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- (2) Fasting - The Master Remedy (7) Yoga Therapy
- (3) Therapeutic Baths (8) Healing Power of Colors
- (4) Curative Powers of Earth (9) Sleep - Restorative of Tired Body & Mind
- (5) Exercise in Health & Disease

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- (11) Miracles of Alkalizing Diet (17) Importance of Dietary Fiber
- (12) Vitamins & Their Importance in Health & Disease (18) Lecithin - An Amazing Youth Element
- (13) Minerals & Their Importance in Nutrition (19) Role of Enzymes in Nutrition
- (14) Amazing Power of Amino Acids (20) Raw Juice Therapy
- (15) Secrets of Food Combining (21) Sprouts for Optimizing Nutrition

Part III: Diseases And Their Natural Treatment

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- (25) Anemia (56) High Blood Pressure
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- (28) Arthritis (59) Indigestion
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- (30) Back Ache (61) Insomnia
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- (32) Cancer (63) Kidney Stones
- (33) Cataract (64) Leucoderma
- (34) Cirrhosis of the Liver (65) Neuritis
- (35) Colitis (66) Nephritis
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- (37) Conjunctivitis (68) Peptic Ulcer

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(43) Diarrhea (74) Rheumatism
(44) Dysentery (75) Sexual Impotence
(45) Eczema (76) Sinusitis
(46) Epilepsy (77) Stress
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(48) Fatigue (79) Tonsillitis
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