fruit juice helped me to live a real healthy life. My first problem is the Digestion; whenever I eat something, it wasn't digesting properly. I could feel that as if the food was converted into a stone inside the stomach. As a result of this, daily I used to go latrine soon after taking food. It is in the month of June, 2003, when spring came into my life in the form of **Indian Noni**. Within 15 days of my regular intake of **Indian Noni, the digestion problem wasn't there at all**. Today whatever I eat, I feel that is completely utilised by my body. Because now, the whole day I am active and energetic even when I come home after my work. And my second problem is nervous weakness. After sleep, I couldn't wakeup immediately. I felt like someone was striking my body. When I started the second bottle of **Indian Noni**, this problem is completely solved. I also had the Joint Pain where **today I feel like my body is completely weightless and painless**. Thanks to **Indian Noni**. Earlier I used to get angry on everybody. There was also some sort of stressful fear in me. Today **I am completely a cool guy and I have peace of mind** and there is no fear in me.

**Indian Noni** had worked in my body both in physical and mental levels; there is no exaggeration if I call this miraculous juice as "The Eighth Wonder of the World". Today my friends started telling me that my skin colour is changed and I tell them "Yes, it is because of **Indian Noni**". Thanks to Dr. P I Peter for giving good health for me and to my family by giving the Great Gift of Nature made available to the whole country.

# Headache and Stress

**Name : Ritu Kumar**

**Age : 46 years**

**Sex : Female**

**Place : Secundrabad, AP**

I'm a homemaker and I am in my forties. I had a severe headache for years and I felt totally drained after the household works. Due to severe headache and family tensions, I used to shout at people even at the slightest mistakes. At the end of the day.

I felt depressed. Ms. Sujatha Raman helped me get rid of my depression with regular counselling and asked me to try **Indian Noni**. Now my headache has vanished. I feel active and happy

## Severe Headache and Stress

**Name : P. Venkataramana**

**Age : 28 years**

**Sex : Male**

**Place : 17-384, NVR Street,  
Madanapalle,  
Hyderabad, AP**

For the past 5 years I have been suffering from Severe Headache, Stress and restlessness throughout the day. **Indian Noni** was introduced to me by my best friend Mr. Keshava Chary who explained the numerous health benefits of **Indian Noni** and that it would help my problem too. So I decided to try it out. After 3 months of consuming **Indian Noni** everyday, **my headache is relieved, stress reduced and I am very active now. Indian Noni** is the best drink for the health of one and all in the family.

## Low Energy, Stress and Nervous Problems

**Name : C. Subramani**

**Age : 32 years**

**Sex : Male**

**Place : 473, I Main 16th Cross**

**J.P. Nagar, Bangalore,**

**Karnataka- 560 078**



I am very proud to share the benefits of **Indian Noni**. This gift from nature has worked wonders for me and my family. Before **Indian Noni** came into my life, I was a very tensed person. I could never eat the appropriate quantity of food and had very low energy levels. Now **Indian Noni** has given me more energy and improved my health to a great extent. **My stress levels have come down, my skin is healthy and my hair shines with vitality** when compared to my earlier days. I am a very happy person now who eats well and experiences high levels of energy. My parents too are very happy and **Indian Noni** keeps the whole family smiling.

My brother's son is a tiny baby, one and a half year-old child with a nervous problem for the last 6 months. He was unable to even take a single step by himself. Now, after the introduction of Indian NONI, he is an active child who eats and plays well. For me Indian Noni is a gift from god to me and my family members. After drinking **Indian Noni**, my family has become a happy family and a healthy family. Thanks to Empower India Movement and all its leaders!

## Tension and Stress

**Name : Shikha**

**Age : 22 years**

**Sex : Female**

**Place : Hyderabad, AP**

I am working for a multinational company in a responsible position. Long hours of working and the work pressure had developed stressful tension, headache and high blood pressure in me. I could not sleep peacefully with my blood pressure mounting up. Eventually I have become hypertensive. Help came in the way of **Indian Noni**.

Ms. Sujatha Raman asked me to take **Indian Noni** to combat stress. **I couldn't believe it. I was relieved, became stress-free, after taking the juice for a month. Indian Noni** keeps me active even after a long day of work. I sleep well at nights ! Thanks to **Indian Noni. Indian Noni** is a must for the young and old.

# Lethargy and Stress

**Name : Dasa Rao**

**Sex : Male**

**Place : Abhinan Nagar Colony,**

**Padma Rao Nagar,**

**Secunderabad, AP-500025**

My retirement from the government services made me sit at home which was too difficult for me to bear. My days were longer and I found myself lethargic and it was difficult for me to pass my time. I wasted my time just watching the TV and got irritated for every small thing or for no reason at all. My son put me on Indian Noni, and I feel that's the best thing he has done for me ! The reason I feel so is because I have now become active again, rarely watching the TV, but helping my wife and family members happily in their jobs. I now feel that my days have become shorter ! My best wishes to all the people who brought **Indian Noni** into India.

## **Gastritis and Stress**

**Name : L. Jayappa**

**Age : 34 years**

**Sex : Male**

**Place : Trimulgerry, Secunderabad - 500 015**

I am working as a coordinator at the Department of Education. I have been suffering with Gastritis for the past two years. The demands of my job caused me lot of stress too. My friend and lecturer Mr. Lokesh introduced **Indian Noni** to me. I am continuously taking Indian Noni for the past 92 days. **I am now totally relieved of Gastritis and Stress. Indian Noni** is good for health and it gives meaning to our Life. It is really great !

## Diabetes and Stress

**Name : Ravi Ganesh**

**Age : 41 years**

**Sex : Male**

**Place : Indhira Sadhan,**

**Lothu Kunta, Secunderabad**

For the past four years, I have been struggling with diabetes. Blood sugars were in the range of 400s. I felt very tired, restless and hypertensive at work place. Lack of sleep made my days tough for me and I became irritable. Dr. Satish Kumar put me on **Indian Noni** Therapy and told me to continue it with other medications. He also suggested to take the counseling course under Ms. Sujatha Raman to manage my health issues like stress, hypertension and sleeplessness. He told me that **Indian Noni** would do wonders and I experienced the truthfulness of his words in my own experience. My strict regimen of continuous **Indian Noni Therapy** coupled with the counseling sessions started yielding good results for me. **My sugars are slowly creeping to normalcy. Stress is very much under control and I am able to handle tensions better.** I have learnt to put myself to sleep and I feel active and fit. For me, **Indian Noni** is a wonder juice that has changed my life for better for ever.