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# Healing Diseases Naturally

**Compiled By:**

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# DEDICATION

For Those Brothers and Sisters

Who Are Trying To Regain Their Spoiled health.

# REMEMBER

This Book is not a Substitute

For Medical Treatment,

But an aid to enhance Healing.

# Health in Your Hands

- Health as defined by W.H.O is “A state of complete, physical, mental; & social well being and not merely the absence of diseases”.
- Health is Wealth. However, if wealth is lost, something is lost. But if health is lost everything is lost.
- “Your food shall be your medicine” said Hippocrates, the father of medicine several hundred years ago. It is true even today .There are many illness which can be prevented by selecting natural foods , consisting of a balanced diet , rich in vitamins , minerals and vital nutrients, which have positive medicinal properties.
- Man has become divorced from the nature and its bounties. He is unwittingly lured by the widely advertised processed foods, fast foods, chemically treated, artificially flavored and packed foods. He has no time to think, that such foods are devoid of nutritional values.
- “Prevention is better and cheaper than cure”. It is worth while to spend some time in acquiring the know – how of good health.
- The proverb “A Sound Mind in Sound Body” is true. One should control emotions, stress and strains.
- Eat nutritious food, drink milk and juice not alcohol, be happy and merry.
- Early to bed and early to rise, is equally true to ensure long and healthy life, as cherisher by our forefathers.
- In fine, the axiom “Health in your Hands”, is true .One has to observe the rules and live happily or disregard them and live miserably.

# PREFACE

The present book is a sincere attempt to explain diet chart and prevention plan for various diseases. Natural healing is the best form of healing with no side effect, economical, easy to learn and administrate. It emphasis to adopt “**EAT TO LIVE**” rather than “**LIVE TO EAT**”.

I have compiled this book with the intention to propagate naturopathy and to serve the ailing humanity, for the cause of mankind .Our health is our own responsibility .If we won't find time for health, we shall have to find time for illness.

Here I would like to apologize for my mistake in this book, and will appreciate reader's suggestion

I sincerely hope that this book will give adequate information will be useful to the readers.

Wishing you a more healthy life.

Naturally Yours

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## TREATMENT CHART & PREVENTION PLAN FOR APPENDICITIS

### I. Fasting Therapy for Appendicitis:

Patient should resort to fasting, which is the only real cure for the appendicitis. Absolutely no food should be given. Nothing except water should enter the system. The patient can be given fruit juices from the 3<sup>rd</sup> day onwards. After spending 3 days on fruit juice patient may adopt an all fruit diet for a further 4 to 5 days. During this period, he should have a 3 meals a day of fresh juicy fruits. Thereafter he should adopt a well balanced diet based on 3 basic food groups namely seeds, nuts & grains, vegetables & fruits.

## II. Milk Diet:

In case of chronic appendicitis, a short fast should be followed by a full milk diet for 2 to 3 weeks. In this regimen, a glass of milk should be taken every 2 hours from 8 a.m. to 8 p.m. on the first day, a glass every hour and a half the next day and glass every hour the 3<sup>rd</sup> day. Then the quantity of milk should be gradually increased so as to take glass every half an hour, if such a quantity can be tolerated comfortably. After the full milk diet, patient should gradually embark upon a well-balanced diet with emphasis on fresh fruit and green leafy vegetables.

## III. Wheat Grass Juice:

Wheat grass juice is considered beneficial in treatment of appendicitis. By furnishing body with minerals, vitamins, & chlorophyll.

## IV. Diet Cure Chart for Appendicitis:

Adopt a well balanced diet as given in separate chapter after fasting therapy.

- \* **Avoid:** Constipation, Tea, Coffee, Sugar, Anar, Spicy Fried Food, Pickles, Chutney, Soft drinks & Alcohol.
- \* **Highly Beneficial Foods:** Munaqqa (Raisins), Carrot, Beet, Wheat Grass Juice, Mung, Curd, Grapes, Amla, Methi.

## V. Selective Home Remedies:

1. **METHI** (Fenagreek) : Decoction or tea made from methi is helpful in preventing appendix from becoming dumping ground for excess mucous and intestinal waste.
2. **RAISINS** (MUNAQQA) : Soaked in a glassful of drinking water 24 hrs and eat early in the morning with water.
3. **CARROT:** Carrot juice, combined with spinach and a little lemon juice is effective treatment of constipation.
4. **MUNG (GREEN GRAM):** Water in which green gram are soaked is an excellent for all types of fever and during acute phase of appendicitis.
5. **ISHABEUL:** The seed with husk are soaked in water or milk for few hours. The liquid is strained and can be taken at night.

**NOTE:** Do not use any home remedies continuously. Keep at least 10 days proof gap and then re-start it again.

## VI. HYDRO THERAPY:

Low enemas, containing about one pint (1/2 liter) of warm water should be administered every day for the first 3 days to cleanse the lower bowel. Hot Compresses may be placed over painful area several times daily. Abdominal pack, made of a strip of wet sheet covered by icy flannel cloth bound tightly around the abdomen, should be applied continuously until all acute symptoms subside. When acute symptoms subside by about; the 3<sup>rd</sup> day, the patient should be given a full enema, containing about 3 pints of warm water and this should be repeated daily until all inflammation and pain have subsided. Wet girdle pack is also effective remedy.

## TREATMENT CHART AND PREVENTION PLAN FOR ARTHRITIS

### I. Vegetable Juice Therapy:

In severe cases it will be advisable to put the patient on a vegetable juice therapy for about a week. Green juice extracted from any green leafy vegetable mixed with carrot & beet juice. Repeat juice fast at interval of every two months.

**II. Raw Potato Juice Therapy:**

Eat the potato into thin slices without peeling the skin & place over night in a large glass filled with cold water. This water should be drunk in the morning on empty stomach. Fresh Juice can also be extract from Potatoes & drunk diluted with water 50:50, first thing in the morning.

**III. Diet Cure Chart:**

- A. **Upon Arising:** A glass of luke warm water with a half a freshly squeezed lime and add honey.
- B. **Breakfast:** Orange, apple or any fruit (except Banana) and cup a cup of hot milk with Oval tine.
- C. **Lunch:** First take salad with tomato, carrot, radish, cucumber, wheat bread green vegetable.
- D. **Afternoon:** Fresh fruit, salted biscuit.
- E. **Dinner:** Same as lunch

**AVOID:** Tobacco, Alcohol, Refined & Fried Food, Meat, Tea, Coffee, Cold Drink, Ice cream, Rice, Sugar, Processed & Canned foods, Cauliflower, Lady Finger, Arbi, Red Pumpkin, Brinjal, Urad Dal, Rajma, Sour food, Curd, Pulses, Milk & Milk Products.

**BENEFICIAL FOODS:** Pineapple, Apple, Cucumber, Garlic, Alfalfa, Aloe, Amla, Pepper, Nut mag, Ashvagandha, Lime.

**IV. Selective Home Remedies:**

- 1. **Alfalfa:** Alfalfa tea from its seeds is effective.
- 2. **Amla:** Tablespoon of powder with two tablespoon of jaggery twice a day for four months.
- 3. **Cucumber:** I juice with carrot and beet found effective.
- 4. **Garlic:** Garlic, Cloves found effective.

**Note:** Do not use any home remedies continuously at least keep a gap of 10 days & then restart it again.

**V. Hydro Therapy:**

- A. Steam Bath
- B. Hot Foot & Arm Bath
- C. Cold inflamed join
- D. Ice treatment

**VI. Auto-Suggestion:**

- 1. Every day in every way, I am getting better and better.
- 2. I am love. I how choose to love & approve of myself. I see other with love.

Repeat this affirmation as much time as you can. Especially early in the morning when you get up and when you are going to bed.

## TREATMENT CHART & PREVENTION PLAN FOR ASTHMA

I. **Fasting Therapy for Asthma:** Essentially a disease of over-nourishment that in intake of food much in excess of one's ability to digest & metabolize. Therefore, patients of asthma should generally be serve periodic fasts. Instead of a heavy meal, the patient should take very light meals. Particularly very light food at night or even avoid taking any food at all.

Asthma patient should fast for three to five days on lemon juice with honey. During this period the bowels should be cleaned daily with warm water enema. After the fast the patient may resort to an all fruit diet for a further 5 to 7 days to nourish the system and eliminate the toxins. Therefore, other foods may be gradually added to diet. Further short fasts and period on all fruit diet may be required in certain cases at intervals of 2 or months depending upon the progress being made.

II. **Wheat Grass Juice Therapy:**Wheat grass juice is considered beneficial in treatment of asthma. By furnishing body with minerals, vitamins, & chlorophyll. An exclusive diet of wheat grass juice is mentioned in separate chapter please refer it.

III. **Diet-Cure Chart for Asthma:**Adopt a well balanced diet as given below after fasting Therapy. A vegetarian diet is best for asthma.

- A) **UPON ARISING (6am):** Juice of one lemon with 2 teaspoons of honey and a teaspoon ginger juice in a glass of warm water.
  - B) **BREAKFAST (8am):** Carrot juice or any seasonal fruit juice. In carrot juice of ginger, mint, tomatoes, beets can be added to make a delicious & nutritious drink. A handful of germinated gram & wheat bread & dried fruit.
  - C) **LUNCH (10-11 am):** Being with salad (raw vegetable such as cucumber, lettuce, tomato, carrot, beet) mixed with pepper & lemon juice. After eating salad, eat vegetable soup or a bowl of boiled vegetables, 2 table spoons sprouted grain with whole wheat bread or chappatis.
  - D) **MID AFTERNOON (4 pm):** Fresh fruits, or salted biscuits.
  - E) **DINNER (7 pm):** Any seasonal fruits and sprouted grains one bowl.
  - F) **BED TIME (9-10 pm):** 1 teaspoon powder of haritaki or har given bed times along with one fourth quantity of rock salt every month. This will enable the body to build up its resistance & strengthen the vital organs to carry out its function in the normal way.
- \* **Avoid:** Rice, Sugar, Curd, Yoghurt, Ripe banana, Cold Drinks, Ice Cream & Sour fruit & its juice, meat of any type for a period of 3 months, fried food, strong tea, coffee, alcoholic, beverages, condiments, pickle sauces & all refined and processed foods. Initially milk & milk products should be totally avoided. Avoid taking water with meals. He should not eat very hot very cold, very spicy, very bland, very pungent, very sweet, very scar & very bitter. Avoid food which is known to be allergic. Avoid Elephant foot (Suran) potatoes.
  - \* **Highly Beneficial Foods:** Baked food, Honey, Vitamin B6, Aniseed (Saunf), Wing, Ajwan, Laun Garlic, Ginger, Holy Basil (Tulsi), Black Pepper, Turmeric, Amla, Jung Elyaz, Anjeer (Fig), Grape, Orange, Chauli Ka Saag, Karela, Pudina (Min Spinach (Palak), Almond, Til (Sesame), Jawar & Bajre cow & goat milk.

### IV. Selective Home Remedies:

1. **Turmeric:** 1 teaspoon of turmeric powder mixed with 2 tsp. of honey twice daily on an empty stomach or 1 tsp. with a cup of warm milk twice a day.
2. **Amaranth:** Drink fresh juice of chaulai Ka saag with honey.
3. **Bitter Gourd (Karela):** A teaspoon of root paste mixed with small amount of honey or tulsi leaf juice, given on every night for month.
4. **Garlic:** 3 cloves of garlic boiled in milk, can be used every night.
5. **Ginger:** Teaspoon of fresh ginger juice mixed with a cup full fenugreets (Methi) decoction & honey.

6. **Spinach (Palak):** Infusion of fresh leave of spinach prepared with 2 tsp. of methi seeds mixed with honey. It should be taken in doses of 30ml 3 times daily.
7. **Tomato:** A glassful of fresh tomato juice mixed with honey, a pinch of powdered cardamon (Chhoti Elaichi) seeds, taken after swallowing 3 peeled cloves of garlic every night before going to bed.
8. **Sesame (Til):** An infusion of sesame seed, mixed with a teaspoon of linseed (Alsi), a pinch of common salt & teaspoon honey, should be given once at night.
9. **Clove (Laung):** Chewing a burnt clove or 3 to 5 drops of clove oil mixed with honey & clove of garlic before going to bed.
10. **Tulsi:** A decoction of leaves with honey and ginger.
11. **Linseed (Alsi):** Linseed emulsion or tea can be made by heating a teaspoon of the powdered seeds in about 360ml of water. The liquid is reduced to half its quantity by boiling & sweetened with sugar.

**Note:** Do not use any home remedies continuously. At least keep a gap of 10 days then again restart same.

#### V. **Hydro-Therapy for Asthma:**

- A. Enema,
- B. Hot Fermentation to back
- C. Chest Pack
- D. Steam Inhalation
- E. Sponge Bath for fever
- F. Hot Food & Arm Bath
- G. Hot & Cold lung compress.

**VI. Mudra Therapy for Asthma:** This mudra can be made by entangling the finger among themselves & keeping either of the thumbs erect. Practice of this mudra increase heat in our body. So it is benefit to practice in winter & any time of the day but as only as when required. It should not practice for a longer time as this generates heat in the body. It destroys cough and chronic cold.

#### VI. **Auto suggestion for Asthma:**

1. Every day in every way I am getting better and better.
2. It is safe now for me to take charge of my own life. Choose to be free.

Repeat these affirmations as many times as you can. Especially early morning when you get up and while going to bed.

## Treatment Chart & Prevention Plan for Cancer

**Fasting Therapy for Cancer:** Raw juice diet for 3 to 5 Days take a glass of fresh fruit or veg. juice (Such as apple, pineapple, grapes, orange, carrot, spinach & beet. Beet juice in combination with spinach juice and citrus fruit. Juices or green veg. Juice will be found very effective) diluted with water on 50: 50 basis should be taken every ½ hours from 7am to 7 pm.

During the period of juice therapy, warm water enema should be taken daily or alternate days to cleanse the toxins of the body. In advanced cases of cancer repeated warm water enema will found very effective. After this followed an exclusive diet of fresh fruit for further 5 to 7 days. Take 3 meals a day of fresh juicy fruit mentioned above at 4 to 5 hours intervals. Thereafter, gradually adopt a well balanced diet as given in diet therapy for cancer. Please noted down that the short juice fast followed by a fruit diet should be repeated at least one and half month intervals.

### Exclusive Grape Diet:

An exclusive grape diet is considered another useful remedy for cancer. For first three days, the patient should drink plenty of pure cooled water and take luke warm water enema daily with the strained juice of lemon. After the short fast, the patient should have a grape meal every 2 hours from 7am to 7 pm. This should be followed for a week or two, even a month or two, in chronic cases of long standing. This patient should begin the grape cure with a small quantity. In course of time, about 200 rams may safely be taken at a meal.

### Wheat Grass Juice:

Wheat grass juice is considered beneficial in treatment of cancer. By furnishing body with minerals, vitamins, trace element and chlorophyll, the wheat grass juice may help to repair the damage cells. An exclusive diet of wheat grass juice is already mentioned in wheat grass juice therapy.

### Diet Cure Chart for Cancer:

Adopt a well balanced diet as given below after fasting therapy.

- A. Upon Arising: A glass of luke warm water with half a freshly squeezed lime and add a teaspoon of honey.
- B. Breakfast: Fresh fruit and a glass of milk (Preferable raw goat's milk) adding honey and some almonds or sesame seeds.
- C. Lunch: A bowl of steam veg , 2 or 3 wheat chapattis and glass of butter milk or curd.
- D. Mid After Noon: A glass of beet and carrot juice mixed equally on 50: 50 basis or lemon juice.
- E. Dinner: A salad 9 Lettuce ,carrot , cabbage , cucumber , radish , beet , tomatoes , onion and sprouts seeds of moong dressing only with lemon juice) followed by vegetable soup and 2 wheat chappaties.
- F. Bed Time: 1 apple, or any fruits.

**Avoid:** Tea, coffee, sugar, salt, white flour, reigned and fried foods, flesh foods, pickles, tobacco and alcohol.

**Highly Beneficial Foods:** Lemon, garlic, lettuce, apple, pineapple, tomatoes, cabbage, radish, cucumber, alfalfa, grapes, cauliflower, onion, citrus fruits, soybean, olive oil, curd(Sweet), papaya, raisins, custard apple, almond, tulsi, amla, neem, turmeric, water melon etc.

### **Selective Home Remedies:**

1. **Leaves of Papaya:** In Papaya tree there is “One million time stronger than the stronger anti cancer medicine”. In many reports found that cancer patient healed by drinking papaya leaf concentrate.
2. **Leaves of Neem:** Neem leaves help in purifying the blood and in reducing body heat. Therefore chew 10 to 12 leaves, very first thing in the morning on empty stomach.
3. **Amla (Indian Gooseberry):** Richest source of vitamin C thus beneficially used in the fight against with cancer. Take at least 1 tablespoon daily.
4. **Basil (Tulsi):** Highly beneficial in over coming stress and after effect of medical treatment. Therefore chew 12 leaves of tulsi twice a day, morning and in the evening.
5. **Pineapple Juice:** Take ripe pineapple juice on empty stomach in morning and also in the evening before sunset, honey can be added for taste. It creates cooling effect and removes excess heat.
6. **Carrot Juice:** Excellence source of vitamin A that consider one of the main element in a basic way, to protect all infection thereby take carrot juice diluted with boiled water on 50: 50 basis at least twice a day.
7. **Kalonji Tea:** Boiling 1 teaspoon full of in one cup of water for taste and honey, not sugar, take 2 or 3 times a day instead of your daily tea.

**Note:** Do not use any home remedies continuously at least kept a gap of 10 days then again start and follow the same.

## Treatment Chart & Prevention Plan for Cataract

- I. **Fasting Therapy:** In early stage there is a good chance of getting over the ailment of natural means. Even advanced cases can be prevented from becoming worse. Start with fast for 3 to 4 days on orange juice and water. A warm water enema may be taken during this period.
- II. **Exclusive Fruit Diet:** After this initial fast, a diet of very restricted nature should be followed for 2 weeks. In this regimen, breakfast of orange or grapes or any other juicy fruit. Raw vegetable salad with olive oil and lemon dressing and soaked raisins or dates should be taken during lunch. Evening meal consists of vegetable such as spinach, cabbage, cauliflower, carrot or fruit such as apple, grapes, and potatoes should not be taken. No bread or any other food and to this list. After 2 weeks on this diet, cataract patient adopt following diet.

### III. Diet Cure Chart:

1. **Breakfast:** Any fresh fruit except banana.
2. **Lunch:** Large mixed raw vegetable salad with chappatie & butter milk.
3. **Dinner:** Steamed vegetable with nuts and fresh fruits.

The short fast followed by restricted diet should be repeated after 3 months of starting treatment and again 3 month later.

**Avoid:** White bread, sugar, cream, hydrogenated oil, refined cereals, rice, boiled potatoes, pudding, strong tea coffee, alcoholic beverages condiments, pickles, sauces.

