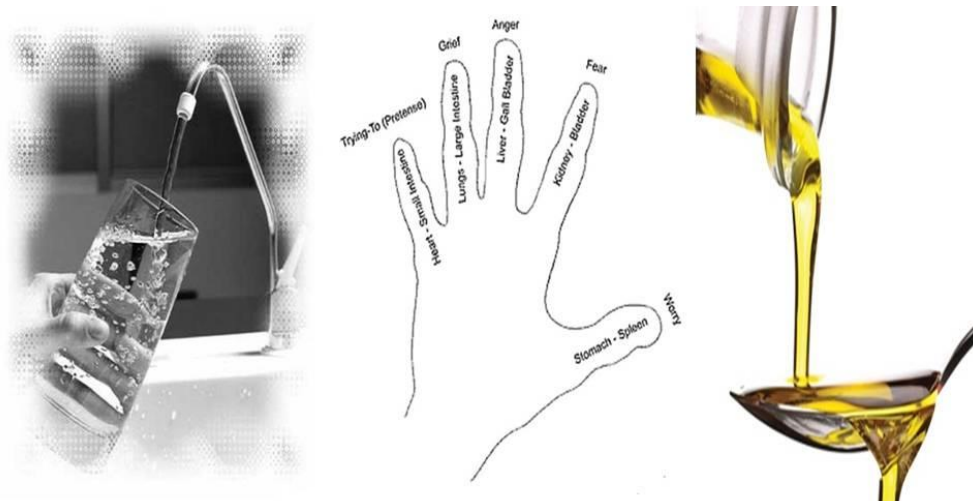


Get Well Soon



Archana Jain

9th April 2014

Faiths For Our City - Birmingham

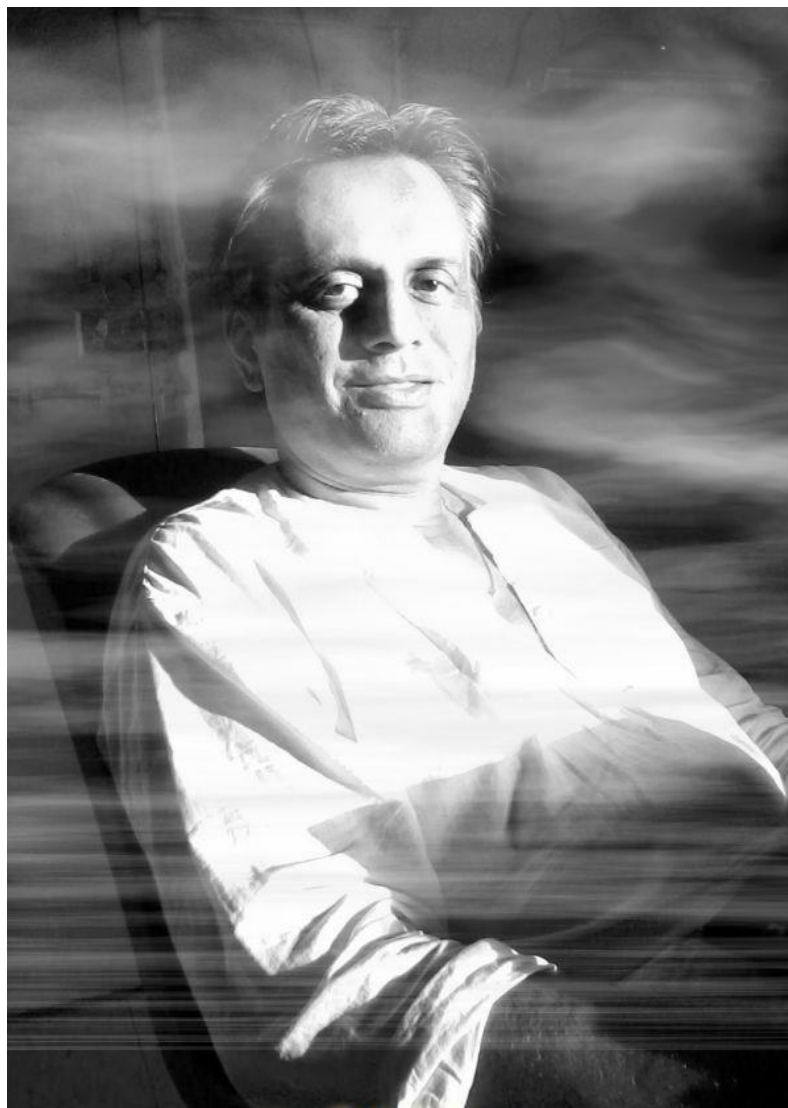
A dis- Ease free world



**Providing genuine information on
alternative & complimentary ways to health.
From the state of dis-ease to Ease.
Helping get out of vicious cycle of medicines.**

