

HEALTH IS WEALTH



A revolutionary healthcare system to  
heal your mind & body with nature





## VISION

Empower people to experience enhanced health, optimal wellness and a balanced life driven by nature.



To promote a drug-free life enabled by Nature Cure therapies, to educate about abundance of natural medicines, help individuals and the society in life style modification according to our natural constituent and live a life filled with health and positivity.

## MISSION

## GOAL

Fundamentally focus on the reduction of suffering in the individual, community and world at large. We believe deeply in the tenets of nature as a medicine and promoting the ultimate sources of health.



Swafe seeks to bring versatile wellness to the world, globally promoting the message of naturopathic healing and the power of nature as medicine.

## PURPOSE



## OBJECTIVES



- Inspire individuals across the globe to adopt Natural healing approach for a healthy life style
- Promote healthy regime to all health conscious individuals and improve their quality of life through natural healing techniques.
- Promote treatments of various ailments for rejuvenating and revitalizing one's body, mind and soul.
- Encourage individualization of a balanced and blissful life.
- Elevate the health by personalized holistic healthcare.

## SWAFE JOURNEY

SWAFE is the journey of a renowned entrepreneur and a philanthropist, Mr. Madhu Shekhar Bhandari, after his personal experience with deteriorating health. A journey that took him to discovery of a holistic approach using nature as a source of medicine to create breakthroughs in his health led him to take it upon himself as a responsibility to share the journey of reversing his health from almost to the end of a life, back to a rejuvenated state. His extensive personal research about different systems of medicine has led him to empower people to better health, after they have exhausted conventional methods.

Through his journey of 17 years, Mr. Madhu Shekhar Bandari has been able to put together a holistic approach for a well-balanced life that is drug-free. Nature has its own sources and forms of healing the individual by balancing the 5 elements. Swafe is an acronym of these elements of Space, Water, Air, Fire & Earth. With the knowledge and balancing of the five elements allows an individual to understand the laws of nature and to use nature cure methods to attain greater health, power, knowledge, wisdom and happiness.

## SWAFE APPROACH

Based on the principles of Naturopathic Medicine, SWAFE is a dynamic multi-dimensional Nature Cure approach derived from the 5 elements of nature to stay disease free unto old age. The holistic approach is designed to balance all the 5 elements for superior health & to heal your mind, body and soul completely.

This approach, since time immemorial has proven successful in treating both chronic and acute diseases. It is a new drug-free regimen in self-care which is therapeutic, curative and also preventive, with no side effects which SWAFE brings to the world to benefit from.



## SWAFE PHILOSOPHY

SWAFE believes in making the world a better place, even if the difference is in one person's life. As we embrace our passions and delve into the mystery of life, we unite with the majestic complexity of nature; and follow the signs that can help us understand who really we are. We understand the power of nature healing and seek to share with the rest of the world.



## TRANSFORMING PASSION TO A MOVEMENT

**Mr. Madhu Shekhar Bhandari**

Entrepreneur, Philanthropist and Business Tycoon, Dubai, UAE.



**SWEET** is the meaning of my title (Madhu), filled with objective driven energy to assist humankind at all conceivable levels a human like me can, and might you as well in the future! With a 40bn dollar group of companies under my banner and 3,500 employees to lead, I have taken it upon myself as a responsibility to share with the world a miraculous way of living a drug-free life. A journey that I experienced for the last 17 years of discovering true wealth, your health.

**BILLIONAIRE**, young, successful and enjoying life, I imagined that happiness lay in a glass of vodka, cigarettes and gambling and soon discovered the "ultimate" life believing that money can buy me happiness. In the race to become a billionaire and among the rich and famous I had already lost my health to the point of no return and the doctors had already warned of my deteriorating health condition. This had no effect on me as I had money and believed I could buy everything being one among the fastest growing billionaires in the world. Unfortunately, the best of doctors could not help me even with all the riches of the world.

