

THE HEALING PROJECT

Personal Bio:

As a medical missionary, Martin Raj goes to different places to educate people in Healthful Living and provide Lifestyle Counselling. Currently he provides health lectures, cooking classes, natural remedy demos, and hydrotherapy training at Education Centers and Churches. He also provides personal lifestyle counselling. His greatest joy is reaching as many people as possible to enlighten them about health in its truest light and help them see how powerful nature can be as a curative agent.



My experience with cooking classes & healthy eating choices:

I am not one to believe that there is only one underlying cause for a person's sickness. There are several factors that leads to sickness and likewise there are several factors that are involved in maintaining health. I call it as a 'Lifestyle'. Whether to preserve health or ruin it lifestyle plays a major role. Lifestyle entails proper nutrition, physical activity, exposure to sun, enough rest etc. People are usually not

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interested in learning about preserving health and unfortunately, they develop that interest after they are diagnosed with sickness. However, one of the best ways I have found in educating people is through my cooking classes. Since I am an Indian and I specialize in Indian cooking, people show more interest in learning it. My cooking classes do not just involve demonstration but I provide lots of vital facts such as when to eat what, which combination is good, which ingredient has high protein content or even which herb/spice helps with curing some intestinal infection/health etc. Proper eating should be helpful in healing after all. This opens up the door for me to educate people about proper lifestyle practices. Thus, my joy is achieved.