www.facebook.com/AdisEaseFreeWorld

My own experience



HITEN PATEL

FOUNDER

Practicing Mind Therapist and Holistic Healer

Before Water Therapy



3 Months After



6 Months After



9 Months After



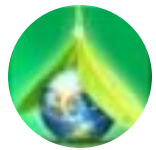
1 Year After



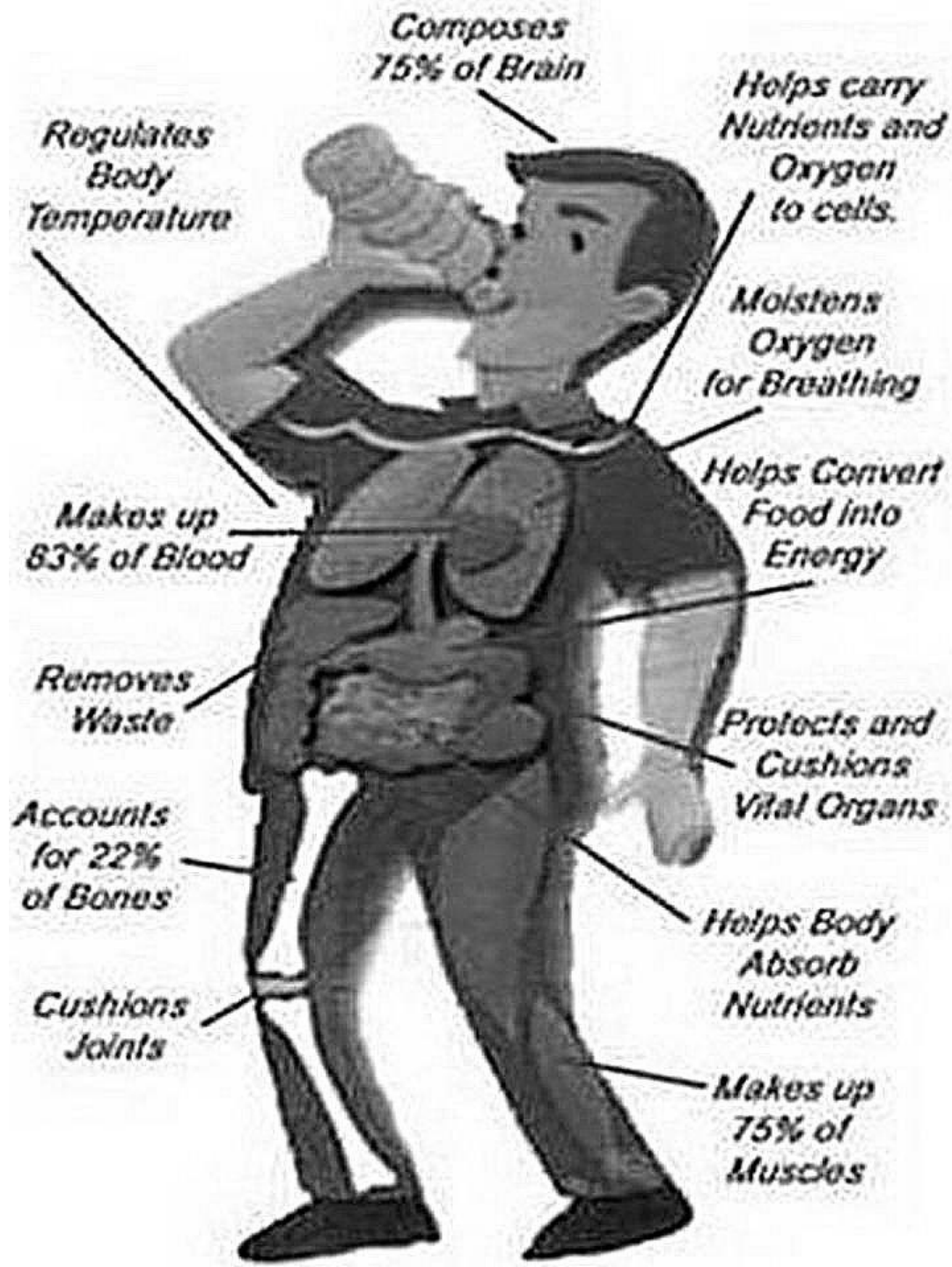
90% of diseases are due to
**What we put in
&**