**A LIFE CHANGING** thought took me on a path to self realization and the discovery of naturopathy methodology of healing. I decided to take charge of my own health and travelled extensively in search of various sources and systems of medicine. I have explored all the possible systems of medicines existing in the world and various therapies, but found some shortcomings in each one except for naturopathy. That's when I was convinced that nature is the best source of holistic healing as we are born from nature and we shall return back to nature.

**IN 2003** the world was reeling under a financial crisis of unprecedented proportions. Markets collapsed. People lost all their savings. The economy was in shambles. I lost a lot too. My blood pressure of 25 years went away! Smoking and alcohol addiction also disappeared! And in return I got a deep desire to go on a quest for God, my our, your, Creator. God who inspired me to start a company that would launch the No Gym Be Slim system, and then share my methodology to bring health back into human life. By losing all the excess weight not just in your body, but in your mind and in your thoughts.

**WITH RESPECT** for medical science, you can see my publically available medical records from 1980 till today, test results, diagnosis, medications and how none of that really helped me! Like I suggested to you, one fine day I simply said ENOUGH and resolved to master my own health. I studied for years, learned from every possible school of thought the ROOT cause of sickness, and how to get rid of it.

"Happiness is the  
highest form of  
health."

Dalai Lama

**AND SWAFE WAS BORN**, From my own sufferings and pain, only when I was able to help myself holistically did I realize that the secrets I learned deserve a wider audience. Billions suffer from chronic diseases on this planet: depression, anxiety, obesity, High or Low BP, heart disease, diabetes, a very, very long list here that medical science has not been able to fully cure as yet but help reduce severity or arrest "the rate of decline" - I was one such patient myself not very long ago. This is my story of transforming my passion to a movement that will change your life for ever.





## EXPLORE THE ELEMENTS OF NATURE

SWAFE offers a holistic approach that acts as a remedy to several ailments, strengthen our body and boost immunity, classified by the five natural elements.

### SPACE



Space is the only element which doesn't not have any limit. It is the idea of connectedness. The chief characteristic of space is sound including the entire spectrum of vibrations. Space represents awareness and expansiveness both within and outside our body. It is what connects us to everything. In the mind space represents consciousness.

### WATER



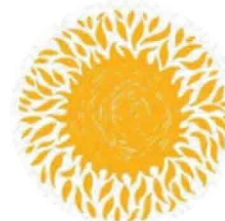
70% of our body is represented by water with the idea of flow, liquidity and Cohesiveness. Water is the main composition of blood, lymph, and other fluids that control the cell environment both within and outside. Water moves through our vessels, bringing energy, carrying away wastes, regulating temperature, bringing disease fighters and carrying hormonal information from one area to another. In the mind it brings in feelings of attachment, love and compassion.

### AIR



Air is the force behind all movement throughout our body. Within the body, air (oxygen) is the basis of all energy transfer reactions. It helps with circulation, nerve impulses, movement of the joints, and the breath. In the mind air moves our thoughts and emotions.

### FIRE



Fire is the idea of heat, light and transformation. Fire possess the power to transform the state of any substance. Within our bodies, the fire or energy binds the atoms together. It also converts food to fat (stored energy) and muscle. It creates the impulses of nervous reactions, our feelings, and even our thought processes. In the mind it brings clear perception and judgment.

### EARTH



Earth is the idea of stability, solidity, permanence & rigidity. In our body, the parts such as bones, teeth, cells, and tissues are manifestations of the earth. Earth represents the physical structure. In the mind it brings mental stability and structure to our life.

These five elements are constantly in a state of flux. Using the SWAFE approach, we can establish which elements are dominant, and thus exerting more influence over the body and mind – and then use the individualized lifestyle modifications to help you strike a balance in all aspects of life.