**Highly Beneficial Foods:** Bleak Pepper, Cumin seed (Jeera), Amla, Carrot, cabbage, garl, saunf, honey, badam.

### IV. Selective Home Remedies:

1. **Carrot:** The use of carrots is considered beneficial in the treatment of cataract. The patient should take plenty of raw carrots daily. In the alternative, he may drink two glasses of carrot juice, one each in the morning and evening.
2. **Aniseed (Saune):** The aniseed is considered a useful remedy for cataract, equal quantity of aniseed and coriander powder should be mixed in doses of 12 grams in the morning & evening.
3. **Honey:** The use of unprocessed honey is another effective remedy for cataract. A few drops of this honey should be put in the eyes. This is an ancient Egyptian remedy which has benefited many patients.
4. **Almonds (Badam):** Almonds are valuable in cataract. About seven kernels should be ground with half a gram of pepper (Kali mirchi) together in water & it should be drunk after sifting and sweetening the mixture with sugar candy. It helps them eyes to regain their vigour.
5. **Castor Oil (Arandi):** The use of castor oil has been found beneficial in the treatment of cataract. Two drops of this oil should be instilled in the eyes before retiring in the night. This will bring good results.
6. **Garlic:** The use of garlic is another effective home remedy for cataract. Two or three cloves should be eaten daily. It should be chewed slowly. It will help clean the crystalline lens of the eye.
7. **Pumpkin (Kumra):** The flowers of pumpkin are valuable in cataract. The juice of these flowers should be extracted & applied externally to the eyes. It will stop further clouding of the crystalline lens of the eye.

8. **Coriander (Dhanya):** Drink ½ cup of fresh juice of green dhanya leaves as first thing in the morning for 25 to 30 days. After 10 days check glucose content in blood. When its found reduced, stop the medicine for diabetes slowly in 5 to 10 days.

V. **Hydro Therapy:**

1. Drink two glasses of gold/silver/copper/iron charges water reduced from four glasses to 2 glasses. 2. Eye wash 3. Splash cold water on closed eyes.

VI. **Mudra Therapy: Formation of Pran Mudra:** Bend the little finger (ring) so that their touch the tip (font edge) of thumb. Remaining two fingers will remain straight at ease. It help to increase the power of eyes. One who desire to have healthy eyes should do pran mudra for atleast 30 minutes every day.

**Formation of Apan Mudra:** Tips of middle finger & ring finger should touch the tip of thumb; remaining little and index finger remain straight at ease. Useful for diabetes and disease of & ENT.

## Home Remedies for Constipation

1. Take a big glass of orange juice at breakfast time. Do not take anything else along with it.
2. Grind an awala (Indian Gooseberry) to past. Add one teaspoon of past in warm milk & consume during breakfast, don't add sugar. Repeat at bed time but in glass of warm water.
3. If it is geava seasons eat atleast two weighing 300 gms for breakfast exclusively.
4. At bed time consume one glass of warm water after eating 3-4 date (Khajur).
5. Eat about 100 gms green tomatoes every day for a few days. They must be chewed thoroughly.
6. Soak the skin & seeds of two lemons ever night in half a glass of warm water, filter it and take the same in the morning.
7. One glass of carrot-spinach & tomato juice with equal quantity daily with lemon squeezed for a few days.
8. Take some garlic in any forms, or trifale powder or 2-4 soaked figs or soaked manukha at night.
9. In case of obstinate constipation, take 4-8 tea spoon full of custor oil in a cup of skimmed milk at night intermittently.
10. Half a cup of grape juice sweetened with a teaspoon of honey & mixed with half a cup of boiling water taken immediately after a meal will bring good results.
11. Drinking water kept over night in a copper vessel, drink upon rising on empty stomach.
12. A teaspoon of linseed swallowed with water before each meal provides both bulk & lubrication.
13. 10gm of senna leaves & 5 gm of aniseed should be boiled in a cup of water with sugar, then strained & drunk before retiring for night.
14. Eat 40gm of gulkand with milk every day.
15. Take a bathu Ka saag during the season for getting rid of obstinate constipation.

### Prevention of Constipation:

Most important factor in preventing constipation i.e. taking laxative foods & avoiding constipation goods. The intake of an adequate amount of fluid between meals is also necessary. Those who need more fat in their diet should take more butter, ghee, cream & oil.

Food should be properly be chewed, hurried, untimely meals, should be avoided and the calls of nature should be attended to promptly. Daily exercise and walking are very important for every one. Regular bowel habit should be formed for this an effort must be made at a fixed time to evacuate the bowel without straining, whether the impulse to do so is present or not. As far as possible drinking water with meal should be avoided as it dilutes gastric juices essential to good digestion. Drink one glass of warm water one hour before every meal and two glass of warm water 2 hours after every meals. Be active and avoid tension and stress.

### How to Seat for Nature Call

Sit with your both feet flat on floor with both knees in bending position, then slowly push up your right heel resting the toes of right feet on the ground, while left feet is flat on the floor with left hand elbow pressing at left side of stomach below the navel. It creates pressure on the lower left side of the colon which makes easy to pass the stool.

**Medicine for Dengue:**Neem, Giloy, Peepal, Sonth (Dry Ginger).Kali Mirch (Black pepper), Tulis leaves Mix the above ayurvedic herbals available with normal confectionary shop etc.Boil the two spoon of mix in one glass of water. When the water gets reduced to half, filter and drink before sleeping take a blanket and get asleep. By Morning you will feel much better. Repeat for two three days. God will cure us.

## Treatment Chart & Prevention Plan for Diabetes

### Diet Cure Chart for Diabetes:

- A) **Upon Arising:** A glass of luke warm water with freshly squeezed lime juice.
- B) **After ½ Hour:** ¼ glass of bitter gourd (Karela) juice, juice extracted from tomatoes, bottle gourd ( Louki) & spinach (Palak).
- C) **Breakfast :**( After ½ hour) any fresh fruit except banana and mango, fresh milk without sugar. 1 cup corn flakes or 1 veg. sandwich of tomato, cucumber and 1 cup milk without sugar.
- D) **Mid Morning:** 1 glass of butter milk with 1 teaspoon of powder of jamun seed.
- E) **Lunch:** Steamed or lightly cooked green veg. such as cauliflower , cabbage , tomatoes, spinach , turnip , 2 or 3 wheat chappati and a glass butter milk or curd.
- F) **Mid After Noon:** 1 glass milk without sugar.
- G) **Early Evening:** 1 fruit (preferably apple, orange or any seasonal fruit especially citrus fruits) or a glass of fresh fruit juice or veg juice.
- H) **Dinner:** A large bowl of salad made up of all raw veg. Fresh home made cottage or 2 wheat chappti , 1 cup sprouted pulses and curd or butter milk.
- I) **Bed Time :** 1 apple or glass of milk with out sugar.

**Avoid :**Tea, coffee, sugar,potato, rice, salt , white flour , refined & fried food, fleshy food, pickles, Tobacco,alcohol, fruits only banana and mango.

**Especially Beneficial:**Grape fruit,amla, jamun , karela,lauki, methi ,tomato, mongphali, garlic, onion, turmeric, coriander (dhanya), raddish , channa,curry patta.

### Selective Home Remedies for Diabetes:

1. **Indian Gooseberry (Amla):** A table spoon full of its juice, mixed with a cup of fresh bitter gourd ( karela) juice , taken daily for 2 months that reduce blood sugar and also prevent eye complication.
2. **Jambul (Jamun):** Dried powder in doses of 3 gram 3 times a day mixed in water or mixed equal quantity of amla , jamun and karela powder and take 1 tablespoon twice a day.

3. **Mango (AAM):** mango leaves can be dried in shade, powdered and preserved, half a teaspoon of this powder twice a day.
4. **Bitter Gourd (Karela):** Karela juice on empty stomach in the morning.
5. **Bottle Gourd (Doodhi):** a glass full of doodhi juice is effective in excessive thirst.
6. **Methi( Fenugreek):** Soak 2 teaspoonful of methi in big glass of water over night ( preferably in copper vessels ) , drink that water in the morning , and chew the seed or two tablespoon powder swallow daily.
7. **Curry Leaves( curry Patta):** Eating 10 fresh curry leaves every morning for 3 months.
8. **Garlic(Lahsoon):**Take 2 or 3 clove of garlic a day in any form.
9. **Onion(Piyaz):** Dose of 25 to 200 grams reduce blood sugar
10. **Turmeric(Haldi):** Drink turmeric milk (1 Tsp turmeric powder boiled in milk ) 2 times a day for a month
11. **Coriander(Dhanya):**Drink half cup of green coriander leaves for a month on empty stomach in the morning.

## **Healing Epilepsy Naturally**

**Dietetic Treatment:** Start with fruit diet for 5 days. Fresh fruit such as orange, grapes, peach, pineapple and melon have three meals a day. Thereafter gradually adopt well balance diet including nuts and grains, vegetables and fruits and sprouted seeds such as alfalfa, mung etc. also preferably raw goat's milk. In case of epilepsy magnesium and vitamin B6 are needed in large amount are found in raw nuts seed, soya bean green leafy vegetables such as spinach and beet root.

**Avoid:** The patients should avoid all refined foods. Fried and fatty foods white sugar, strong tea, coffee, alcohol, condiments and pickles. If patient has taking strong medicines for many years then he should not leave off entirely at once. Reduce to half gradually reduce till it completely not required .The patient should avoid physical and mental tension and excitement .And strictly follow the natural laws of good health.

### **Home Remedies:**

1. **Tulsi Juice** - Rub tulsi juice over your body everyday after taking bath.
2. **Vegetable Juices** - Certain vegetable juices, especially carrot juice, in combination with juices of beets and cucumber, have also been found valuable in curing diseases like epilepsy. You may also take following combination of juices - 300 ml of carrot juice, 100 ml each of beet and cucumber juices to prepare 500 ml or half a liter of mixed juice to be taken daily.
3. **Grape Juice** - Fruits like apples, figs, and grapes are also good in curing epilepsy fast and effectively. The juice of grapes has, however, been found to be comparatively more effective for this disease. The patient should take about 500 ml of the juice of fresh grapes thrice a day for three months. It will provide immense relief and help in the cure of the disease.
4. **Tulsi Leaves** - If the attack makes one unconscious, grind 11 leaves of tulsi, add a little salt to it and put a few drops of this juice in the patient's nostrils. He would immediately regain his consciousness. Keep a tulsi plant in your verandah or somewhere near your bedroom.
5. **Vegetables Juice: Carrot juice** is beneficial in the **treatment of Epilepsy**. Other vegetables like **Cucumber** and **Beet Juice** is also helpful in the **treatment of Epilepsy**.

6. **Tulsi Flowers:** Always keep the **Tulsi flowers** in the fold of your hanky. You can smell these flowers deeply at the time of an attack. It will **save you from getting unconscious** by reducing the **Epilepsy** attack.
7. **Grapes Juice:** **Grapes** juice is considered as the best treatment for **Epilepsy**. If you take 500 ml of grapes juice three times a day then it will provide a quick relief from the disorder.
8. **Brahmi:** This herb is useful in reducing stress which is the main cause of Epilepsy disorder. It can be taken in the tea form. Take a cup of tea prepared from **Brahmi leaves** three times a day and you will observe the **improvement**.
9. **Garlic:** Take 4 to 5 **cloves** of **garlic** and **partially** heat them in half a cup of water and milk. Take this dose one time a day. **Cow's Butter:** It is an effective home remedy that is helpful in the treatment of epilepsy
10. **Ash gourd Juice:** It is helpful in the treatment of Epilepsy. Take a glass of this juice two times a day and you will notice the improvements in a quick span of time.

### **What to do after an attack of Epilepsy?**

1. If a seizure occurs, give suitable emergency first aid immediately.
2. Protect the person from injury. Do not attempt to force a hard object like a spoon between the teeth, because you can cause more damage than what you are trying to prevent!
3. Clear the area of furniture or other objects that may cause injury from falls during the seizure.
4. Do not attempt to restrain or hold the person down during the seizure.
5. Protect from inhalation of vomit or mucus by turning the person onto the side and if possible keep the head down. Turn person on to his side while he or she sleeps after the seizure is over
7. If the person having seizures turns blue or stops breathing, turn him or her to the side to keep the airway or mouth open and prevent the tongue from obstructing the airway.

## **Treatment Chart & Prevention Plan for Flu & Typhoid**

### **I. Fasting Therapy:**

In the acute stage of influenza, the patient should abstain from all solid food and only drink fruit and vegetable juices diluted with water, in proportion of 50:50 for first 3 to 5 days, depending on the severity of disease. The juice fast should continue till the temperature comes down to normal. A warm water enema should be taken daily during this period to cleanse the bowel.

After fever subsides, adopt an all fruit diet for 2 to 3 days in this regimen, patient should take 3 meals a day of fresh juice fruit such as apples, grapes, orange, pineapples, peaches and melon at 5 hourly interval. Fast on orange, juice is more effect.

### **II. Diet Cure Chart:**

- A. **Upon Arising:** A glass of luke warm water with a half fresh squeezed lemon & a spoonful of honey or a fruit such as apple, pineapple, orange, grapes.
- B. **Breakfast:** Fresh fruit such as apple, orange, grapes a cup of milk with handful of raw nuts such as almond, peanuts, cashewnuts.
- C. **Lunch:** A bowl of freshly prepared steamed vegetables such as carrot, cabbage, two chappatis.
- D. **Mid Afternoon:** A glass of fresh fruit or vegetable juice.

E. **Dinner:** A large bowl of fresh salad (tomatoes, carrot, beat, onion etc.) with sprouts seed alfalfa & mung & glass of butter milk.

F. **Bed Time:** A glass of fresh milk or one apple.

\* **Avoid:** Banana, tinned fruits, spices and condiments, pickles, alcohol, tobacco, tea, coffee, meat, over boiled milk, pulses, potatoes, rice, cheese.

\* **Highly Beneficial Foods:** Orange, Carrot, spinach, grape fruit, (Chakotra), methi, ging, onion, sunflower seeds, tulsi.

#### **Hydro Therapy:**

- A. Hot foot & arm bath
- B. Throat pack at night
- C. Steam bath
- D. Cold pack
- E. Sponged with tepid water.

## **Treatment Chart and Prevention Plan for Gout**

### **I. Fasting Therapy:**

No better remedy than a FAST. The patient should undertake a fast for 5 to 7 days on orange juice and water. Some times the condition may worsen in early stages of fasting when uric acid, dissolved by juices, is thrown into blood stream for elimination. This usually clears up if fasting is continued. In severe cases it is advisable to undertake a series of short fasts for 3 days. A warm water enema should be usually daily during period of fasting cleanse the bowels.

After the acute symptoms of gout sub sides patient may adopt all fruit diet for further 3 to 4 days. In this regime, he should have 3 meals a day of juicy fruit such as grapes, apples, peaches, orange and pineapples.

### **II. Diet – Cure Chart:**

A. **Breakfast:** Fruits of any kind such as orange, apples, figs, mangoes etc. and milk with wheat bread.

B. **Lunch:** Steamed vegetables such as beet, carrot, tomatoes, cabbage, potatoes, chappatis and butter milk.

C. **Dinner:** Sprouts such as alfalfa, mung, salad and whole wheat bread.

\* **Avoid:** Meat, egg & fish, Tea, Coffee, Sugar, White Flour and their products, canned and processed foods, spices and salt should be little cauliflower, spinach.

\* **Highly Beneficial Foods:**

Potatoes, banana, leafy green vegetables, raw vegetables, carrot, beet, lemon, cucumber, apple, pineapple.

**III. Hydro Therapy:**

- A. Epsom Salt foot bath
- B. Cold pack at night apply to affected joint.

**IV. Auto Suggestion:**

1. Every day in Every way, I am getting better & better.
2. God is Almighty, God is merciful, HE is healing me of gout, with thanks, and in full faith so be it.

Repeat this affirmation as many times as you can. Especially early in the morning when you get up and when you go to the bed.

## **Treatment Chart & Prevention Plan For Heart Ailments**

**Fasting Therapy for Heart Ailments:** Begin with exclusive fresh fruits diet for about a week. In this regime, he/she should take 3 meals a day of fresh juicy fruits such as apple, orange, mango, guava, pineapple, grape, water melon are the best fruits at 5 hourly intervals. Banana and jack fruit should be avoided. There after he/she may adopt fruit and milk diet, for about 15 days. It is important to note that milk should be boiled only once. After fruit and milk diet, patient should gradually adopt a well balanced diet.

### **Diet Cure Chart for Heart Ailments:**

- A. **Upon Arising:** Luke warm water with lemon juice and honey.
- B. **Breakfast:** Fresh fruit such as apples, grapes, pineapples, orange, melon or its juice, 1 cup skimmed milk, sweeten with honey, 3-4 dates, few raisins and 2 or 3 banana.
- C. **Mid Morning:** Fresh fruit juice or coconut water.
- D. **Lunch:** Salad of veg. (Lettuce, cabbage, carrot, cucumber, beet, tomatoes, onion, garlic) 2 wheat chapatti and curd or butter milk.
- E. **Mid After Noon:** Apple or 1 glass of orange juice.
- F. **Dinner :** Fresh veg. juice or soup, two steamed or lightly cooked veg., 1 or 3 wheat chapatti, glass of butter milk.

**Avoid:** Tea, coffee, flesh food, chicken, egg, sugar, salt, fried and refined food, alcohol, and tobacco, soft drink, coco and fatty foods.

**Beneficial Foods:** Capsicum, clove ,onion , garlic, olive oil, grape ,apple, citrus fruits, coriander , turmerid ,dates, ground nut, benjal grape , black gram, peas , amla, orange ,alfalfa, honey, arjuna ,tulsi, pomegranate.

### **Selective Home Remedies for Heart Aliments:**

1. **Exclusive Grape Diet:**
2. **Grape Seed Extract:** Helps to removing harmful free radical and in cardio vascular problems .Take the 1 cup juice of extract daily for month.
3. **Coriander:** Regular drink of coriander water helps in lower blood cholesterol. Prepared by boiling seed of coriander.
4. **Turmeric Extract:** given 3 grams to heart and diabetic patients.
5. **Orange:** Take orange juice sweetened with honey once a day.
6. **Garlic:** Take at least 2 -3 clove of garlic every day in any form.
7. **Onion:** take 100 grams of onion every day in any form.
8. **Arjuna :** decoction of bark of arjuna with milk should be taken every morning on empty stomach or its powder in 2 grams dose with milk.
9. **Tulsi& Neem Leaves:** Patient should chew and swallow 9 tulsi and 5 neem leaves before half an hour of breakfast.
10. **Kalonji:** Take fresh betal (pan) leaves, 2 grams kalonji, 4 cloves of garlic, make into small pieces and soak in cup of rose water in night .Filter in the morning and add 1 cup of rose water and drink on empty stomach.
11. **Pomegranante (Anar):** take 1 pomegranate a day for a month. Eat ananr with its inner soft skin.
12. **Cinnamon:** Take 1 glasses of water add ¼ teaspoon of dalchini powder and 2 tsp honey and boil it till reduce to half. Take it for 15 days on empty stomach in morning before ½ hour of breakfast.

## **Healing HIV/ AIDS Naturally**

### **REMEMBER:**

**Anything can be healed if you can**

**Dissolve Mental Pattern – Dissolve Diseases**

The notion that AIDS is an incurable disease, although it can be preventable, treatable and ultimately curable illness. Nature cures treatment come under category of immune modulator treatments that increase immune response often increasing T4 - Cell counts.