What comes out

- **Digestive System**
- **Excretory System**
 - **Renal System**



Water Therapy



WATER IS LIFE

FOR THE HUMAN BODY

www.healththecomplimentaryway.blogspot.in



Water Therapy Master

Fereydoon Batmanghelidj, MD

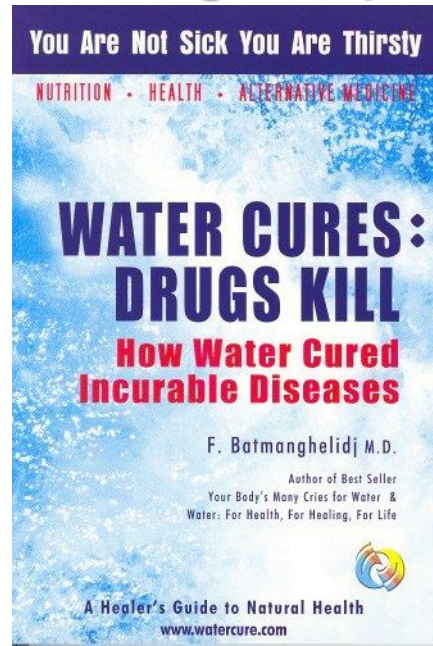
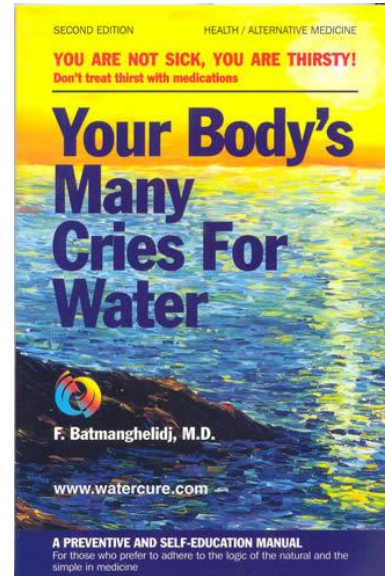
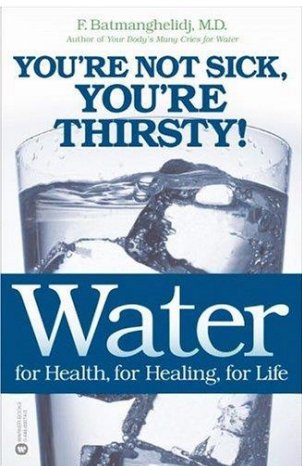
You're not sick, you're thirsty. Don't treat thirst with medication.