## SEVEN CHAKRAS

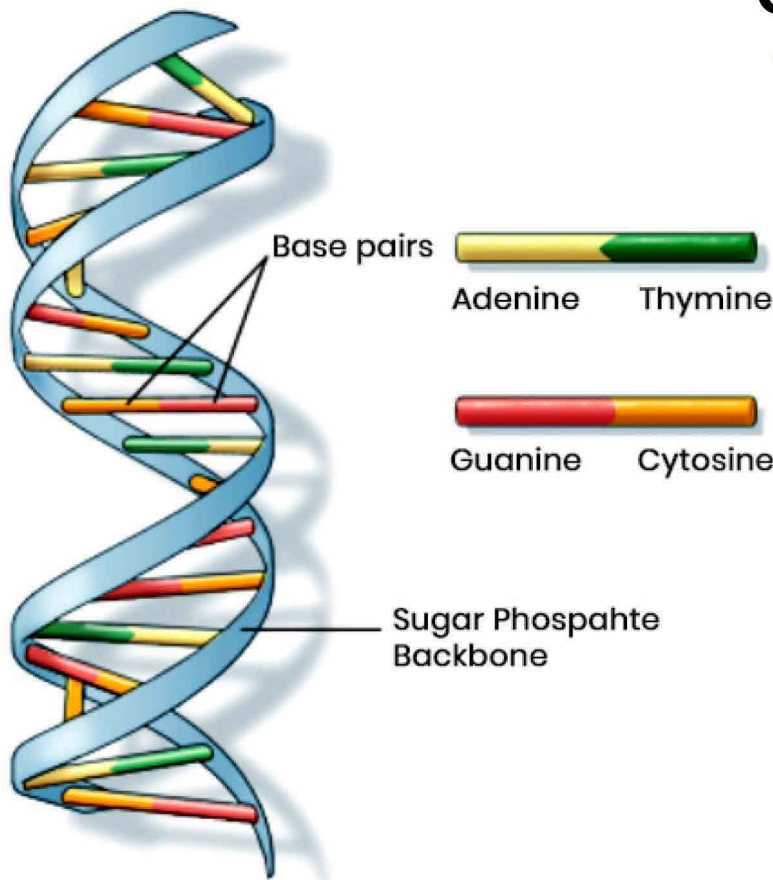
Chakra (cakra in Sanskrit) means “wheel” and refers to energy points in your body. Chakras are the another part of Yoga systems. Chakras are energy points or knots in the subtle body. They are located at the physical counterparts of the major plexuses of arteries, veins and nerves. Chakras are part of the subtle body, not the physical body, and as such are the meeting points of the subtle (non-physical) energy channels, called nadiis. They are thought to be spinning disks of energy that should stay “open” and aligned. The SWAFE holistic approach aims at balancing and aligning the chakras corresponding to bundles of nerves, major organs, and areas of our energetic body to improve and strengthen our emotional and physical well-being.





## GENETIC ANALYSIS

Genetic testing involves examining your DNA, the chemical database that carries instructions for your body's functions. Genetic testing can reveal changes (mutations) in your genes that may cause illness or disease. Genetic testing can provide important information for diagnosing, treating and preventing illness, there are limitations. Youturn Genetics, under SWAFE is the only organization in the UAE to provide Whole Genome Sequencing & Next Generation Sequencing.



## GENOME SEQUENCING

Genome sequencing – a process for analyzing a sample of DNA taken from your blood.

Everyone has a unique genome, made up of the DNA in all of a person's genes. This complex testing can help identify genetic variants that may relate to your health. This testing is usually limited to just looking at the protein-encoding parts of DNA called the exome.

## WHY ITS DONE?

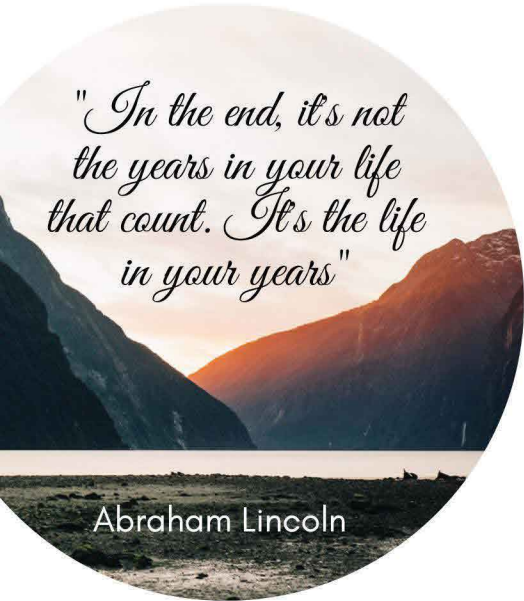
Genetic testing plays a vital role in determining the risk of developing certain diseases as well as screening and sometimes medical treatment.