Early Detection of HIV with Acupressure:

Pressing on point of spleen and thyroid / para thyroid gland pint. Uneasy pain indicates HIV infection. The pain on lymph gland indicates the advance stage of infection. Patient with sex abuse get pain on adrenal gland.

### **Treatment for HIV/ AIDS:**

1. Fasting: on gold /silver/copper/iron charged water for a week.

2. Pineapple juice fast for a week.
3. Green raw juice fasting: Leafy veg., sprouted moon , alfalfa etc. salad ( raddish, carrot, tomato , beet)
4. Soak ajwan seed for 12 hrs and take before sunset.
5. For removing excess heat take 1 tablespoon hartika powder at early morning on empty stomach for 10 days. Or soak black pepper with 2 teaspoon crystal sugar and drink on empty stomach for a5 days.
6. To increase heat half tablespoon turmeric with warm water daily for 10 days.
7. 1 tablespoon triphala powder with glass of luke warm water at bedtime.
8. Drink 1 tablespoon of amla powder daily for 15 days.
9. Drink lime (Limbo) juice with luke warm water for 15 days.
10. 1 tablespoon of methi powder with luke warm water after half an hour of meal
11. Lin seed (Alsi ) soak in a glass of a water in night and take on empty stomach in the morning

**Bio Chem Mixture:** Cal phos, Kali Phos , kali mur , Fer Phos , kali Iod, All in 30 potency dose 1gm powder or 6 pills three times a day.

**Colour Therapy:** Blue Light on whole body for 10 minutes daily

**Sun Bathing:** After sunrise and before half an hour of sunset

**Acupressure Treatment:** Apply pressure on all organ endocrine gland for 5 minutes on both palms and 2 minutes on point finding pains.

**Abdominal Breathing:** Exhale air by slowly pressing stomach inward and shut mouth and inhale air from nose by releasing stomach upward.

**Sun Pranayam:** Inhale and Exhale only with right nostril for 5 minutes three times a day.

**Mudra Therapy:** Ling mudra increase heat and Pran mudra strength prayana i.e. breathe

**Hydro Therapy:** Drink 12 glasses through out a day.

**Auto Suggestion Affirmation:** I am healthy, I am safe, My T4 Cell are constantly increasing, I am strong and healthy

**Meditation:** 10 minutes of meditation a day can change your life.

**“I can over come with power of will, faith and pray”**

## **Treatment Chart for Prevention Plan for Hypertension**

**Fasting Therapy for Hypertension:** Begin with exclusive fresh fruits diet for about a weak. In this regime, he should take 3 meals a day of fresh juicy fruits such as apple, orange, mango, guava, pineapple, grape, watermelon are the best fruit at five hourly intervals. Bananas & Jack fruit should be avoided. There after he may adopt fruit & milk diet, for about 15 days. It is important to note that milk should be boiled only once. After fruit & milk diet, patient should gradually adopt a well balanced diet.

### **Diet Cure Chart for Hypertension:**

A) **Upon Arising:** Juice of one lemon & two teaspoons honey, added to a glass of water extracted from wheat soaked previous morning.

B) **After ½ Hour:** Juice extracted from 2 big Onions and 2 – 3 cloves of garlic.

- C) **Breakfast (After ½ Hour):** One cup milk with required sugar, 2 toast (no butter) if home made butter (without salt) then ½ tsp. Of butter per slice is allowed.
- D) **Mid Morning:** One fruit or juice of seasonal veg. Such as cucumber, carrot, tomato, & louki, in which juice of six tablespoon Amla & ginger should be added (Juice can be extracted from any one or all above said veg.)
- E) **Lunch:** Two wheat chappati, one bowl boiled veg. Without salt, one bowl sprouted pulses, one bowl salads made out of veg. And one bowl curd or glass of butter milk without salt.
- F) **Mid Afternoon:** Seasonal fruit, orange, watermelon & other juicy fruits like Chikoo, Jamun, apple, guava, pineapple.
- G) **Early Evening:** One glass of vegetable juice made of seasonable veg.
- H) **Dinner:** One cup tomato soup or other vegetable without adding salt & spices, add only little pepper powder and milk, 2 toasted veg. Sandwich, 1 bowl rice with curd.
- I) **Bed Time:** Hot milk without sugar.

**Avoid:** Tea, Coffee, Alcohol, Tobacco, Flesh Food, Salt, Sugar, White Flour, Fried & Refined Food, Tinned & Frozen Foods & Soft Drinks.

**Beneficial Foods:** Apple, Cucumber, Garlic, Amla, Celery, Watermelon, Milk, Potato, Lemon, Alfalfa.

#### **Selective Home Remedies for Hypertension:**

1. **Cucumber:** A glass of juice twice a day mixed with honey & tsp. of lime juice.
2. **Amla:** Tsp. of amla juice with honey should be taken every morning.
3. **Carrot Juice:** Mixed equal quantity of carrot & spinach juice once a day.
4. **Lemon:** One Tsp. is recommended every 3 hours or after or before meals.
5. **Water Melon:** Juice of water melon twice a day.

#### **Auto Suggestion for Hypertension:**

6. Every day in every way I am getting better & better.
7. I joyously release the past. I am at peace.

## **Improving Eye Sight Naturally**

### **Care of the Eyes:**

11. It is a bad habit, or rather a wrong habit you can say, to look at the pavement below while walking on the road. Instead keep your vision at faraway objects to avoid straining the eyes.
12. Whenever, you read or write, see that the light from your lamp or even sun light fall upon your reading material preferably from the left side. Even when you read during day time, ensure that the rays of light do not directly enter your eyes or fall on your reading materials.
13. Never try to read or do work requiring close application of the eyes sight in poor light. A distance of at least 12 inches is desirable neither too bright nor too dim & that is falls ever the shoulder at a correct angle. While reading or writing do not sit facing the light.
14. When reading or doing any work that requires close attention, it is well to rest the eyes, occasionally either by closing them for a few seconds, or palming or else by looking out of the window at the distance sky, at green trees or grass for a few minutes.

15. Regarding in a moving vehicle is not desirable your eyes undergo a lot of strain due to shaking continually changes the distance between book and eyes.
16. The study room should be well lit, table should be of such height that the sitting would be erect and book for reading or writing are sufficiently near.
17. Try to do maximum work of reading & writing in natural sunlight do not read in dazzling or excessively bright light in night. Florescent light is better than light from electric bulbs. High voltage mercury bulb are harmful to the eye sight.
18. Avoid using towel, soap, wash pan, or hand kerchief that are been used by other people. Rubbing the eyes with unclean cloth is harmful.
19. Smoke is injurious to eyes; precaution should be taken not to let the smoke go into eyes & throat. The eyes are greatly injured by use of tobacco & alcohol. Keep away from flies, as fly are carrier of eyes infection among children

### **Yogic & Naturopathic Treatment for Improving Eye Sight:**

1. The best way to start off would be by rotating your neck in a full circle, keeping eyes closed, in clockwise as well as anti-clockwise direction (5 or 10 counts each)
2. Blink your eyes with a slight force & vigour & then shut them tight. Do as often as you can.
3. Swinging is excellent for the eyes. Swing your eyes from left to right & right to left like a pendulum.
4. Roll your eye balls in clockwise & anti clockwise movements, keeping face straight. Also move your eye balls to the extreme left and then to the extreme right & then to extreme north & south. Also in North East, South West direction as well as North West South East direction shown in the figure.
5. Similarly turn your full head in this direction.
6. It is advisable to alternately look near and distant objects. You can hold your finger very close to your nose tip say 3-4" away, count 5. Now see a predetermined far away object. Repeat as many time as possible.
7. Palming is a wonderful way of resting tired eyes. Close both eyes & cover them with your palms so as to exclude all light entering them. Keep the fingers crossed over the forehead. You can do palming 1 to 5 minutes daily, even twice a day.
8. It is advisable to gaze at distant mountain, the greenery of trees far away or any distance objects.
9. Have you ever showered you closed eyelids in you bathroom. It is a wonderful massaging technique as the force to shower comes directly on your closed eye lids.
10. As you lie on your bed, gently pinch with the help of your thumb & index finger, the eye lids & dark circle around the eyes cucumber slices, thin potato slices as well as cold milk dabbed on the dark circle will do you a world of good.
11. Splash sufficient water into your open eyes as you washes your face, in fact every time that you wash your face.
12. The feet should be washed with cold water twice a day and at night before going to bed. Rub the feet on wet tiles for 2-3 minutes.
13. **Eye Bath:** Take a big vessel & fill it with cold water or using an eye cup, bath with boiled & cold water for few seconds. Dip you eyes in it, keeping eyes open. Rotating the eyes with eyes cup in place.
14. **Shoulder gazing:** Sit on the floor, with leg crossed holding the back, neck and head in straight line. Stretch the right arm in front at level of the shoulder & gaze at the nail of the thumb. Then move the hand to the left shoulder keeping the gaze fixed on nail all the while when hand is near the shoulder gaze at the nail or the shoulder for 5 – 10 seconds. Rotate the arm back to the

starting position with the gaze still fixed practice the same with left hand. At the end cover your eyes with both hands & rest for a minute.

15. **Steam Bath:** Once a week both the closed eyes with steam of salted water. Fill in big bowl with the boiling salt water. Put bowl on ground. Sit in front of it in prone kneeling position cover whole body with quilt or blanket and take steam over the closed eyes for about 5 minutes.
16. **Shower on the Head:** Take cold water shower on your head for about 2 minutes. If there is not facility of the shower bath, gently pour cold water from jug on your head. This must be done slowly take at least 1 minute.
17. **Facial Massage:** Start with hot napkin soaked in hot water, massage the face & neck for a minute, then take cold napkin and massage for ½ minute. Repeat this process 3-4 times.
18. **Surya Dhyān Or Sun Gazing:** This can be done twice one at a time of the rising sun and the other at time of the setting sun. At the time of the rising sun when it is red ball but without blazing face towards the sun & observe the sun with your open eyes for a few seconds. As soon as the sun begins blazing close the eyes. (Make sure that even by mistake you should not gaze at the blazing sun as this can be extremely harmful to your eyes). Now keep the eyes closed but facing the sun. Stand like this for a few minutes and then at cup your eyes by covering them with both your palms, while turning away from the sun.
19. **Moon Gazing:** When it is brighter & clear preferably on a full moon day. At the full moon or even a half moon. Keep gazing at moon constantly for as long as you can. When your eyes feel tired, cup with palms of your hands. Repeat as many times as possible.
20. **Sinha mudra – Lion Pose:** Open the mouth as wide as possible. Bring the tongue out as much as possible. Then look at ceiling without raising head or straining eyes. Maintain this position & count 12 slowly, then return to original position. Rest for short while by keeping them closed.
21. **Magnetic Treatment for Eyes:** Drink magnetized water and splash out. Buy 2 strong magnet (don't apply strong magnet to eyes) take two glass bottle & fill them with water. Keep one bottle on North Pole & other on the South Pole, after 12 hours water becomes magnetized. Mix from both the bottles, & drink or apply water on both eyes. Apply small Semi half circle low power only south pole magnet or magnetic goggles. Put 15 minutes twice daily after applying magnetic one should remember that cold water should not be splashed on the face or bath should not taken for one hour before or after applying to eyes.
22. **Diet for sparkling eyes:** Amla or lime if taken in water (not hot) first thing in the morning & before retiring to bed at night, drink a glass full of water to which one flat teaspoon of trifale powder is added. Vitamin A, B & C is good for the eyes. Natural sources of Vitamin a included milk, butter milk, cod liver oil, ripe mango, papaya, carrot, date, orange, tomato and all green leafy vegetables. Vitamin B-Milk, Curd, Egg, Soybean, Apple, Tomato, Banana and Vitamin C- Sweet Sour Fruits, Amla, Lemon, Orange, Guava, and tomato.

## **Treatment Chart & Prevention Plan for Insomnia**

### **I. Fasting Therapy:**

Adopt an all fruit diet for 3 or 4 days at beginning of treatment. In this regimen he should have 3 meals a day of fresh juicy fruits such as orange, grapes, apples, peaches, pineapple. The bowel should be cleansed daily with warm water enema during the period.

### **II. Diet Cure Chart:**

After all fruit diet, patient may follows a modified eating pattern in which breakfast should consist of fresh & dried fruits, seed and yogurt. Of the two main meals, one should consist of a large mixed salad & other protein food. A cup of luke warm milk with honey at bed time as this milk induces sleep. The last meal at least 3 hours before going to bed.

\* **Avoid:** White flour products, sugar, tea, coffee, chocolate, cold drink, alcohol, fatty foods, fried foods, preservatives, colouring & flavouring excessive use of salt and strong condiments.

\* **Highly Beneficially foods:** Aniseed (saunf), cumin seed (Jeera), Nutmeg (Jaiphal), Lettuo (Salad patta), Honey, milk.

**III. Hydro Therapy:**

A. Cold spinal bath b. Hot & cold foot bath c. Hot water Bath immediately before going to bed.

**IV. Massage Therapy:**

A. Head Massage B. Foot Massage.

**V. Reflexology:**

A. **General Treatment of Whole Body:**

B. **Specific Treatment of Brain:**

Perform thumb walking procedure for two minutes, repeat twice day.

C. **Before Sleep:**

Firmly clench teeth & tightly clasp (inter lock) fingers for long as possible, release tension.

**VI. Mudra Therapy:**

\* **Formation of Gyan Mudra:**

Simply touch the top of thumb with index finger. Pressing is not necessary. It removes the ill effect caused due to tension. Sleeplessness can be cured by regular practice of gyan mudra.

\* **Formation of Pran Mudra:**

Bend the little finger and bring the finger so that their tip touch the tip (front edge) of thumb. Remaining two fingers remain straight at ease. If only gyan mudra does not help to cure sleep senses completely then combination of gyan and pran mudra is advised.

**VII. Auto Suggestion:**

1. Every day in every way, I am getting better and better.
2. God is almighty, God is merciful, HE is healing me of sleeplessness with thanks & in full faith so be it.

Repeat this affirmation as many times as you can. Especially early morning when you get up and while you are going to sleep.

## Healing Intestinal Worms Naturally

### Intestinal Worm's diet:

**Fresh-fruit diet:** The treatment for intestinal worms should begin with diet. The patient should be kept on an exclusive fresh-fruit diet for four or five days.

**Well-balanced diet:** Thereafter, he may adopt a well-balanced light diet consisting mainly of fruits, vegetables, milk, and whole meal bread.

**Exclude:** The diet should exclude fatty foods such as butter, cream, and oil, and all flesh foods.

Short fast of raw fruit and vegetable juices. In some cases, the all-fruit diet may have to be repeated at intervals and in obstinate cases, the patient should resort to a short fast of raw fruit and vegetable juices.

### Other intestinal worm's treatment:

**Warm-water enema:** During the all-fruit or fasting period, the bowel should be cleansed daily with a warm-water enema.

**Intestinal Worm's treatment using Coconut:** It is an ancient remedy for expelling all kinds of intestinal worms. A tablespoon of freshly ground coconut should be taken at breakfast, followed by 30 to 60 ml of castor oil mixed with 250 to 375 ml of lukewarm milk after three hours. This process may be repeated till the cure is complete.

**Intestinal Worm's treatment using Garlic;** Garlic has been used from ancient times by the Chinese, Greeks, Romans, Indians, and Babylonians for expelling intestinal worms. It is still used by modern medical practitioners for the same purpose. Both fresh garlic and its oil are effective. An ancient method of its administration was to place a couple of cloves fresh garlic in each shoe. As the person walked, the cloves got crushed, and the worm-killing garlic oil was absorbed by the skin and carried by the blood into the intestines easily, as it possessed a powerful penetrative force

**Intestinal Worm's treatment using Carrot:** Carrots are valuable in the elimination of threadworms among children as they are offensive to all parasites. A small cup of grated carrot taken every morning, with no other food added to the meal, can clear these worms quickly.

**Intestinal Worm's treatment using Papaya:** A tablespoon of the fresh juice of an unripe papaya, and an equal quantity of honey should be mixed with three to four tablespoons of hot water and taken as a dose by an adult. This should be followed two hours later by a dose of 30 to 60 ml of castor oil mixed in 250-375 ml of lukewarm milk.

**Intestinal Worm's treatment using Pumpkin:** The seeds of ripe pumpkin are useful in intestinal worms, especially tapeworms. One tablespoon of the seeds should be peeled and crushed, and then infused in 250 ml of boiling water and drunk. This will kill the parasites and help in expelling the tapeworms. It will be necessary to fast for a day and empty the intestines by taking the juice of boiled dry prunes. The next day, three or four tumblers of the pumpkin seed infusion should be taken.

## Treatment Chart and Prevention Plan for Jaundice

### I. Fasting Therapy:

The patient should be put on a juice fast for a weeks. The juices of oranges, lemons, grapes, pears, carrots, beets and sugar cane can be taken. After juice fast, the patient and may adopt an all fruit diet for further 3 to 5 days. In this regimen, he should have 3 meals a day of fresh juicy fruit such as apples, pears, grapes, oranges and pineapples but no bananas.

### II. Diet Cure Chart for Jaundice:

- A. **Upon Arising:** A glass of warm water with juice of half a lemon.
- B. **Breakfast:** One fresh juicy fruit such as apple, pear, mango, papaya or grapes, one cup wheat dalia or once slice of whole meat bread.
- C. **Mid Morning:** orange Juice, or Sugar Cane juice.
- D. **Lunch:** Raw vegetable salad, two small chappatis of whole wheat flour, a steamed leafy vegetable such as spinach, methi, carrot an a glass of butter-milk.
- E. **Mid-Afternoon:** Coconut water or apple juice.
- F. **Dinner:** One cup strained vegetable soup, 2 chapptis backed potato n other leafy vegetables.
- G. **Bed Time:** A glass of hot skimmed milk with honey.

**Avoid:** Tea, coffee, sugar, salt, refined & fried foods, flesh food, pickles, tobacco, alcohol. All fats like ghee, butter, cream and oils. Pluses and legumes.

**Highly Beneficial Foods:** Kasni, Aloe, Unripe, mango, beet, methi, ginger, radish leaves

### III. Selective Home Remedies:

- 3. **Chicory (Kasni):** 30 to 60ml of decotion of flower, seed or root used 3 times daily.
- 4. **Alove (Ghee Kanvar):** The pulp of one leaf administred with black salt & ginger every morning for 10 days.
- 5. **Mango:** Unripe mango (Green) excellent for bilious disorder.
- 6. **Beet:** A decotion of beet root.
- 7. **Ginger:** Half a teaspoon of fresh ginger juice, mixed with one teaspoonful of each of fresh lime juice and fresh mint juice and teaspoonful of honey 3 times daily.
- 8. **Tomato:** A glassful of fresh tomato juice, mixed with pinch of salt & pepper in morning.
- 9. **Mixed Cane:** Mixed with lime juice twice a day.