## GENETIC CARRIER SCREENING

It is about identifying, through DNA tests, the presence of disease-causing gene mutations. These mutations that you or your partner carry can be the cause of diseases that you could develop or transmit to your offspring. This means that, with a simple saliva sample, you can discover what implications the presence of certain genes could have on your health or on that of your children.

## PRIVACY & SECURITY

Confidentiality and security of the data imply an unavoidable responsibility. Advanced safety protocols and the latest technology in informatics encryption, apart from physical and technical measures to maximize security in accordance with the current legislation is used. Every connection is covered by the cryptographic protocol SSL.



*"In the end, it's not the years in your life that count. It's the life in your years"*

Abraham Lincoln

## HOLISTIC HEALTHCARE

SWAFE believes that in order to live long and happy, one should treat their body right. To do that, what you eat and how you take care of your body matters the most. SWAFE believes in the science of holistic healing combined with yoga, natural medicine and genetic analysis under the four verticals.

<http://swafe.com/>

### SWAFE



SWAFE is about going back to the basic elements i.e. Air, Water, Earth, Fire and Space. It is based on the healing power of nature and it supports and stimulates the body's ability to heal itself.



### SWAFE WELLNESS

<http://swafewater.com/>

SWAFE wellness is a complete solution based on frequency of negative ions, salt therapy and physical body therapy. Together with chakras healing and removing the blockages of the brain and past karma which are stored in the human brain.

<http://nogymbeslim.com/>

### NO GYM BE SLIM

After the two are achieved regular human body maintenance with physical postures for flexibility, removing of toxins in the body by sweat and breathing are required. No gym be slim is a developed by state of the art technology for maximum effectiveness in the procedures involved.



### YOUTURN GENETICS

<http://youturn.com/>

Youturn Genetics facilitates genetic testing to establish the diagnostics and determine the root cause of the ailments for further treatment. It helps in getting to understand your body in its natural disposition and whats causing the imbalance.



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## OUR PRODUCTS

SWAFE approach is firmly rooted in the commitment to providing the best that Mother Nature has to offer, combined with state of the art technology and the latest in scientific research. We can say with confidence that every product is of superior quality with miraculous results.



### SWAFE AIR MUSIC DVD

For the first time, SWAFE have developed a special Audio Music CD that balances all the 5 elements just by simply listening. So heal yourself just by enjoying music which is tuned by various frequencies associated with the elements.

## SWAFE ALKALINE ANTIOXIDANT HEALING STRUCTURED WATER IONIZER (9 PLATES/ 13 PLATES)

SWAFE have developed the worlds first & only water filter which generates powerful antioxidant drinking water that is alkaline with highest -ve ORP. The machine is designed with special healing frequency and fitted with a special chamber that restructures the water molecules. In turn it converts normal water tap into Healing, structured, antioxidant Alkaline water at the touch of a button.

#### Features

- Clear color LCD screen.
- Automatic cleaning function after every use every
- Soft-touch functionality using a capacitive sensor
- Fully convertible: counter-top to under counter
- Advanced RADC Cleaning System
- Dual Internal, Custom Pre-filter
- Flow Control : Automatic
- Full Color LED Display w/ Automatic Voice Prompting
- Automatic Heat Sensor



### RBREATHING VIDEO

We all know that we are breathing, but we are unaware if our breathing is in correct rhythm. SWAFE has developed very simple breathing exercises which will teach you how to correct the breathing cycle and breath in rhythm so that the flow of oxygen and energy can be optimally utilized.



## OUR PRODUCTS



### ZCURE NANO SPRAY

"Zcure" is a natural food supplement that contains Policosanol from rice wax or sugarcane wax using nanotechnology. This nano-emulsion allows for better absorption of policosanol when bound with Vitamin D receptors (VDR). With nano particle size less than 50 nm, Zcure can enter the nucleus of a cell where the 46 chromosomes reside and help to repair the diseased cell by proper gene transaction. By binding to VDR Zcure serves as a natural alternative to vitamin D hormone. Zcure is effective in treating and preventing diabetes (type 1 & type 2), high blood pressure and other immune related illnesses.

### NANO CURCUMA GOLD

Nano Curcuma gold is a blend with Immune-Supporting & Neuro-protective Properties. Known as 'Liquid gold' in the natural source of Curcumin (diferuloylmethane) has miraculous health and therapeutic benefits. Turmeric (*Curcuma longa*) is one of the most well researched culinary and medicinal plants in the world with tremendous focus on its unique antioxidant properties. SWAFE brings to you a water soluble Curcuma concentrate using the latest in nanotechnology with nano particle size less than 39nm and superior bioavailability via bypassing the digestive enzymes in the gastrointestinal tract due to its rapid absorption.. Adding just a few drops to your morning coffee or favorite drink will transform it into a natural antioxidant-rich golden elixir!



### SPIRULINA PLUS (DEEP OCEAN)



SWAFE deep ocean Spirulina plus is known for its health benefits. It is a kind of algae used as a supplement since the ancient ages, found only in the deep oceans. Known for the quality of proteins and omega-3 and omega-6 fatty acids, it has antioxidant and anti-inflammatory properties. A supplement used by astronauts at NASA is made open to the entire world to benefit from by SWAFE alone. High in nutrients viz, Protein, Chlorophyll, Vitamin B12, Beta carotene, Linoleic acid and Linolenic acid; undoubtedly SWAFE SPIRULINA PLUS is the best gift of mother nature as a cure for all those suffering with diseases.



## OUR SERVICES



### GENETIC ANALYSIS

Genetic testing involves examining your DNA, the chemical database that carries instructions for your body's functions. Genetic testing can reveal changes (mutations) in your genes that may cause illness or disease.

### GENETIC COUNSELING

Genetic counseling is offered before and after the test to understand the genetic causes that are leading you to the ailment you are suffering or may experience in the future due to genetic factors. No matter what the results of your genetic testing, talk with our highly trained and expert doctors & genetic counselors about questions or concerns you may have

### GENOME SEQUENCING

Everyone has a unique genome, that makes up our DNA. When genetic testing doesn't lead to a diagnosis but a genetic cause is still suspected, a process for analyzing a sample of DNA taken from your blood can determine the cause of the ailment. This complex testing is a comprehensive method for analyzing entire genomes. Genomic information will help in identifying inherited disorders, characterizing the mutations that drive cancer progression, and tracking disease outbreaks.

### DNA ANALYSIS REPORTING

Reporting of the DNA data post analysis from our partner laboratory in Germany, will be made available for you at your finger tips by highly advanced software system that enables and ensures the highest possible level of confidentiality and security. For reporting we follow Advanced safety protocols and the latest technology in informatics encryption, apart from physical and technical measures to maximize security in accordance with the current legislation in use. Every report is covered by the cryptographic protocol SSL.

### TYPES OF TESTS

- Diagnostic testing
- Presymptomatic and predictive testing
- Pharmacogenetics
- Ancestry
- Carrier testing
- Prenatal testing
- Newborn screening
- Preimplantation testing
- Whole Genome sequencing
- Next Generation Sequencing
- Cancer screening





## CONTACT US

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*What changed me, can  
change you, can change  
the entire world. Come  
join the journey of self  
discovery with me"*  
Madhu Bhandari

### WEBSITES

SWAFE <http://swafe.com/>

SWAFE WELLNESS <http://swafewater.com/>

NO GYM BE SLIM <http://nogymbeslim.com/>

YOUTURN GENETICS <http://youturn.com/>