**Note:** Don't use any home remedies, continuous at least keep a gap of 10 days then restart

## **HOW TO GET RIDE FROM DIALYSIS** **(TREATMENT FOR KIDNEY FAILURE)**

### **How to Prepare Black Tea:**

Put one cup of water to boil. Add one teaspoon of any Tea (Mumri or any tea will do, but not dust tea) in it & boil till it reduce to half a cup. Filter it and add half cup of warm water, drink one cup of black tea, the first thing in the morning. In case of nausea keep 2 cloves or little sugar in the mouth. After 30 minutes, regular breakfast can be taken. Drink this black tea for 12 to 15 days till your URINE becomes clear & odourless. Make it a habit of drinking such black tea without adding salt or sugar for taste every year for 12 days in cold season & PREVENT any problems of kidney.

### **Test for Kidney has started functioning:**

On the first day before you start drinking black tea take your first urine in a white bottle. It will be observed to be hazy & having bad odour after 12 day or 15 days take the first urine & check it. When the urine is found clear and without bad odour, it denotes that kidneys have started functioning normally.

### **How to prepare Green Raw Juice:**

Take any leafy vegetables like Methi, Spinach, Cabbage, green coriander & Mint leaves etc. leaves of any non-poisonous plant clean them thoroughly in salt water. Grind them and extract Juice. Daily drink 1 to 3 cups adding there in each cup 1 teaspoon of health drink + 1 tablespoon of honey. Do not worry if you get green loose motions. Drink sip by sip very slowly with spoon 1 cup in morning, 1 cup in afternoon and 1 cup in evening. Do not add salt & spices for taste.

### **Health Drink:**

- a) Prepare a mixture of Amla powder 300 gm & ginger powder 100 gms. Take one teaspoon with luke warm water daily in the morning and evening.
- b) Soaking some handful wheat in stainless steel utensil for 8 hrs after drink that water, the remaining soaked wheat also can be used by grinding in the mixture jar cup and strain in clean cloth. Boil this extract it some milk and drink it.
- c) Soaking green moong for 8 hrs in night. In the morning drink this soak water on empty stomach and chew that moong.

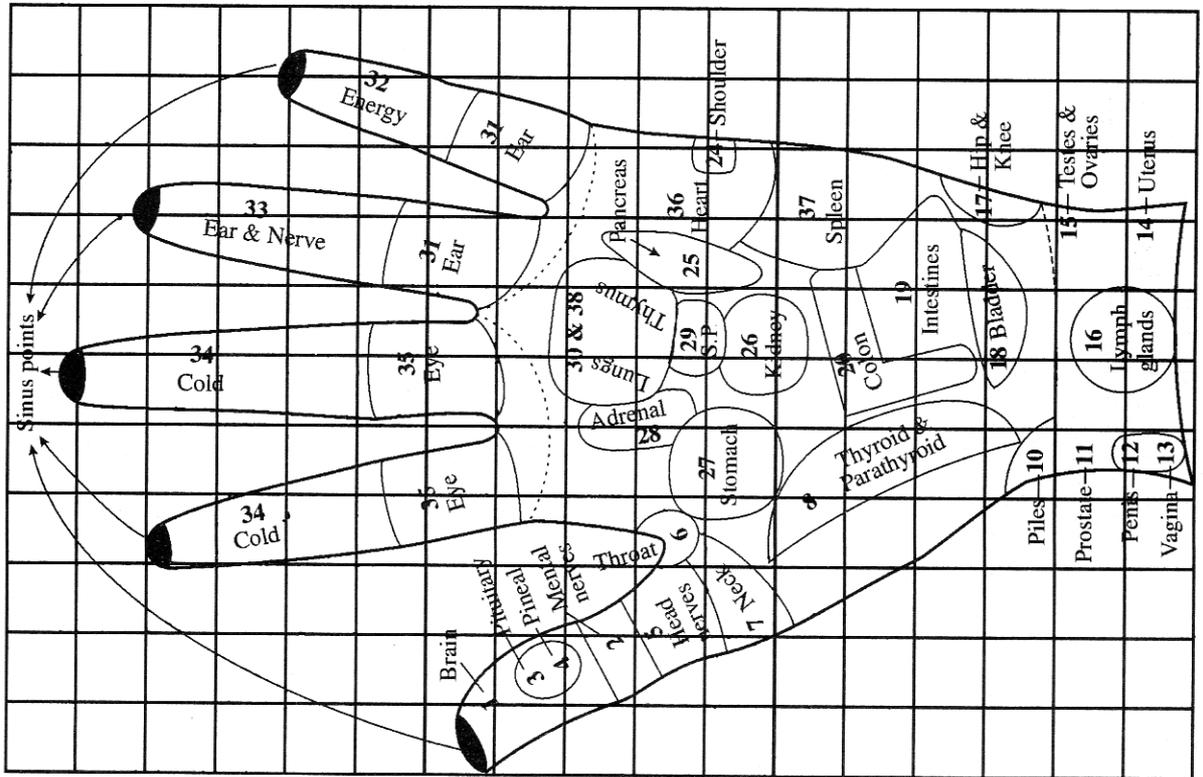
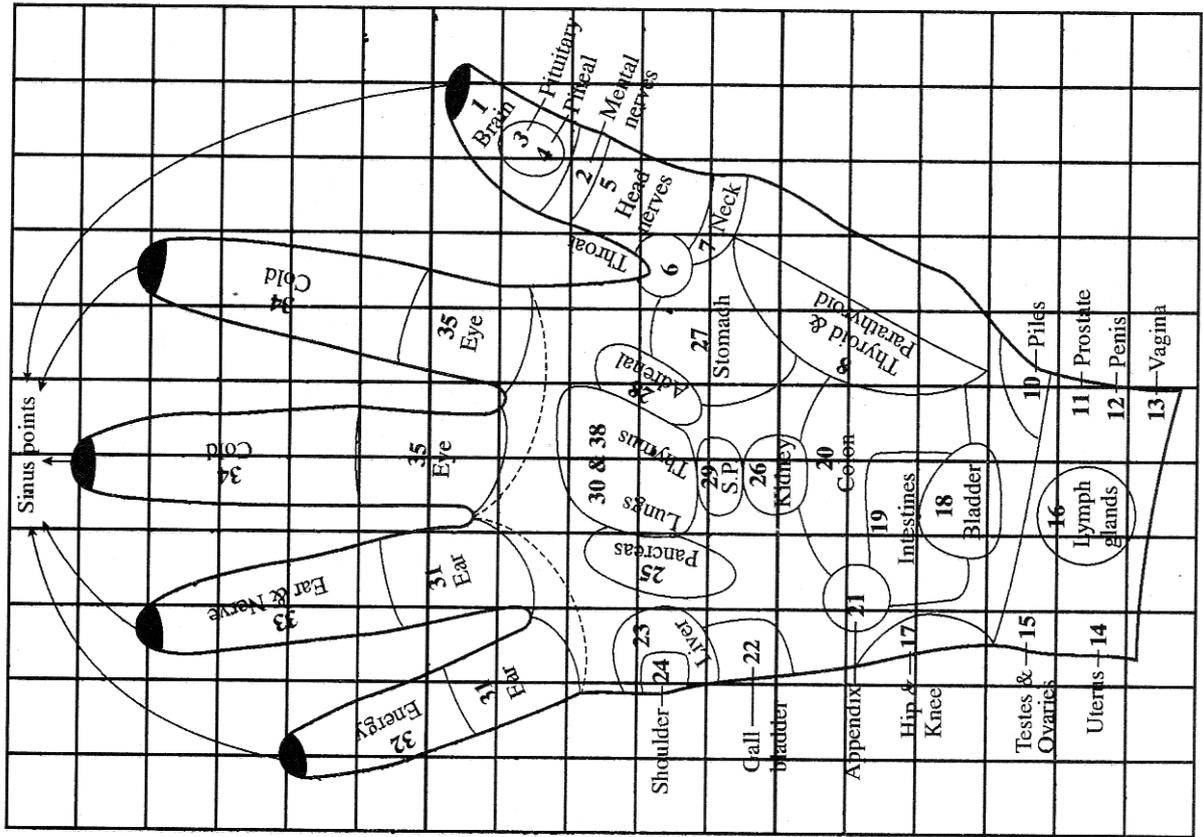
### **How to Prepare Silver Charged Water:**

Put 30 to 60 grams of silver pure coins in a 8 glasses of water and boil it till reduced to 2 glasses. Do not use silver ornaments. When the charged water cool down remove the silver coin and keep in a clean glass bottle and drink a cup 3 times every day.

### **Acupressure Treatment:**

Put point No. 3, 4, 8, 11 to 15, 16, 25, 26 and 28 with thumb on each palm 3 times daily for 2 minute and press all points for 5 minutes on each palm.

The above treatment is recommended by a Dr. Devendra Vora in his book "*Health in your hands*" Thousand of patients get cure through sincere implementing this method. But here there is request to adopt this method only when you are feeling satisfaction.



***Remember No One Can Help You If You Won't Help Yourself***

**14 Days Kidney Detoxification Program**

***(Detox – A Body & Mind Auto Inner Cleansing)***

***Fasting Is Nature's Drugless Way of Healing***

Cooked food increases the work load of the kidneys by more than 10 times than natural food. Plenty of vital forces are spent to digest food where as in fasting vital organ gets rest & the vital force get the chance to do their task.

[If patient follow this program, the damage kidneys will recover function normally.]

**A) Liquid Fasting: ( No Solid Food)**

1. **Day 1:** Drink only luke warm water whole the day.

a. Total intake should be 1 small cup plus urine out put taken drop by drop .As per the condition of the patient.

b. Neem leave juice half teaspoon on every 2 hours interval i.e. 7am – 9am – 11am - 1 pm – 3 pm – 5pm – 7pm.

c. Onion raw juice 1 teaspoon on every 2 hours interval

i.e. 8am – 10am – 12noon – 2 pm – 4 pm – 6pm – 8 pm

2. **Day 2 & 3 :** Liquid & Fruit Diet Fasting

a. Soak over night 7 dry figs (Anjeer) in Total intake water i.e. 1 small cup plus urine out put. Take this soaked water through out the day in very little quantity drop by drop. Take 1 soaked fig at every 2 hour interval

i.e. 7am – 9am – 11am - 1 pm – 3 pm – 5pm – 7pm.

b. Tulsi raw juice 1 table spoon on every 2 hours interval

i.e. 8am – 10am – 12noon – 2 pm – 4 pm – 6pm – 8 pm

**B) Vegetable Raw Juice Fasting (Day 4 to 7):** Resort to juice fasting for 4 days or till the acute symptom subside. (Total juice intake should be equal to 2 small cup plus urine out put. As vegetable contains water itself thereby no need to give extra water to the patient.) Follow the below schedule in the period of vegetable juice fasting.

**7am:** Soaked over night 2 dry figs in 1 cup water .chew the soaked figs and drink that water.

**9am :** ¼ cup beet raw juice plus ¼ cup luke warm water

**10am:** 1 teaspoon pure neem honey

**11am:** Half cup cucumber ( kakdi) juice

**12noon:** 1 teaspoon pure neem honey.

**1 pm:** Half cup radish (moli) juice

**3pm :** Half cup bottle gourd (luki) juice.

**4pm:** 1 teaspoon pure neem honey

**5pm:** ¼ cup tulsi leave juice

**6pm:** Half cup carrot juice

**7pm:** Half cup bottle gourd (luki) juice.

**8pm:** 1 teaspoon pure neem honey

**C) Fruit Diet Fasting (Day 8 to 10):** Grape (red or purple) or raisins (munaqqa- dry grape) should be soaked in the total intake (should be 1 small cup plus urine out put) for 12 to 18 hours. This would swell them to original size of grape, eating after discarding the seeds of the grapes. The water in which the grapes soaked should be drink through out the day in very small quantity. The grape meal or raisins diet take every 2 hours from 7am to 7 pm followed for 3 days. i.e. 7am – 9am – 11am - 1 pm – 3 pm – 5pm – 7pm. The patient should begin the grape cure with a small quantity. In course of time, about 100 grams may safely take at a meal.

**D) Fruit & Milk Diet Fasting (Day 11 to 14):** Begin with 50 ml to 100 ml of milk every 2 hours as per the condition of patient. Preferably goat's milk or cow milk. The milk should be fresh and un-boiled without adding sugar, but may be slightly warm if desired. The milk should be slowly chewed instead of drinking or gulped it by sipping slowly in draughts saliva secreted in the mouth mix it. This may be taken 6 or 7 times between sunrise & sunset. Continue this regimen for 3 days. During this period don't drink water because water contain is already present in milk. In case of constipation take enema and if suffer from diarrhea; reduce the dose for a day or two. Remove fat and dilute by adding some boiled water. If one suffers from nausea or vomiting one should sucking piece of lemon juice after each dose of milk. In case of any discomfort or fever one should stop the milk and observe the fast for day or two day. When fever is gone continue milk cure diet for the said period.

**Warm Water Enema:** One should be taken daily while fasting to clean the bowel of toxic matter.

**Test for Kidney has started functioning:** On the first day before you start the treatment take your first urine in a white bottle. It will be observed to be hazy & having bad odour after 12 day or 14 day takes the first urine and checks it. When the urine is found clear and without bad odour, it denotes that kidneys have started functioning normally.

**Periodical Medical Check – up:** Routine blood and urine tests. Check for protein or albumin in the urine (proteinuria), and a calculation of glomerular filtration rate (GFR) based on a serum creatinine measurement (Maintain your medical records in reverse chronological order i.e. the oldest ones last and the newest ones first.)

## Hydro Therapy for Kidney Failure:

**Cold:** Expanding of blood vessel, decreased BP, for inflammatory condition.

**Hot:** Contraction, increased blood flow, relieving deep congestion.

1. **Kidney Pack:** Place **hot water bag** (42 – 45 deg C) to cover middle to lower back. Apply **ice bag** to cover lower part of chest bone and stomach. Wrap a dry cotton cloth over this for 45 minutes to 1 hour.
2. **Wet Girdle Pack:** Dip **thin cotton under wear** in cold water. Wear it after wringing out. Wear **dry thick woolen under wear** over this for one hour.
3. **Hot Sitz Bath:** The level of water in tub should be enough to immerse the pelvic region. Begin by sitting for 2 minutes in hot water, and then sit for 1 minute in cold water. Do this thrice. End up sitting for 2 minutes in cold water. Now dry the body thoroughly.
4. **Whole Body Pack:** Spread blanket on bed or floor. Now spread wet wring bed sheet on it. And spread wet and wring towel over the bed sheet. Now un -dress patient and lies on his back on this bed. Wrap towel around his chest, then bed sheet around his body. Leave his head and face free and finally wrap blanket. Before the treatment patient should drink little water. In about an hour patient sweats profusely. After 5 minutes un -wrap and dry the body with another towel.
5. **Steam Bath:** Take a bucket big enough to immerse the leg up to the knee. Fill it with hot water that can be tolerated to patient. Remove all clothes and sit on stool. Immersing both legs in water. Place a cold wet towel on the head. Cover the whole body up to neck with thick blanket. Sip some hot water slowly .After sitting for 15 to 20 minutes removes blanket, come out of water and take quick cold shower . Dry with thick towel briskly.
6. **Ablution (Wazu) Therapy:** Wash both hands, first right then left up to wrists thrice times. Gargle the mouth to throat thrice times, brushing your teeth perfectly with miswak (datoon) is mean of purify mouth. Sniff water thrice into nostrils first right then left with your right hand and blow out nose using of left hand. Wash your face thrice times .Wash both hands first right then left hand thrice times up to elbow. Ensure washing of space between fingers. Wipe the head with wet hands once. Clean the inside of ears by inserting the wet index finger into ears and folds of ears, then clean back of ear by pressing wet thumb from bottom upwards. Wash both feet. First right then left thrice times up to ankles. Ensure cleaning of spaces between toes using little finger of your left hand.

## Metal Therapy: (How to prepare Silver Charged Water)

Put 30 to 60 grams of silver pure coins in a 8 glasses of water and boil it till reduced to 2 glasses. Do not use silver ornaments. When the charged water

cool down remove the silver coin and keep in a clean glass bottle and drink a cup 3 times every day.

### **Color Therapy for Kidney Failure:**

1. Treat with blue for 10 minutes over kidney area, alternate with orange.
2. Rub your kidney area. Think friendly thoughts about your kidney as you rub in circular motion over kidney area. Send healing blue light energy into these vital organs.

### **Acupressure Treatment for Kidney Disorder:**

The following points should be press with thumb like pumping on each palm 3 times daily for 2 minutes. But remember that do not press the hand, where fistula is put inside the hand. On **thumb** in the mid area there are 2 gland (**Pituitary gland & Pineal gland**); and at the end of the thumb in a curve shape area **Thyroid & Parathyroid gland** is situated. Beside this **kidney area** is located. And above the kidney area in right hand the **Adrenal gland** is located at right side. And on the left hand the Adrenal gland is located at left side. Along with these points also press the **liver** point on the right hand palm situated below the half inch from the end of little finger. And **heart** point on the left hand located below the half inch from the end of little finger. Also rub the wrist area where the hands are end, in circular motion and press the centre area (**Lymph gland**) with thumb.

**Sun Bath:** Take sun bath after sunrise or before 1 hour of sun set.

**Abdominal Breathing:** Exhale air by slowly pressing stomach inward. Shut mouth and inhale air from nose by releasing stomach upward.

**Shav Asana: (Dead Pose):** After awaking & at bed time lie down on your back, relax all part of the body and left to gravity. Release the tension from tips of toes to the forehead. Now concentrate on your breath then after 10 minutes slowly turn to your right side and open your eye slowly.

**Apaan Mudra:** If any patient suffering from urinary obstruction, due to any reasons, he will pass urine within 20 - 25 minutes after practicing this mudra. But patients suffering from prostate gland and stone problems will not benefit from this mudra. To restore the urine flow, this mudra must be performed with both hands.

### **Bio - Chem Salt Remedies for Kidney Disorder:**

1. Kali Mur : for inflammation
2. Calcarea Sulph. : Acts as blood purifier and antiseptic. For Adults - 4 grains 3 times a day and for children 2 grains 3 times a day.

**Walking Exercise:** Patient should be taken daily while fasting to clean the bowel of toxic matter.

**Auto - Suggestion:**

1. Every day in every way I am getting better and better.
2. God is Almighty. God is merciful. He is healing me of kidney disorder. With thanks and in full faith so be it
3. I release the pattern in my consciousness that created this condition .I am willing to change. I love and approve of myself.

(One should say after awaking in morning and while go to bed.)

***Post – Fasting Treatment***

*(Right food after fast is an important & must.)*

**Day 15 to 21: Liver Detox – Diet Treatment**

[Detox Begins in liver (power House) & End in gall bladder]

**7 – Days Diet Plan**

- b. **Upon Arising** (6am): Soak over night 2 dry figs (Anjeer) in 1 small cup water. Take this soaked water and soaked figs the very first thing in the morning.
- c. **Break fast** (7am): An apple, grape or orange and 2 almond or barley kheer.
- d. **Mid – Morning** (9:00 am): Drink Alkalizing Green Raw Juice. Take leafy vegetable cucumber, bottle gourd (lauki), mint( pudina) Clean them thoroughly in salt water. Grind them and extract juice nearly one and half cup or one glass. Add 1 teaspoon amla powder and pinch of ginger (saunth) and 1 tablespoon honey. Do not add salt and spices for taste. (Drink as early as extract the juice. Drink slowly sip by sip. Don't frighten if you get loose motions. )

- e. **Mid – Morning** (11:00 am): White gourd (petha) juice found effective for acidity and uric acid
- f. **Before ½ hr of lunch** (11:30 am) : Chew a piece of ginger before an hour of meal , found helpful in digestion.
- g. **Lunch** (12 :00 pm)
1. **Salads** (12:00): Cucumber, beet, sprout seeds of moong, onion with lemon juice dressing. Do not add salt and spices for taste.(Vitamin factory, body building enzymes.)
  2. **Soup or boiled veg**( 12: 15pm): 1 bowl of decoction of seam vegetable (wal papdy ) beneficial where albumin contain is very high. One should take only the skin of vegetable not there seeds. Or chauli (amaranth ) leave soup or barely soup or carrot soup or mix. Veg. soup or lauki soup .
  3. **Grain Food** ( 12:30 ): 1 or 2 jawari chappati without ghee .
  4. Sit quietly for 5 minutes after eating.
  5. Walk to aid digestion ( 5 – 15 mins.)
  6. Pineapple juice(1:45Pm ):stimulate the activity of kidneys and help to remove the toxic elements and waste produce from the body.
  7. **After ½ hr** (3:00pm): soaked few methi seeds early morning and take this soaked seeds with luke warm water after half an hour of meal.
- h. **Early Evening** (4pm): A glass of beet and carrot juice mixed 50: 50 basis. Add half glass of boiled water, shake well and drink slowly sip by sip .Do not add salt and spices. Drink as early as you extract the juice.
- i. **Before ½ hr of Dinner** (05: 30 pm): Chew a piece of ginger before an hour of meal, found helpful in digestion.
- j. **Dinner** ( 6:00 pm):

**1. Salads** (6:00pm): same as lunch.

**Soup or boiled veg**( 6:15pm): Amaranth (Chauli leave) juice can eliminate ill effects of poisonous drugs. And purify the blood.

**2. Grain Food** (6:30): same as lunch.

**3.** After Dinner (6:40): chew ajwan & ginger after meal.

**4.** Sit quietly for 5 minutes after eating.

**5.** Walk to aid digestion ( 5 – 15 mins.)

**6.** Bed Time (9:30pm): (minimum 3 hours after dinner-No reading, eating, watching TV in bed.)Take 1 tsp triphala powder (hirda, baheda ,amla) with luke warm water or 1 tsp of haritaki powder or 1 apple at bed time.

Thereafter patient may gradually adopt a well balance low protein vegetarian diet. Further short juice fasts followed by a week on the restricted diet should be taken at intervals of 2 or 3 months until kidney conditions has normalized.

**Avoid:**

**1. To control potassium content in diet:**

Coconut water, Fruit & fruit juice, Coffee, Jam, Cocoa, Tea,

Bhindi, Methi, Baingan, Mitha aloo, Suran, Phanas, Ratalu,

Coriander, tomato, lahsan, ,phoolgobi, palak , cabbage, Banana, papaya,Chikoo, Peach, cherry, limbu,Kairi.

**2. To control sodium & Phosphate content in diet:**

Rice, Wheat, salty food, food with soda, Pickle, chutney, papad, Farsan, cake, biscuit, Bhajia, Dhokla, (any food item with soda)

Wafers, Jam, Namkeen, peanuts, Tomato Ketchup, chana

**3. To control Fats & Proteins in diet :**

Mutton, Fish, Chicken, Eggs, pulses, Dry fruit, Ghee, Oil, Salted Butter,

**4. To control Phosphorous content in diet:**

Cold drink like coco- cola, Maza, Fanta, Soda etc.

**Other Things to Avoid:**

Canned or bottle juice because of benzoic acid and sulphuric acid content. Tobacco, Smoking, alcohol, stress and tension etc.

**Beneficial Foods:**

Fresh juice of white gourd, Pineapple juice should not be taken on empty stomach, but after an hour of meal. Bathua ka saag, parval vegetable. Take Grapes daily 250 grams in morning & evening.

**Vegetables:** All vegetables contain potassium. They are grouped according to their potassium content. You should consume vegetable having lower potassium content.

**Group I (0 - 100 mg potassium):**

Radish - pink (mooli), Cucumber (kakadi), Snake gourd (parval), Bottle gourd (lauki), Green Mango, and Beet root.

**Group II (110 – 200 mg Potassium):**

Cabbage (band Gobi) , Onion , bitter gourd (karela) ,Cauliflower ( Phul Gobi), Pumpkin (kaddu) , Carrots(gajar) ,radish – white (mooli), brinjal (baigan ) , ladies finger (bhindi) ,and green tomatoes.

**Group III (200 plus mg Potassium):**

Coriander ( dhaniya), sweet potato, spinach (palak ) and green papaya.

Group II and group III vegetables after “*leaching*” then off with potassium.

This can be done by:

- Socking cut vegetable in luke warm water for 2-3 hours.
- Discarding the water.
- Adding large volume of fresh water and cooking vegetables.
- Discarding water.

**OR**

- Bring the peeled and cut vegetables to boil in a large quantity of water.
- Discarding water and coking in a large volume of fresh water
- Discarding excess water.

**Note:** After kidney start functioning normally. Take tender coconut water, coriander leave, mint leave, fruit like orange.

**For Swelling of legs & arms:**

Apply methi leave paste on swelling part or kalonji seed paste reduces the swelling.

**For Reducing swelling over kidney :** eating of Ilaichi with kharboza seed can reduce the swelling ,relief in pain and increase the urine out put.

**Fasting Therapy for Kidney Stones:** A fast on carrot or orange juice and water should be adopted for 3 to 5 days. The juice should be diluted with water on 50: 50 basis should be taken every 2 hours from 7 am to 7 pm. The bowels should be clean with warm water enema during the period of fasting. An all fruit diet for further 3 to 5 days, 3 meals a day. Juice fruits such as apple, papaya, grapes, orange, and pineapple should be taken at 5 hourly intervals. Fruit and milk diet for further 5 days. In this regimen, fresh milk, preferably goat's milk may be added to fruit diet as mentioned above. After an exclusive fresh fruit and milk diet, gradually adopt a well balanced low protein diet on the following lines, with emphasis on alkaline raw foods, fruits, vegetables and sprouted seeds. Short juice fast followed by all fruit diet and fruit and milk diet should be repeated at intervals of 2 months.

**Wheat Grass Juice Therapy:** Wheat grass juice therapy has produced encouraging result in the treatment of renal diseases, like stone inflammation of kidney and bladder, should be taken early in the morning or on empty stomach or 3 times a day according to degree of diseases density. For further detail please refer page no.

### Diet Chart for Kidney Stone:

A. **Upon Arising :** 25 black raising soaked overnight in water along with water in which they are soaked as well as water kept over night in a copper vessel.

B. **Breakfast:** Milk with honey and fresh fruits such as papaya, banana, grapes, pear, peaches and pineapple.

C. **Lunch:** A bowl of freshly prepared steamed vegetables such as carrot, cabbage, cauliflower, beans, 2 or 3 whole wheat chapattis, unsalted fresh butter and a glass of butter milk.

D **Mid Afternoon:** A glass of carrot juice or coconut water

E **Dinner:** A large bowl of fresh green vegetable salad , use all available vegetables such as carrot , cabbage, cucumber, tomatoes , radish , red beets, and onion with lemon juice dressing and moong sprouts.

F **Bed Time:** A glass of milk sweetened with honey.

Types of Stones	Avoid	Used More
Calcium Phosphate or Carbonate stone	Milk, cocoa, chocolate , coffee, tea ,egg, meat , jaifal, almond, beet , spinach	Bajra, barely, wheat, karela, green chilly, mango, orange.
Oxalates stone	Cheswnut, spinach, beet, tomato, fig, strawberry, coco, chicken, sitafal, coffee, cauliflower, ladyfinger.	Banana, karela, egg, carrot, guava
Uric acid stone	Meat, tea coffee, egg, pulse.	Milk ,curd ,sabodana , ghee potato

**Avoid:** Tea, coffee, alcoholic beverages, flesh foods, salt , all condiments , highly flavored dishes, sugar , white flour products, denatured cereals and tinned bottled and frozen foods as well as foods containing oxalic acid such as spinach , beet , beans, brinjial , ladyfinger , cholai, strawberries , lime ,alma, almond , peanut.

**Food Especially Beneficial:** Garlic, cucumber, French beans, carrot, banana, papaya, watermelon, pineapple, barely, radish, mango, sugar cane, pomegranate.

**Selective Home Remedies for Kidney Stones :( Grind Your Stone)**

1. **Basil (Tulsi):** Basil has the strengthening effect on the kidney. In case of kidney stones, basil juice and honey should be taken daily for 6 months. It has been found that stones can be expelled from the urinary tract by this treatment.
2. **Apple for renal & gall stones:** Drink 1 liter apple juice a day for 7 days. On the 7<sup>th</sup> day at night a cup of olive oil, before going to bed. Sleep on your left side and by next morning all the stones will pass into stools. If needed a purgative does could be taken.
3. **Grape for renal & gall stones:** Same effect can be obtained by taking grape dose (olive oil + Epsom salt) in the night. The stone will pass it through the stool by next morning.
4. **Pomegranate (Anar):** The seeds of our and sweet pomegranate are a useful medicine for kidney stones. The seeds of both sour and sweet pomegranates are useful medicine for kidney stones. A tablespoon of the seeds, ground into a fine paste, can be given along with a cup of horse gram (kulthi) soup to dissolve gravel in kidneys. Two tablespoons of horse gram should be used for preparing the cup of soup.
5. **Bottles Gourd (Lauki/ Dodhi):** A glass of fresh juice prepared by grating the whole fruit should be mixed with a teaspoon of lime juice. It should be given once daily in the treatment of burning sensation in urinary passage due to high acidity of urine. It serves as an alkaline mixture.
6. **Sugar Cane (Gana):** useful in scanty urination. It keeps urinary flow clear and helps the kidney to perform their function properly. It is also valuable in burning due to acidity; enlarge prostate, cystitis and nephritis. For better result it should be mixed with lime juice and coconut water and ginger.
7. **Beet:** Beet root juice in combination with juice of carrot and cucumber is one of the finest cleansing materials for kidney and bladder. It is highly beneficial in all disorder relating to these two organs.
8. **Alove (Ghiguvara):** Juice paste or powder in dose of 1 tablespoon 2 times a day. Useful in dissolving kidney stone and urinary problems.
9. **Kidney Beans:** Kidney beans, also known as dried French beans or Rajmah, are regarded as a very effective home remedy for kidney problems, including kidney stones. The method prescribed to prepare the medicine is to remove the beans from inside the pods, then slice the pods and put about sixty grams in four litre of hot water, boiling them slowly for six hours. This liquid should be strained through fine muslin and then allowed to cool for about eight hours. Thereafter the fluid should be poured through another piece of muslin without stirring. A glass of this decoction should be given to the patient every two hours throughout the day for one day and, thereafter, it may be taken several times a week. This decoction would not work if it was more than twenty-four hours old. The pods could be kept for longer periods but once they were boiled, the therapeutic factor would disappear after one day.
10. **Coconut water:** take 1 glass on empty stomach in morning and 1 glass in afternoon daily for a month.
11. **Watermelon:** Watermelon contains the highest concentration of water amongst all fruits. It is also rich in potassium salts. It is one of the safest and best diuretics which can be used with beneficial result in kidney stones.

## HEALING LEUCORRHOEA /MENSTRUAL DISORDER NATURALLY

### A) **Selective Home Remedies:**

- a) Raw juice of spinach leaves, added beet root juice in equal quantity.
- b) A glass of grape juice.
- c) Juice of fresh mango bark with white of an egg...
- d) Juice of chaulai leaves with teaspoon of lime juice.
- e) Half teaspoon of sesame (till) seed powder with hot water twice a time daily.
- f) 12 gram of hing fried in ghee mixed with 120 gm of goat's milk (fresh) & tablespoon of honey 3 times a day for a month.
- g) Decoction of kasni seed.
- h) Sowa (dill) 40gm of decoction of fresh leaves with teaspoon of parsley (prajmoda) juice thrice daily.
- i) Ashoka 100gm bark boiled in 40 ml of milk and 400ml of water till reduce to 100gm. Divided in 3doses for a day. This treatment should be start from 4<sup>th</sup> day of menstruation and continue till bleeding is stopped. Fresh decoction is too made every day.
- j) A decoction of lemon grass.

### B) **Acupressure Treatment :**

- a) Give treatment on point No. 11 to 15 & 16 for 2 minutes.
- b) Give treatment on all points of endocrine glands.
- C) **For Excessive Bleeding:** Applied rubber band on the base of both the big toes (thumb) for 3 to 5 minutes and repeated after 15 minutes, if required.

### D) **Hydro Therapy :**

a) **Sitz Bath:** Fill the tub with water level to immerse the pelvic region. This bath is beneficial in treating all disorder of the pelvic and sacral region. Cold sitz bath is recommended for excess menstrual bleeding, bleeding piles, leucorrhoea, and prostrate disorder. Hot sitz bath is good for non bleeding piles, menstrual cramps, urinary infections itching of the anus and genitals etc. Both hot and cold sitz baths can be alternated for these same disorders.

### b) **Vaginal Douche:**

1) First clean the douche with water containing antiseptic. Take 1 liter of Luke warm water and add 2 to 4 drops of antiseptic liquid. Now fill douche with this water by pressing ball. Then keep plastic part 2 inches into vagina and press ball. Water will flow inside and clean it .Repeat 2 to 4 times.

2. Babul (kikar) bark decoction used a vaginal douche.

3.1 tablespoon of banyan (bar) and fig bark, boiled in 1 liter till reduced to half. Douching with Luke warm water decoction.

### E) **To Increase Hemoglobin:**

- a) Drink Iron charged Water (Refer "To Your Good Health with Water").
- b) Take black dried raisins soak in a half cup of water over night. On 1<sup>st</sup> day soaked 3 raisins. Take 1 in morning, 1 in afternoon and 1 in evening. On 2<sup>nd</sup> day soaked 6 raisins (kismis) .Take 2-2-2. On 3<sup>rd</sup> day soaked a raisins take 3-3-3. On 4<sup>th</sup> day to 6<sup>th</sup> day soaked 12 raisins, take 4-4-4. On 7<sup>th</sup> day soaked 9 raisins, take 3-3-3 .On 8<sup>th</sup> day soaked 6 raisins take 2-2-2. And on 9<sup>th</sup> day soaked 6 raisins take 2-2-2. And on 9<sup>th</sup> day soaked 3 raisins take 1-1-1. After this program checked hemoglobin in level of blood. If required repeated in some way till Hb level reached to satisfactory level.

### F) **Ayur Vedic Medicine :**

- 1) Ashokarishta Special – Baidyanath. 2)Drakshasav Special - Baidyanath.

### H) **Homeopathic Medicine:**

- a) Ashoka Elixier Drops – 5 to 10 drops 3 times a day.(Haslab/ Janosia Ashoka –Schwabe).
- b) Alfamalt Forte (Dr. VcNALLY'S –MEDISYNTH).

I) **Bio – Chem Mixture :** Bio – Combination No. 15 (for Menstrual Disorders ) Bio – Combination No. 01 (for Anemia )

## Healing Malaria Naturally

**Malaria diet:** Fast on orange juice and water for a few days. Diet is of utmost importance in the treatment of malaria. To begin with, the patient should fast on orange juice and water for a few days, depending on the severity of the fever. Other fruits that are beneficial for patient suffering from malaria are apple, orange, etc. If patient cannot eat these fruits, freshly prepared fruit juice should be given.- Give liquid foods to the person suffering from malaria. Boiled rice, with boiled vegetables, rice cooked with pulse (khichdi) should be given. These are easily digestible. After the fever has subsided, the patient should be placed on an exclusive fresh-fruit diet for the first few days. Milk may then be added to the diet. Thereafter, the patient may gradually embark upon a well-balanced diet of natural foods, with emphasis on fresh fruits, and raw vegetables. A warm-water enema should be administered daily during the juice and water fast to cleanse the bowels.

**Cold pack application to the whole body:** The best way to reduce temperature naturally during the course of the fever is by means of a cold pack, which can be applied to the whole body. This pack is made by wringing out a sheet or any other large square piece of linen material in cold water, wrapping it right round the body and legs of the patient (twice round would be best), and then covering it completely with a small blanket or similar warm material. This pack should be applied every three hours during the day while the temperature is high and kept on for an hour or so. Hot-water bottles may be kept on the feet and against the sides of the body.

Following are some of the effective home remedies for malaria:

1. In a glass of water, add a tsp of cinnamon powder, a tsp of honey and a dash of pepper powder. Boil this concoction and have it after it cools down a bit. This is beneficial in treating malaria.
2. Dhatura, an Indian herb, is beneficial in treating malaria. Take two and a half freshly sprouted leaves of Dhatura and rub them with jiggery. Convert this mixture into a pill and have it on a daily basis.
3. In 60ml of water, dissolve 3 gram of lime and the juice of 1 lemon. Start consuming this, once in a day, right from the time of the onset of fever.
4. Roast alum over a hot plate and then powder it. Take a tsp of it when you still have fever. It is a useful remedy for curing malaria.
5. Holy basil leaves proves beneficial in treating malaria. You can consume the leaves raw or make a decoction of them and then drink it.
6. If the malaria is in the initial stages, an orange juice and water diet can help treat it.
7. For the fever in malaria, applying a cold pack on the forehead proves to be beneficial.
8. In 250 ml of water, add 15 gm Chirayita herb, along with some cloves or cinnamon. Have 15-30 ml of this solution once in a day, for 15-25 days.
9. In a glass of water, put a small piece of ginger and 2-3 teaspoon raisins. Boil this decoction until it gets reduced to half its quantity. Cool down the decoction and consume.
10. Avoid junk food, packed food as well as spicy and oily food. It would work to your detriment.
11. Lemon juice is very useful in the treatment of malaria. Take 2-3 tablespoon of lemon juice and mix in half cup of water. Take this mixture during the initial stage of fever.
12. The herb chirayata, botanically known as *Swertia andrographis paniculata*, is also beneficial in the treatment of intermittent malarial fevers. It helps in lowering the temperature. An infusion of the herb, prepared by steeping 15 gm of chirayata in 250 ml of hot water with aromatics like cloves and cinnamon, should be given in doses of 15 to 30 ml.
13. Alum is also useful in malaria. It should be roasted over a hot plate and powdered. Half a teaspoon should be taken about four hours before the expected attack and half a teaspoon every two hours after it. This will give relief.

## HEALING MIGRAINE NATURALLY

Throbbing pain usually on one side of head, associated with nausea, vomiting and increased sensitivity to light and noise. Pain killer drugs may give temporary relief but they do not remove causes.

**FASTNIG TREATMENT:** Orange juice and water for 3 days. Take every 2 hours from 8 am to 8pm. alternatively take vegetable juice such as carrot, cucumber. A warm water enema take daily. While do fast to cleanse the bowels. Fruit diet for 5 days. Taking 3 meals a day of fresh fruit for 5 days. Taking 3 meals a day of fresh fruit such as apple pear, grapes, oranges, pineapple, peaches and melon.

**AVOID :** Caffeine , tea, coffee, soft drinks, alcohol, sager, salt, fermented food , cold water , vinegar, Chinese, spicy fatty ,& fried food , cake , flesh food.

**Hydro Treatment:** 1)Hot Foot Baths 2) Cold pack on head 3)Spine cold compress to head and towel of hot water applied to neck 4)Abdominal pack, applied 3hours after dinner for 20 minutes that improve digestion.

**Left – Nostril Breathing:** Breath from left nostril by closing right. This increase coolness in your body .By sleeping on right side your left nostril open automatically.

### Massage & Acupressure Treatment;

- 1) Press with both thumbs into base of your skull on the hollows on either side of centre line.
- 2) Massage & rub your head with tips of fingers on back of your head and around temples.
- 3) Pranayam – Inhale deeply then exhale slowly through nose.
- 4) Press the points at inner corner of eye socket for 3-5 seconds with thumb and index finger.
- 5) Pull your earlobes down a few times similarly pull your ear's on the sides and in upward direction.
- 6) Insert the tips of your forefinger in side ear and shake it .Press the tips of thumbs and tips of toes as these points represent head in acupressure.
- 7) Apply acupressure roller at the base of skull.

### Home Remedy for Migraine

- Migraine can be treated effectively with the help of fresh grape juice. Grind grapes to extract the juice. Consume the juice in the concentrated form, without adding water.
- Increase the intake of niacin (vitamin B3), as it has been found to be helpful in alleviating migraine pain. Some of the foods rich in niacin are yeast, whole wheat, green leafy vegetables, tomatoes, nuts, sunflower seeds, liver and fish.
- Cabbage leaves are helpful in relieving the pain of a migraine headache. Squash cabbage leaves and place them in a cloth. Place the cloth on your forehead for sometime. Once the cabbage leaves become dry, remove the cloth and make a fresh one.
- Lemon peel is helpful in solving migraine headache. Grind lemon peel to form a paste and apply it on the forehead. Let it dry and then rinse off with cool water.
- A mixture of carrot juice, either with spinach, beet or cucumber juice, works effectively in curing migraine. Combine 300 ml of carrot juice with 200 ml of any other juice and drink it.
- You can also mix 100 ml each of beet and cucumber juices, with 300 ml of carrot juice and drink it on a regular basis.
- Include garlic in your diet. Either chew a piece of garlic in the raw form or mix it with other food items.
- Taking lukewarm water enema is effective. It cleanses the bowels, thereby removing the toxins from the body and helping prevent migraine.
- Make a solution of half a teaspoon of [mustard seeds](#)
- Powder and three teaspoons of water, put this solution in the nostrils, it is helpful to decrease the migraine and headache. This is another effective home remedy for headache.

## Healing Nephritis Naturally

Nephritis refers to an inflammation of the kidney. The main symptoms of acute nephritis are pain in kidneys, extending down to the uterus, fever, dull pain in the back and scanty and highly colored urine. Often the urine may contain blood, albumin & casts consisting of clumps of red & white cells which come from damaged kidneys. The patient suffers from puffiness in the face & swelling of the feet and ankles.

Dietary Treatment for Nephritis

**Fasting Therapy:** removes toxins & systemic impurities.

- 1. Vegetable juice Fasting:** The patient should resort to Juice fasting for 7 to 10 days till the acute symptoms subside. Mostly Veg. Juices such as carrot, cucumber.
- 2. Fruit diet fasting:** After Veg. Juice fasting follows fruit diet fasting 4 or 5 days. Juicy fruit such as apple, grapes, orange, pear, peaches n pineapple should be taken during this period at 5 hours intervals.
- 3. Fruit & Milk Diet Fasting:** Preferably raw goat's milk may be added above mentioned fruit diet for further 7 days.

**Diet Cure Chart for Chronic Nephritis**

- 1. Short Juice Fast:** For 3 days Thereafter a week or ten days follow this diet chart.
- 2. Breakfast:** orange or orange Juice
- 3. Lunch:** Salad of raw vegetable with olive oil & lemon juice dressing.
- 4. Dinner:** Steamed vegetable & few nuts. Thereafter patient may gradually adopt a well balance low protein vegetarian diet. Further short juice fasts followed by a week on the restricted diet should be taken at intervals of 2 or 3 months until kidney conditions has normalized.

**Avoid:** Vegetable containing large quantity of oxalic acid such as Spinach & rhubarb, Chocolate and cocoa, white bread, sugar, cakes, refined, cereals, fried food, tea, coffee, flesh food, condiments, pickles, sauces and spicy & salty foods.

**Best Food:** Garlic, asparagus, parsley, water cress, cucumber, celery are excellent vegetable and papaya & bananas are best fruit.

**Hot Epsom Salt Bath:** Should be taken every day to induce elimination through skin as much as possible.

**Walking Exercise:** Should walk for at least 3 kilometers once or twice daily.

**Warm Water Enema:** Should be taken daily while fasting to clean the bowel of toxic matter.

**Decoction of Seam Vegetable:** If albumin contain is very high then drink the decoction of seam vegetable (wall papady) one should take only the skin of vegetable not there seeds.

## NORMAL DELIVERY WITHOUT CAESAREAN SURGERY

### Diet for Pregnant Mother's:

**Vitamin A:** Needed for: Normal growth, smooth soft skin, healthy mucous membrane strong bones & teeth, good & eye development, resistance to infections.

**Vitamin B:** Needed for: Normal functioning of the nerves, heart, and proper use of carbohydrates by the food, healthy appetite, and good digest of food, good elimination, growth, and resistance to infection prevention to fatigue.

Best sources: Work, heart, liver & Kidneys, whole milk, cheese, green leafy vegetables, dried peas, enriched cereals.

**Vitamin C:** Needed for: Growth, healthy bones, teeth, gum, intracellular materials strong blood vessels, blood regeneration, tissue repairing, healing of wounds, and resistance to infections.

Best sources: Orange, grape fruits, lemons, tomatoes, potatoes, fresh raw cabbage, juice.

**Vitamin D:** Needed for: Growth, strong bones and teeth, helping body utilize calcium & phosphorus.

Best sources: Fish-liver oils or their concentrates, food fortified with Vitamin D. Meals should be small & frequent for comfort. Here is a good bas day's diet, & variations on this will provide a pregnant women with a she needs.

### Diet Cure Chart:

- A. **On Rising:** A cup of tea with one small biscuit can do a lot towards relieving any tendency to morning sickness. However, if this is not a problem, this may not be needed.
- B. **Breakfast:** A good breakfast is very important, cereal & toast, juice is enough. A glass of fruit juice, orange or grapefruit is very refreshing & a source of vital vitamin C, or a whole fruit may be preferred. Then a helping of a protein food. Eggs cooked as desired food. One slice of toast or piece of crisp bread and idea milk to drink. But if a woman likes tea or coffee to start her day, she can certainly have it.
- C. **Mid-Morning:** A glass of milk or hot milky drink is a good idea this time. If the woman is hungry for something else, then a small piece of crisp bread and cheese is better than a bun or a biscuit.
- D. **Lunch:** If this is the main meal of the day, then a fish, and vegetables. Two vegetables such as peas and spinach or green beans and cabbage, are probably better than one with potatoes. Milk pudding or a helping of cooked or raw fruit should follow; these are better than steady steamed puddings. If this is the light meal of the day, then an egg or meat or fish, with salad makes an excellent meal or perhaps a cheese dish.
- E. **Mid-Afternoon:** A cup of tea & a small piece of toast or crisp bread with perhaps one small piece of cake if your really can't do without it will be enough but if you can miss the cake so much the better.
- F. **Dinner:** Same as lunch. A light meal, if lunch was the main meal the day.
- G. **Bed Time:** Milky drink will probably be enough.

**For Easy Delivery:** (90% of Caesarean Surgery can be avoided): Three doses of homoeo medicine pulsatilla-IM rights all abnormal presentations of the child if given before the membrane are ruptured or presenting part firmly engaged. This, caesarean may be avoided. Three weeks prior to the due date of delivery (in case of first child) (One week in case of subsequent deliveries) the fetus (Child in uterus) so far in upright position turns upside down descends further fixing its head in the pelvis (hip bone) & then delivery takes place. Even after the due date, if the child does not turn upside down, or having turned half-way lies horizontally or having turned 180° upside down if it does not descend further engaging its head in

the pelvis, doctors would tell 'head floating' and would wait for a few more days. If nothing happens by then normal delivery is risky & so the doctor opens the abdomen and take out the child. This is called caesarean operation. 90% of caesarean is performed for this reason alone viz., abnormal presentations. When doctor says 'head still floating' give **pulsatilla-IM** two pills dry on tongue, three doses at 4-5 hours interval and in the next 24 hrs. the child comes to the correct position exactly upside down, descends down further & it would be a normal & safe delivery. All these happen within 24 hours of the first dose of pulsatilla.

**NOTE:** Pulsatilla is of no use if given a few weeks or months well in advance. Cure is easier, better, quicker & sure than prevention in homoeo medical system. The remedy will act only when the patient has that symptom. When doctor says 'head floating' and so caesarean is the only way, if you are afraid of giving a medicine without yourself being a 'doctor' there is an alternative. Instead of one dram pills of pulsatilla-IM buy one dram 'tincture' of pulsatilla-IM from homoeo shop & just pour one drop of it anywhere on the skin of the patient and repeat this two more times at 4-5 hours interval. All homoeo medicines act by touching the skin and it is as good as taken orally.

### **Reflexology for Easy Delivery:**

- A. During the entire period of pregnancy, the lady should roll her feet on a relax roller for 2-3 minutes, twice a day. This general treatment helps to maintain good health.
- B. When the labour pains start, the trigger points for the mind & the uterus should stimulated for about a minutes each, with deep, alternating pressure. Moreover the lady should be given a comb to hold in each hand. During each attack of pain, she should prevent the thumb and the finger-tips against the teeth of the comb.
- C. As the labour period draws to an end, tie small rubber bands of the big & the second toes of both the feet and remove them after couple of minutes. Continue this process till the baby has been born and 'after-births' have been expelled.

### **Reflexology for Deficiency of Milk:**

- A. **General Treatment of the Whole Body:** Start with general treatment as described earlier.
- B. **Specific Treatment of the Breasts:** The breasts are represented on the dorsal (Upper) surface of the two feet as shown in the adjoining diagram. 'Walk' your thumb over the trigger areas for the breast in smallest spot. During such probing, every time you encounter some spot, stop moving the thumb further and with its tip give alternating pressure for about a minute. In this manner, cover the entire breast areas on the two feet. Repeat this treatment twice a day.

### **Easy Child Birth with Bio-Chem Salt:**

Give Cal Flour 3 X at short intervals. It brings about painless childbirth. If it fails give mixture of cal Flour 3X, Calc Phos 3X, Ferr. Phos 12X, Kali Mur 3X, Kali Phos 3X, Mag. Phos 3X & Nat Mur 3X, with hot water, if necessary give enema also. It saves your from caesarian operations. If during pregnancy Kali Phos is given, one or two doses daily it will keep the mother healthy.

## Osteoporosis

Osteoporosis literally means ‘thinning of bone’. Medically, Osteoporosis is a disease of bone in which the bone mineral density (BMD) is reduced which means one has a low bone mass and deteriorating bone tissue. In simple words the bones become thin, brittle and may be easily broken. Bone mass (bone density) is the amount of bone present in the skeletal structure. The higher the density the stronger are the bones. If Osteoporosis is not prevented in the early stages or if left untreated, osteoporosis can progress painlessly until the bone tends to break. These broken bones, also known as fractures, occur typically in the hip, spine, and wrist. The fracture caused by osteoporosis can be either in the form of cracking (as in a hip fracture), or collapsing (as in a compression fracture of the vertebrae of the spine). Though the spine, hips, and wrists are common areas of osteoporosis-related bone fractures almost any skeletal bone area is susceptible to osteoporosis-related fracture. Though the disease can strike at any age statistics reveal:  
-One in four women over the age of 50 has osteoporosis. -One in eight men over 50 also has the disease.

**Common signs and symptoms for Osteoporosis:** Many people do not realize they have osteoporosis until diagnosis reveals it has subsisted for a long period of time. The following are some of the common signs and symptoms indicating osteoporosis maybe affecting you: Acute onset of back pain (mid- lower back) without any specific reason, Fracture in the thigh bone, hipbone or lower arm bone above the wrist, Sharp pain in the back, ribs, hip or wrist,-A hunched forward or bent stature, Loss of height due to collapsing vertebrae, Stooped posture.

**Most Common Causes for Osteoporosis:** Among women the deficiency of Estrogen (a group of hormones) post menopause has been correlated to a rapid reduction in BMD. The increased risk of falling associated with aging, leads to fractures of the wrist, spine and hip. -Other hormone deficiency states can lead to osteoporosis, such as testosterone deficiency. Glucocorticoid or thyroxine excess states also lead to osteoporosis. Not eating foods rich in Calcium, Vitamin D and Phosphorous can also cause bone loss. Calcium and/or vitamin D deficiency from malnutrition also increases the risk of osteoporosis. -Some medicines can inhibit the body’s ability to absorb calcium. This may cause the bones to weaken. These medications include cortisone/corticosteroids, anticoagulants, thyroid supplements, and some anti-convulsive drugs. Other illnesses or diseases, such over-active thyroid, diabetes and rheumatoid arthritis may also cause bone loss. A disease such as anorexia nervosa or bulimia can cause changes in a person's estrogen level and lead to osteoporosis. Other significant factors leading to the onset of osteoporosis include: smoking cigarettes, high intake of alcohol, tea or coffee, low levels of physical activity (weight bearing exercise), and family history.

### Remedies for Osteoporosis:

1. **Dandelion Tea:** Drink dandelion leaf tea to help build bone density 2. **Higher intake of Soy products:** As Hormonal imbalances can contribute to bone loss, eating more soy products or taking a supplement that contains soy isoflavones, the active ingredient in soybeans helps balance estrogen levels. One should get at least 40 mg of soy isoflavones in a daily diet or by taking isoflavone supplements. 3. **Sesame seeds:** A handful of sesame seeds had every morning may also help osteoporosis. 4. **Almond Milk:** Another home

remedy for osteoporosis is calcium- rich almond milk. One can have the almond milk by soaking the almonds in warm water, peeling it and blending it with either cow milk, goat's milk or soya milk.

**Remember!** Calcium can't be absorbing without vitamin - D & Magnesium, thereby **sun bath** and **leafy veg** is must.

### **TREATMENT CHART & PREVENTION PLAN FOR PEPTIC ULCER/HYPER ACIDITY**

Stomach or gastric ulcer & intestinal or duodenal ulcer are term as peptic ulcer. Gastric ulcer pain occur an hour after meal. Duodenal ulcer pain between meals on empty stomach & relieved by food especially milk.

#### **Milk & Bananas Diet:**

Take one glass milk & smash 2 ripe bananas and take if every half an hour to an hour at least for a week.

#### **Avoid:**

Fried, fatty, spicy & salty foods, tea, coffee, soft drinks, alcohol, tobacco, smoking, raw fruits and raw vegetables, very hot & cold foods, all sour fruits, nuts & dried fruits.

#### **Some do & don't:**

- 1) Eat slowly & chew properly.
- 2) Eat only when you feel hungry.
- 3) Don't eating while reading or watching TV.
- 4) Never eat when you feel tried or emotionally upset.
- 5) One should not drink water during meals.
- 6) Drink 8 to 10 glasses of water daily.
- 7) Avoid stress & anxiety & learn to lead a relaxed life.
- 8) Cultivate regularity in his/her habit. Do exercise and rest.

#### **Highly Beneficial Foods:**

Almond milk, goat's milk, banana, mangoes muskmelon & dates.

#### **Selective Home Remedies:**

- 1) Ginger: To get rid of stomach ulcer, chew a piece of ginger after every meal.
- 2) Apple: To get permanent relief from ulcer, drink apple juice regularly for a long period.
- 3) Lime: Limejuice reduces gastric acidity.
- 4) Banana: Take fleshy portion of native (NENDRAM) banana. Boil it add powder of ginger & cumin seed powder & jaggery, consume daily.
- 5) Cabbage: Drink cabbage juice for 3 times a day, found effective in duodenal ulcer.

#### **A Few Words about Antacids:**

Antacids drugs do more harm than good, having two commonest side effects are diarrhoea and constipation. The allopathic drugs prescribed for ulcer cannot cure the root cause of the problem and create many deadly side effects. Ulcer can be best treated by natural methods.

## **HEALING PILES NATURALLY**

### **DIET CURE CHART:**

**BREAK FAST:** Papaya, Raisins, Figs and Milk

**LUNCH:** Raw Veg., Salad, Wheat Chapattis and Butter milk.

**DINNER:** Steamed Vegetables, curds, and fresh fruit

**AVOID:** Abstain from meat, fish, egg, chesses, fried food, white flour, spicy and Chinese food.

### **Selective Home Remedies:**

- 1) Figs: soaked 2 dried figs in cold water in night after thoroughly cleansing with hot water and take it in the next morning on empty stomach.
- 2) Jamun: fresh jamun juice with honey is found effective for bleeding piles.
- 3) Lime: lime juice found effective in piles.
- 4) Sesame: till decoction or with butter.
- 5) Onion: 30 gm finally cut in fine pieces in water add 60 gm of sugar. Take 2 twice daily.
- 6) Alovera: apply alovera leaf by cut from middle on the part of anus which comes out for 5 minutes while going for nature call.

### **Cold Compress:**

Applied to rectal area for an hour before bed time found effective.

### **Exercise:**

Abdominal muscles exercise will improve circulation in rectal region and relieve.

### **Acupressure Treatment:**

First check solar plexus and if not in order, correct it. Massage with thumb on middle of chin for 2 to 5 minutes and also press point 10 on both palms and soles.

## Healing Pneumonia Naturally

**Fasting Therapy for Pneumonia:** At the beginning of the treatment the patient should be kept on a diet of raw juices for five to ten days, depending on the severity of the disease. He should take a glass of fruit or vegetable juice diluted with warm water, every two or three hours. After a diet of raw juices, when the fever subsides, the patient should spend three or four days on an exclusive fresh fruit diet, taking three meals a day of juicy fruits. Thereafter, he may gradually adopt a well-balanced diet of natural foods, with emphasis on fresh fruits and raw vegetables. The patient should be given a warm-water enema daily to cleanse the bowels during the period of raw juice therapy and the all-fruit diet and thereafter when necessary.

### Home Remedy for Pneumonia

- In the early stages of pneumonia, the best treatment would be to have tea prepared from fenugreek seeds. Have four cups of this tea everyday. Along with this, no other nourishment or food should be taken. You can reduce the quantity of intake once the condition improves.
- Garlic acts favorably in curing pneumonia. It can be added to the food prepared for the patient. Alternatively, garlic paste can also be applied over the chest. Apart from bringing down the body temperature, it tones down respiration and pulse.
- Steep 15 gm sesame seeds in 250 ml water. Mix this infusion with 1 tablespoon each of honey and linseed. Also add a pinch of table salt and consume. This is very effective in treating pneumonia.
- Carrot juice, when combined with beet and cucumber juices or spinach juice, is also beneficial in curing pneumonia. In 300 ml carrot juice, mix in either 200 ml of spinach juice or 100 ml each of beet and cucumber juice.
- Another effective home remedy would be to rub some turpentine oil over the patient's rib cage. After this, cover the area with a warm cloth.
- Extract juice of 5 to 6 Holy Basil leaves. To this, add some black pepper. Consume after every 6 hrs.
- Sesame seeds are valuable in pneumonia. An infusion of the seeds can be made by steeping 15 gm of seeds in 250 ml of water. This infusion, mixed with a tablespoon of linseed, a pinch of common salt, and a dessertspoon of honey, should be given in the treatment of this disease. This will help remove catarrhal matter and phlegm from the bronchial tubes.
- If you are a victim to pneumonia then you should increase your vitamin C intakes. One-Three grams of vitamin C will be enough for your body. Otherwise also you should take a foods containing high amounts of vitamins C, such as broccoli, brussels sprouts, red peppers, sweet potatoes, and all citrus fruits. This will help you prevent pneumonia from occurring.
- Zinc is also very good for pneumonia. A daily intake of at least 15 milligrams of zinc is necessary, otherwise people develop deficiencies. Zinc rich foods are meats, poultry, eggs, dairy products, and oysters.
- Pure tulsi oil is very good for curing pneumonia, which you will get from any good ayurvedic medicine shop. Now apply small amount of this oil on the chest of affected person.
- Take about 5-6 tulsi leaves and extract its juice. Now mix this juice with a few grind grains of black pepper at every six hours interval. This will help you cure pneumonia fast. If the above two treatments are combined and used on a person, then it could work wonders. It will produce enough heat in the body to make the person sweat. With this sweat all the effect of cold inside the body shall vanish and the patient will be cured within days.
- Fenugreek is also a **good curative for pneumonia**. It works the most in the initial stages of pneumonia. A tea made from fenugreek seeds will help the suffering person to produce sweat, which would help him to lower down his fever. The person can take up to four cups of the tea daily (not more than that). And this quantity can be gradually reduced as the condition starts improving. During

this treatment, you must be taking no other food, as fasting and fenugreek will allow the body to correct these respiratory problems in just a few days, otherwise it would take time. **Avoid:** food that create much acidity when digested. Also foods such as rice, sugars, lentils and curds should be limited as they help the build-up of phlegm in the lungs. Good digestion also helps relieve the pressure on the major organs and as such food and drinks like strong tea, coffee, pickles and sauces which are harder to ingest should be minimized or cut out altogether.

## **HEALING PROSTATE DISORDER / HERNIA NATURALLY**

### **FASTING THERAPY:**

- 1) Luke warm water for 2 days with enema.
- 2) Fruit diet for 3 days. Fruit such as orange, apple, grapes, sweet lime, mango melon and other juicy fruit.

### **DIET CURE CHART FOR PROSTATE DISORDER & HERNIA:**

**BREAK FAST:** Fresh fruit such as oranges, grapes, banana, apples, pear, and peaches, handful of raw seed and nuts.

**LUNCH:** Raw salad (such as tomatoes, carrot, cucumber) 2 wheat chapattis and lemon juice.

**DINNER:** Cooked vegetables and sweet fruit and peanuts

### **AVOID:**

spices, condiments, salty food, salt in excess, sauces, meat, cheese, fried, heavy starches, sweet, tobacco, tea, coffee, sexual excesses, long period of sitting, vigorous exercise and constipation.

### **ACUPRESSURE TREATMENT FOR HERNIA:**

Apply pressure on point no. 11 of (prostate) located both side of the thumb at the end of the wrist side.

### **EXERCISE AFTER BATH:**

Holds two corner of towel in 2 hands keep it between inguinal (bases of thigh) rub it for 2 minute

### **WHILE SITTING FOR NATURE CALL:**

Press one hand on the ball of hernia, will keep hernia under control and prevent operation.

### **SEED THERAPY:**

Apply sun flower seed at end of point between little and ring finger and at the end of point between index and middle finger.

### **STOMACH PAIN AND GAS TROUBLE:**

First check your solar plexus and correct it if is not found in order. And check for intestinal worm by pressing middle of the little finger. Pain is indication of worm. Due to worm also get ear infection and in such case press point no. 16 (lymph gland) will found paining. Give pressure on point no. 19 of intestine point no.27 of stomach, on both palm and pt no. 22 gallbladder and pt no. 23 liver.

## Healing Rheumatism Naturally

**What Is Rheumatism:** The rheumatism means a swelling. It refers to all acute or chronic illness which is characterized by pain & swelling of muscles, ligament and tendons of the joint.

**Symptoms:** The onset of acute types of rheumatism is characterized by fever rapid pulse with intense soreness and pain.

**Causes:** The chief cause of rheumatism is the poisoning of blood with acid wastes. The disease is aggravated by exposure to cold water.

**Dietary Treatment:** Patient should be put on short fast of orange juice and water for 3 to 5 days. Juice of orange diluted in warm water, taken every 2 hours from 8am to 8 pm. Nothing else should be taken while fasting. Bowels should be cleansed through warm water enema.

After the juice fast, patient placed on restricted diet for 14 days. In this regimen, orange or grape taken for breakfast, lunch may consist of raw salad of any vegetable and for dinner, steamed vegetable such as spinach , cabbage , carrots and cauliflower and some sweet fruit may be taken . No bread or potatoes or starchy food should be taken.

In case of chronic rheumatism, patient may be placed on all fruit diet for 4 to 5 days. In this regimen, he /she should have 3 meals a day of fresh juicy fruit such as apple, grapes, oranges, pineapple.

Rheumatism is particularly responsive to raw vegetable juice .The carrot juice combined with beet and cucumber is especially valuable.

The hot Epsom salt bath should be taken twice a week for 3 months use of chronic rheumatism and once weekly thereafter. The affected part should be bathed twice daily in hot water containing Epsom salt.

Dampness and cold should be avoided.

The foods which should be avoided are meat, fish, white bread, sugar, refined food, tea, coffee, alcohol and condiments.

### HEALING T.B. NATURALLY

- Auto-Suggestion** : (Self – Healing Affirmation)
1. “Every day in every way I am getting better & better.
  2. God is Almighty, God is merciful. He is healing me of TB. With thanks and in full faith so be it.  
(One should go after awaking in the morning & while going to sleep).
- Shav Asana** : (Dead Pose) After awaking at bed time lie down on your back, Relax all parts of body and left to gravity Release the tension from the tips of the toes to the forehead. And concentrate on your breathing then after 5 minutes, slowly turn to your left side and open your eyes slowly.
- Pranayam** : (Controlled Breathing) Performing any position inhale – counting 1-2-3-4 Hold-1 to 4 Exhale – 1 to 4 Pause – 1 to 4 repeat atleast 10 to 15 times. Do such 4 to 10 times a day with practice go on increasing counting to 10. And on reach counting upto 10 inhale – upto 10 Hold – upto 20 Exhale – upto 10 Pause – upto 10.
- Sun Pranayam** : (Inhale & Exhale only with Right Nostril) close the left nostril, inhale through right nostril of exhale through it while counting 1 to 10. TB patients should do Sun Pranayam for 30 minutes.
- Sun Bathing** : After Sunrise or before half an hour of Sunset
- Abdominal Breathing** : Exhale air by slowly Pressing Stomach in ward. Shut mouth and inhale air from nose by releasing stomach upward.
- Immunity Powder** : (Immunity Against Anti-TB Drugs)
- 1) Lin Seed (Alsi) Soaked in glass of water in night & take on empty stomach in morning.
  - 2) 1 tsp of Methi Powder with little take warm water after half an hour of lunch & dinner.
  - 3) 1 tsp triphala powder with a glass of luke warm water at bed time.
- Drinking of Luke Warm Water** : (If you can) one glass of luke warm water before 1 hour of lunch & dinner and two glass of luke warm water after 2 hour of lunch & dinner should drink slowly with spoon or small drought. Take atleast 5 minutes to drink one glass of luke warm water.
- Fumigation of Luban** : Use costus or Camphor for fumigation in patients room, as it is safe as compare to sulphur and formalin.
- Keep or Hang Onion & Neem** : On window, door of patients room, on the table or bed of the patient.

## Leaves

**Ling Mudra** : Join both the palms and inter lock the fingers. Keep the thumb of the left hand vertically straight and encircle it with the index finger and the thumb of right hand as shown in figure.

It increase the power of resistance of the body against cold & bronchitis infection and also against changes in weather, fever due to cold. It gives power to lungs, creates heat in body and burns up accumulated phlegm and even fat. While practicing this mudra one must drink plenty of water, atleast 8 glasses a day.

**Pran Mudra (Life Energy)** : Bend the little and ring fingers so that their tips touch the tip (front edge) of the thumb as shown in figure. It increase life force & cures nervousness and fatigue.

**Charged Water** : Take stainless steel, coated copper vessel or earthen pot (do not use aluminum, brass and uncoated copper vessel). Take gold 15 to 20 gm of pure cold coin or ornaments (but not use chain or bangles enameled of 22 carat) in 4 glass of water.

Boil it till it reduced to half. During treatment avoid sour things like lemon, Sour butter milk etc. The above quantity is for all above 12 years. For children over 2 years, 50% of quantity is to be given. For children below given only  $\frac{1}{4}$  quantity.

**Hydro Therapy** : Wash both hands, first right then left upto wrists thrice times, Gargle the mouth to throat thrice, brushing your teeth preferably with miswak (datoon) is means of purifying the mouth. Sniff water thrice into nostrils with your right hand and blow out nose using your left hand. Wash your face thrice. Wash both hands first right then left trice upto elbow. Ensure washing of spaces between fingers. Wipe the head with wet hand once. Clean the inside of ears by inserting the wet index finger into ears and folds of the ears, then clean back of ear at passing wet thumb from bottom upwards. Wash both feet first right then left trice upto ankles. Ensure cleaning of spaces between toes using little finger of your left hand.

## I -DIET CHART FOR TUBERCULOSIS

### **Upon Rising (6:30 A.M.) & Before sunset (5:30 P.M.)**

Take 1 table spoons of honey with 1 glass of luke worm water. Sip very slowly. It should not be gulped. It should be drunk slowly with a spoon or with small draughts.

### **Break-fast (7:30 A.M.)**

Barley Kheer prepared by boiled and honey & milk. Alternate day sagondana kheer, 1 semi boiled egg, 2 Bananas & dates.

### **Before one hour of lunch (11:30 am.)**

Drink one glass luke warm water very slowly.

### **Before ½ hour of Lunch (12 a.m.) & Dinner (6:30 p.m.)**

Chew a piece of ginger for improving appetite.

### **Lunch (12:30 p.m.) & Dinner (7:00 p.m.)**

Steam vegetables as available, soup of crab, spinach or chaulike saag, Mungdal, Two whole wheat chappati (Mix 100 gm. Soyabean in every 1 kg. Wheat) old rice, roasted fish, salad of raw onion, carrot, beet dressing with lemon, no salt & spices added, sweet curd or a glass of fresh butter milk.

### **After ½ Hour of Lunch (1 P.M.) & Dinner (7.30 P.M.)**

Drink 2 glass of luke warm water very slowly take atleast 10 minutes.

### **Evening (4 p.m.)**

1 cup tea (decoction of tulsi or herbal tea or decoction of milk with garlic), biscuits, 2 banana.

### **At Bed Time (9:30 p.m.)**

Take 2 table spoons of olive oil (Italy or Egypt) (Red & Golden Colour Olive Oil is best in quality).

### **Bio Chem Sali Mixture : For T.B. (Dose Thrice Day)**

#### **A. In case of Bleeding:**

Ferrum Phos 12X, Kali Muriaticum 3X, Magnesium Phos 3 X, Natrum Phos 3X.

#### **B. In case of No-Bleeding:**

Ferrum Phos 12X, Kali Muriaticum 3X, Magnesium Phos 3X, Natrum Phos 3X, Natrum Sulph 3X.

#### **C. In case B Does not Good in 3 Weeks:**

Calcarea Sulph 3X, Ferrum Phos 12X, Kali Phos 3X, Magnesium Phos 3X, Natrum Mariaticum 3X, Natrum Phos 3X, Natrum Sulp 3X, Silica 12X.

## **II -DIET CURE CHART FOR TUBERCULOSIS**

1. Lin seed (Alsi) or its powder soaked in a glass of water in night and should take in morning on empty stomach (most important).
2. Do breakfast of Semi-boiled egg, Barely or sabodana Kheer, Banana and Date (as far as possible).
3. Drink 1 glass of Luke warm water before 1 hrs. of lunch and dinner and 2 glass after 2 hrs. of lunch and dinner. It should be drunk very slowly with a spoon or with a small draught. (Most Important).
4. Chew a piece of ginger before half an hour of lunch and dinner (Must).
5. Lunch and Dinner: Steam Vegetables as available, soup of crab, spinach, chauli and methi ka saag, Dhodhi or Lauki, Mung dal, whole wheat chappati (Mix 100 gm soyabean in every 1 kg. Wheat) . Old rice rested fish, Sweet Curd or glass of fresh butter milk (as far as possible).
6. Salad with every lunch and dinner of raw onion, carrot, beet, tomato, dressing with lemon, no salt and spices should be added (Must).
7. Chew 2 cloves of garlic between two meals if possible.
8. Take one table spoon of methi powder with little luke water after half an hour of lunch and dinner (Most Important).
9. Decoction of Tulsi and Pudina (Mint) powder or herbal tea with or without milk in the evening, if possible.
10. Take 1 tsp, Triphala powder (Hirda, Baheda, Amla) with luke warm water at the bed time (Most Important).

### **Remember**

No one but myself is responsible for my state of health and I can over come with a

**“CAN DO IT ATTITUDE”**

**AND WITH**

**“POWER OF WILL , FAITH AND PRAY”.**

## Healing Thyroid Disorder Naturally

**Diet –Treatment for Thyroid:** The only real treatment for thyroid disease, whether hypothyroidism, hyperthyroidism or any other condition of thyroid gland, is cleansing of the system and adoption of a rational diet thereafter, combined with adequate rest and relaxation. To begin with, juices of fruits such as orange, apple, pineapple, and grapes may be taken every two or three hours from 8 am to 8 pm for five days. The bowels should be cleaned daily with lukewarm water. After the juice fast, the patient may spend further these days on fruits and milk, taking three meals a day of juicy fruits such as apple, pineapple, grapes, papaya, with a glass of milk, at five hourly intervals. Thereafter, the patient may adopt a well-balanced diet consisting of seeds, nuts and grains, vegetables and fruits.

### **Beneficial Foods:**

**Alfalfa:** has beneficial effect on the pituitary gland

**Black Walnut:** is rich in organic iodine and manganese that nourishes and strengthens thyroid function, helping to improve a sluggish metabolism

**Carrots:** Low levels of vitamin A are associated with increased risk of thyroid goiters and deficiencies affect thyroid metabolism.

**Essential fatty acids:** are a must for glandular health and they improve over all health. These can be omega 3's and 6's from marine lipids, flax oil or flax seed, black current seed oil, evening primrose oil, or borage oil

**Foods rich in zinc include:** beef (range free), oatmeal, chicken (range free), seafood, dried beans, bran, tuna, spinach, seeds, and nuts. Foods rich in copper include: organ meats (range free), eggs, yeast, legumes, nuts, and raisins.

**Flex Seed:** ground in water, heated and applied over the affected part

**Ginseng:** It holds up damage to adrenals and thyroid gland.

**Iodine rich foods:** that nourish the thyroid are: fish and sea vegetables such as: arame, kelp, dulse, hijike, nori, wakame, and kombu. Seaweeds are very nourishing to the glands. Iodine also found in carrots, garlic, onions, oats, guavas, citrus fruits, egg yolks.

**Mullein:** covers and protects tissues and reduces swelling in glands.

**Rice bran:** is a Food source of B vitamins, which are often used for stress and anxiety.

**Turmeric:** should be taken between meals, three times per day.

**Vitamin A:** Eat foods rich in vitamin A, such as yellow vegetables, eggs, carrots, and dark green vegetables.

**Wheat grass:** rich whole food source of chlorophyll

**Avoid:** Foods that **depress thyroid activity** are broccoli, cabbage, cauliflower, kale, spinach, turnips, soy, beans, and mustard greens. These foods should be included in the diet for hyperthyroid conditions and avoided for hypothyroid conditions. Avoid refined foods, sugar, dairy products, white flour products, white sugar, wheat, caffeine, tea, coffee alcohol.

Tyrosine is found in beef, chicken, and fish. Soy should be only used in small amounts or on an occasional basis.

**Bio chem. Salt Remedies:** An over growth on the neck also called as **goiter** .this remedy found very effective in curing goiter. Mixture of Calcar Flour(CF3x); Calcar Phos( CP 3x or 12x); Magnesia Phos(MP3x);Natrum Mur (NM3x);Natrum Phos (NP 3x); Silicea(S12x) If this dose not good for 2 weeks then 1 pill of Iodium 200 on the day of next of full moon and repeat again next day after next full moon and so on 3 or 4 dose ,if this fail give Iodium 1000 1 pill to give similarly .

**Sun Bath:** After sun rise or before half an hour of sun set.

**Abdominal Breathing:** Exhale air by slowly pressing stomach inward .Shut mouth and inhale air from nose by releasing stomach upward.

**Massage :** Therapeutic massage may relieve stress and increase the sense of well-being

**Reflexology:** It is believed that reflexology can help improve the functioning of the lymph system, responsible for the defense of the body. It can therefore help the body fight thyroid disorders

**Colour therapy:** Colour of the Thyroid Chakra for Truth, Loyalty and Expression. Blue is the colour of the healer, it gives comfort to those in [pain](#) and reduces swelling and inflammation. It can also help with the grieving process. Its calming effects can reduce blood pressure. If you have ear, eyes, nose, and throat problems, that may be caused by not being able to speak out. Tint of blue can inspire, support, encourage, and helps you to help others. In colour therapy blue influences the neck area such as the throat and the thyroid gland. It therefore influences both the body's metabolism through the thyroid and speech and communication through the throat. Thereby wear blue colour cloth and bind around your neck .and if possible all the other thing's colour would be blue like curtain, your bed sheet, your pillow, etc.

**Mind Technique for Thyroid Disorder Cure:** Repeat the following technique three times a day. You will find it a failure proof method.

1. Select a location where you are not likely to be disturbed. Lie down or sit in a chair whose back is high enough to support your head.
2. Close your eyes and for one minute watch your breath with no attempt to control it. Allow yourself to be aware of the complete relaxation which flows through your entire body.
3. Take a deep breath extending the diaphragm and allow your consciousness to follow that breath through your entire body bringing it to rest in the thyroid point.
4. Repeat the following words to yourself mentally : “ Through the miracle power of mind all the energies of my high self are directed to bring about a condition of perfect health through out the thyroid disorder of my body ,with the force of mind I direct that all cells of my body affected in any way by thyroid problem ,be at this moment completely restored or replaced and that all my thyroid

disorder will be in a condition of perfect health and in perfect harmony with all other systems of my body.”

5. Create a mental motion picture and allow it to run across your mind’s eye. See yourself (the thyroid problem) with your physician and hear him speak the following words, “My examination and the diagnosis report have shown that your thyroid problem is completely cleared up. There’s no evidence of thyroid disorder and so we will discontinue medication.” So yourself leaving doctor’s clinic and say “thank you very much doctor. You don’t know how glad I am to be rid of thyroid disorder problems for good.”
6. Take a deep breath extending the diaphragm and immediately relaxing the stomach muscles .Follow the breath with your consciousness and allow it to come to rest in thyroid point of your body .Be aware of the fact that all cells affected by thyroid problem are utilizing the energy and healing power of mind and are at this very moment restoring themselves to perfect health.
7. For one minute watch your breath with no attempt to control it .Allow yourself to be aware of the total relaxation which flows through your entire body.
8. Open your eyes and go about your daily life.

**Auto – Suggestion (AFFIRMATIONS):** 1.I easily and gracefully express my deepest feelings and emotions. 2. I hear and speak the truth. 3. I express myself with clear intent. 4. Creativity flows in and through me. 5. My voice is necessary.

**Thyroid Gland Tonifier:** The position to assume (Figure A)

1. Stand about four inches from anything you can hang on to for support ; such as a rod or a post ,Indoors ,you can hang on the doorknobs of an opened door (like that your closet)
2. Stand with heels hip width (eight inches) apart, with toes pointed directly forward.
3. Inhale

How to do this simple movement (Figure B, and C)

4. Keep your clavicles at right angles to the ground , and let your arms straighten
5. Let your body down fully by bending at the knees. Keep your feet flat on the floor. Exhale as you go down
6. Your thighs and your abdomen come together hard
7. Don’t let your buttocks touch the floor
8. On the way back up , continue exhaling and let your arms remain straight ( figure C)
9. Hold your back straight .And keep your feet flat on the floor
10. Round your back as you go farther up
11. Draw in your hips as you go up, throwing all your weight on the front part of your thighs.(You want egg shaped thighs, NOT ham shaped thighs which are bulky at the upper halves and much smaller at the knees.)

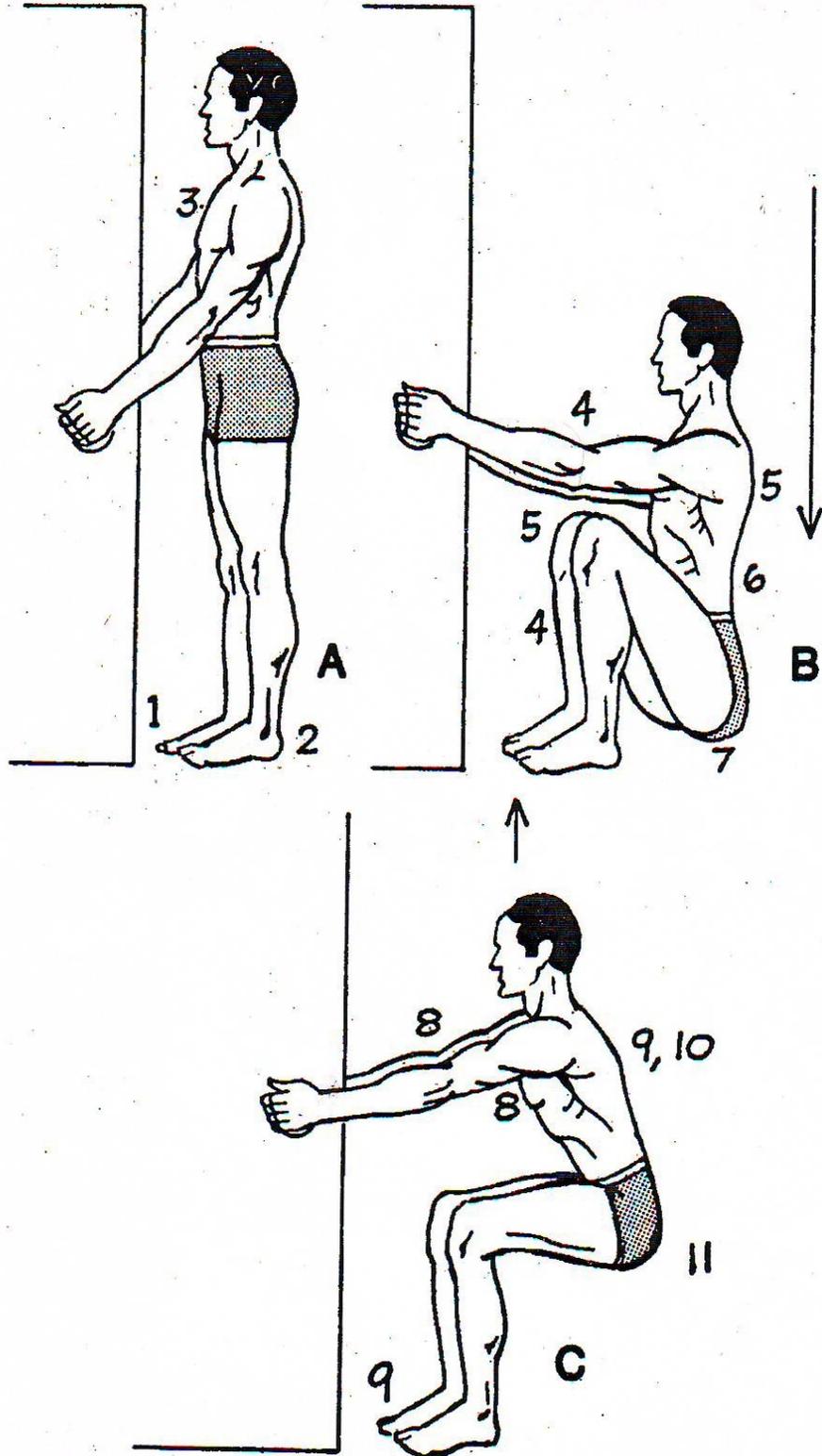
This simple movement develops or beautifies:

1. Muscles on the middle of your thigh, particularly on the lower one half or three – fourths of it. And it keeps the upper halves of your thighs (or the portion near your hips) as small, though muscular, as possible.
2. A great aid for simple constipation, since it contracts and massages your lower intestines and your transverse colon.

Frequency: 8 to 22 repetitions, These sets (group of repetitions) 3 times a week.

Do this simple movement vigorously and quickly, but do it right .Pause briefly when tired, but continue and complete the sets, its squatting movement uses 15 – 17 times the energy you use when walking and occupies far less time

**Note:** If you are a women , do it with equal vigor, since you have more natural fat on your thighs than a man , this exercise shapes your thighs and trims them down , without showing the muscles.



**SQUATTING USES 15-17 TIMES THE ENERGY YOU USE WHEN WALKING**

**THE THYROID GLAND TONIFIER**

**Digestive Disorders:** There are several causes of urticaria. It may result from digestive disorders like mechanical irritation in the digestive tract or toxemia.

**Drugs:** It may be caused by drugs like aspirin, penicillin, quinine, ipecac, and so on.

**Food:** Certain foods often cause urticaria in susceptible individuals. These include strawberries, tomatoes, cucumber, mushrooms, oatmeal, wheat, nuts, fish, eggs, chocolate, cheese, butter, and sausages.

### **Home Remedies for Urticaria:**

**Urticaria treatment using Salt:** The use of salt is beneficial in the treatment of urticaria when it is accompanied by digestive disorders. In such a condition, about twelve grams of salt should be dissolved in water and taken by the patient. The throat should be tickled to induce vomiting. This will give relief and help in curing eruptions.

**Urticaria treatment using Alum and Red Ochre:** These two substances are considered valuable in urticaria. An equal quantity of alum and red ochre should be ground together and powder rubbed on swelling.

**Urticaria treatment using Rose-Water and Vinegar:** The use of rose-water in vinegar is useful when there is severe itching on the eruption. About 35 ml of rose water and 25 ml of vinegar should be mixed and the mixture applied locally to the affected part. This will give immediate relief.

**Urticaria treatment using Mint:** This leafy vegetable has also been found useful in relieving itching in urticaria. About 7 gm of mint and 25 gm of brown sugar should be boiled together in about 175 ml of water and drunk. This will relieve the itching.

**Urticaria treatment using Turmeric:** The use of turmeric is valuable in urticaria. The patient should take two teaspoons of turmeric powder mixed with a cup of water daily.

**Urticaria diet: All-fruit diet:** As urticaria usually has its origin in the gastro-intestinal tract, the best way to commence the treatment is to adopt an all-fruit diet for about five days. In this regimen, the patient should take three meals a day of fresh juicy fruits such as oranges, apples, pineapples, grapes, pears, peaches, and papayas. The patient should drink a copious amount of hot water.

**Well balanced food intake:** After the all-fruit diet, patient may embark upon well balanced diet consisting of seeds, nuts, grains, vegetables, and fruits. The emphasis should be on fresh fruits and raw vegetable salads.

**Food to avoid during Urticaria:** The patient should avoid tea, coffee, alcohol; all flesh foods, refined foods, and all foods which are difficult to digest.

**Water and Lemon intake:** He should drink at least eight glasses of water daily between meals. A glass of water containing the juice of half a lemon may be taken one hour before each meal and also between meals. The patient should spend two or three days on an all-fruit diet, at regular intervals. This will further cleanse the system of toxic matters and help recovery.

**Exposure to fresh air and sunlight:** Fresh air and sunlight are also essential for the treatment and the patient should frequently expose his body to the sun.

**Avoid exposure to cold:** The patient should avoid exposure to cold and cold water.

**Hot Epsom salts bath:** One of the most effective remedies for treating urticaria is a hot Epsom salts bath to be taken three times a week. This bath is prepared by dissolving one kilogram of commercial Epsom salts in an ordinary bath of hot water. The patient should remain immersed in the bath from ten to twenty minutes. He should cool off gradually and care should be taken not to catch a chill afterwards. No soap should be used with the Epsom salts bath, as this interferes with its beneficial effects.

## TO YOUR GOOD HEALTH – WITH WATER

### The Best Time of Drink Water:

Your body needs an absolute minimum of 6 to 8 ounce glasses of water a day. Alcohol, coffee, tea & caffeine containing beverages don't count as water. The very first time of drinking water is in the morning, is highly beneficial as it cleanses the body toxins, improves skin relieves constipation.

#### A. **The Process of Six Glass Wonder:** (*kidney Failure patients kindly not used this method*)

Done once a week (the kidney) diseases patient never try without consult a doctor). Go to sleep 3 hours after a fairly early dinner around 7 pm. Strictly do not eat or drink anything after that. Rise early from bed the next morning do not wash your face & mouth as you do normally. Sit comfortably and drink six glasses of pure water at a stretch. If you find difficulty in doing so, pause a while after two or 3 glass and continue. For the next 20 minutes walks briskly or do some exercise. Within 20 minutes and half & hour, urge to pass urine will be great and you will pass urine a large quantities quite frequently. Some may bring out morbid water through vomiting & passing of stools will be easy & complete. It will facilitate the expulsion of the accumulated waste matter very effectively & leave you fresh.

#### B. **Daily Upon Rising:**

In the morning after mouth wash take 3 glass of warm water at interval of 10 minute. Within a half an hour, to get rid from constipation.

#### C. **Second Time:**

To drink water are, one glass one half hour before taking food – breakfast, lunch & dinner, this is the very minimum a amount of water your body needs.

#### D. **The Third Time:**

To drink water are two or more glasses after hours of meals – lunch & dinner, because it get absorbed in intestine walls & helps to dilute the digestive juice & removes toxin from the system.

#### E. **The Fourth Time:**

To drink water take one luke warm water glass before going to bed, sip very slowly.

### Adding Oxygen to Water While Drinking:

Before drinking water take 2 glasses. One filled with water & the other an empty one. Transfer the water from one glass to another. Repeat this process for 5 to 10 times while doing so the oxygen (O<sub>2</sub>) from the air gets mixed with that water. This oxygenized water fulfills the lacking of oxygen in your blood.

### Preparation of Charges Water:

Take a copper vessel otherwise stainless steel, don't use aluminum or Brass. All these metals can be put together in water, in the proportion of gold 15 to 20 gm (Chain or bangles not enameled of 22 carat gold not used) silver 30 gm. (do not use silver ornaments) Copper 60 gm (Copper plate or coin), Iron 60 gm) un-rusted piece of Iron, nails). All metal should be thoroughly cleaned and do not contain any dust or rust. Boil it till is reduce to half. Avoid sour things.

**Copper:** For all diseases of nervous system example, H.B.P., arthiritis, polio, etc.

**Silver:** For all diseases of digestive & urinary system.

**Gold:** Useful for disorders of the breathing system, lungs, heart, brain and are a general tonic.

**Iron:** Proper quantity of iron in blood is utmost necessary because they carry oxygen & supply it all over the body and thus increases stamina.

## **JUICE THERAPY**

### **Remember While Extracting Juice:**

Only fresh fruit and vegetables should be purchased. It should be washed and cut before extracting their juice and immediately put into juicer for extracting juice. After extracting juice, the juicer should be thoroughly washed and cleaned with warm water otherwise bacteria are produced and mix with juice when extracted next time.

### **Special Method for Drinking Water & Juice:**

It should not pulp. It should be drunk very slowly with a spoon or with small draughts. Take at least 5 minutes for one glass of water or Juice. The Juice should be only extract as and when required and immediately drunk after extracting.

### **Alkalizing Green Soup:**

Clean finely chop & boil all leafy vegetables that you can think of for eg. Spinach, Radish, leaves, Beet, carrots, doodhi, and green leaves of spring onions, sarsoo, methi leaves and chawli leaves etc. in one litre of water. After that smash into mixture with same water and kept it to boil down to reduce to half litre. And added only juice of lemon, one teaspoon, crushed garlic and ginger juice. Drink it hot.

### **How to Prepare Green Juice:**

Take any leafy vegetables like Methi, spinach, cabbage, green coriander & mint leaves etc. leaves of any non-poisonous plant clean them thoroughly in salt water. Grind them and extract juice. Daily drink 1 to 3 cups adding therein each cup 1 teaspoon of health drink + 1 table spoon of honey. Do not worry if you get green loose motions. Drink sip by sip very slowly with spoon. 1 cup in the morning, in after noon and in evening. Do not add salt & spices for taste.

### **How to prepare Black Tea:**

Put one cup of water to boil. Add one teaspoon of any TEA (Mumri or any tea will do, but not dust tea) in it & boil till it reduce to half a cup. Filter it & add half cup of warm water, drink one cup of black tea, the first thing in the morning. In case of nausea keep 2 cloves or little sugar in the mouth. After 30 minutes, regular breakfast can be taken. Drink this black tea for 12 to 15 days till you URINE become clear & odorless. Make it a habit of drinking such black tea without adding salt or sugar for taste every year for 12 days in cold seasons and PREVENT any problems of kidney.

### **Health Drink:**

Prepare mixture of Amla powder 300gm & ginger (saunth) powder 100 gms. Take one teaspoon with luke warm water daily in the morning & evening.

### **For Instant Energy:**

Drink glucose powder whenever you feel tired.

### **For Increasing Immunity Power:**

- (i) Drink lemon juice adding pinch of pepper powder and preferably jiggery (gur) or 1 teaspoon sugar once every day. Prepare in luke warm water.
- (ii) Soaking some handful wheat in stainless steel utensil for 8 hr. after drink that water. The remaining soaked wheat also can be used by grinding in mixture jar cup and strain in clean cloth. Boil this extract with some milk and drink it.
- (iii) Soaking green moong for 8 hrs in night. In the morning drink this soak water on empty stomach and chew that moong.

### **SELF HEALING**

**(USE OUR MIND TO HEAL YOUR BODY)**

### **ANYTHING CAN BE HEALED - IF YOU BELIEVE IT CAN**

#### **De-Toxifying Affirmations:**

With every out breath I rid of my body of toxins. Every breath I take cleanses my body totally.

#### **Affirmations for Energy:**

Every breath I take increases my aliveness. Every day that passes I feel stronger and more alive.

#### **Affirmations for Negative Mental Pattern:**

1. I have let go of any mental pattern which is creating ill effects in my life.
2. I am willing to forgive anyone who has ever hurt me and wish them well.
3. I have let go of the past and now live totally in the present.

#### **Affirmations – Upon Awakening:**

Every day, in every way, I am getting better & better.

#### **Affirmations – Before Sleeping:**

When I wake up I shall feel totally refreshed, energized and well.

#### **Affirmations – Before Taking Treatment:**

This treatment is totally successful and feels totally comfortable.

#### **Affirmations for Cancer & Other Diseases:**

My body is healing itself totally.

#### **Affirmations for Heart & Other Ailment:**

My (Heart or take the name of the affected organ) is a strong again and functioning normally.

#### **White Light Visualization:**

Imagine you are surrounded by white light. As you focus on it more and more, the light becomes brighter and brighter. Know that this light is purifying and healing. Allow it to enter your body throughout the top of your head. Feel it permitting throughout your body, as it does so cleaning out all the dark corners, washing away any dirt that has been stored there. Feel the light flowing out through you feet, taking any old, stale & unhealthy energy with it. Continue until you feel totally “Cleaned out, refreshed & revitalized”.

#### **Auto - Suggestion:**

4. Every day in every way I am getting better and better.
5. God is Almighty. God is merciful. He is healing me of kidney disorder. With thanks and in full faith so be it

6. I release the pattern in my consciousness that created this condition .I am willing to change. I love and approve of myself.

(One should say after awaking in morning and while go to bed.)

### **Experience each moment with gratitude and purpose**

#### **Foods that are killing you slowly but steadily**

1. **White sugar:** affects pancreas and causes diabetes, increase acidity of blood and uric acid that lead to gout and high blood pressure

*Substitutes:* sugar cane juice, grapes, honey, jaggery and fruits like banana, carrots, beets, papaya, apple, orange, watermelon etc.

2. **Salt:** cause water retention in the body and increase the blood volume and cardiac output resulting high blood pressure. Making bones weak. Put a heavy burden on kidney to remove excess salt.

Kidney can't remove more than 4-5gm of salt per day. Increase oedema and uric acid.

*Substitutes:* rock salt, black salt ( kala namak). Salt already present in natural foods such as tomato , pumpkin , potato, onion, lemon, wheat ,carrot, spinach, cabbage , guava, grape cucumber, apple etc.

3. **Coffee and Tea:** increase urine output and acidity, causes calcium loss, raised cholesterol, effect on kidney and liver. and aggravates diabetes

*Substitutes:* used herbal tea & green tea

4. **Smoking & Tobacco:** peptic ulcer, respiratory illness, Osteoporosis ( weakening of bones ) , cancer ,heart ailments, stroke and paralysis,

5. **Alcohol:** Damage kidney and liver, Cancer and other deadly disease

6. **Refined Cereals ( white flour, polished rice):**vitamin B deficiency , fatigue, weakening of bones, increased inblood sugar.

7. **Fatty foods & Cholesterol:** Heart disease, Diabetes, Hypertension, Osteoarthritis etc.

Reduce 6 'S' for healthy living

✓ Sugar

✓ Salt

✓ Spices

- ✓ Saturated fats
- ✓ Smoking
- ✓ Stress & Strain

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