Such was the fundamental principle behind the studies, books, and lectures offered by Dr. Batmanghelidj, who was in an Iranian prison for two and half years when he first successfully treated a fellow prisoner, who had a peptic ulcer, with water alone. “Dr. B” believed that medications are palliative — curing symptoms but not underlying conditions — and that the health risks of dehydration are drastically understated. He studied under Sir Alexander Fleming, the Nobel laureate who discovered penicillin, yet was often dismissed as a quack, particularly by the spokesmen of pharmaceutical companies.

Dr. Fereydoon Batmanghelidj research

- Body always tries to protect Brain and Heart
- During the time of shortage of water, body produces HISTAMINES in the organ to stop water supply there
- The body is producing histamines as a strategy, not as a disease or something gone wary.
- Modern medicines are Histamine linked and try to reduce it. So actually works against the body, hence the dosage keeps increasing.



Diseases that can be healed with Water Therapy

Head Ache

Blood Pressure / Hypertension

Anaemia (Blood shortage)

**Rheumatism (Pain in
joints/muscles)**

General Paralysis

Obesity (Fatness)

Arthritis

Sinusitis

Tachycardia

Giddiness

Cough

Asthma

Bronchitis

Pulmonary Tuberculosis

Meningitis

Kidney Stones

Urogenital Diseases

Hyper acidity / GERD

Gastro – entities

Dysentery

Rectal Piodapse

Constipation

Hostorthobics

Diabetes

Eye diseases

**Ophthalmic Haemorrhage & Reddish
eye**

Irregular Menstruation

Leukaemia

Uterus Cancer

Breast Cancer

Laryngitis

How to do Water Therapy

- **Early morning, after you get up from bed, (without even brushing your teeth) drink 1.25 liters of water.**
- **No drinks nor solid food of any sort should be taken within 1 hr. before and after drinking these 1.25 liters of water.**
- **Is it possible to drink 1.25 liters of water at one time? This is a BIG QUESTION? To begin with, one may find it difficult to drink 1.25 liters of water at one time, but one will get used to it gradually. Initially, while practicing you may start by drinking half a liter of water and gradually increase it by 100 ml every week till you reach the desired 1.25 liter of water. You may find the necessity to urinate 2-3 times within an hour, but it will become normal after some time.**
- **Drinking 150 ml per hour over and above the first 1.25 Liter can be considered as rule of thumb.**
- **150 ml of water 30 minutes before meals will help digestion and reduce acidity.**
- **150 ml of water before bath will help lower blood pressure.**
- **150 ml of water before sleep will reduce chances of stroke or heart attack.**
- **During the day do not drink water within 45 minutes of solid food like lunch or dinner.**

Why 1.25 liters in the morning at a time?

If you're probably wondering why 1.25 liters of water is recommended, it is because it's known that the stomach's full capacity for liquids/ fluids is 1.25 liters. Overweight people may require a little more amount than 1.25 liters. Once the water enters your body when initiating water therapy, it fills the stomach to its full capacity.

The water then gushes into the intestines cleansing all its pathway. Some of the water & its nutrients are absorbed into the bloodstream for transport throughout your whole system, while other organs use up this fluid to complete its functions and keep its cycle.

The kidneys and Liver need enough water to continue filtering out soluble and insoluble toxins. These toxins are dispose of the body through urine, feces and sweat.

Are you wondering whether if this may lead to water intoxication or water poisoning? Well anything taken in excessive amounts is always a bad thing. I believe you will only put your health at risk if you exceeded 3 liters of water within an hour. Stick with consuming 1.25 liters of water in the morning and then throughout the day.

How much water to drink

Including the morning water

$$\text{Liters per day} = \text{Body weight(Kgs)} * .625 / 10$$

Weight in Kgs.	Liters per day
50	3.1
60	3.8
70	4.4
80	5

* For a normal healthy person



If you are in temperature zone above 35c, add 10% more
Rule of thumb : 150 ml an hour.

What does Water therapy do?

Warm water for following

Weight reduction

Constipation

Cough

Ashtma

Cancer

Paralysis

Stop Water therapy

- If one gets swelling in the body, especially in legs, hands or face.
- If one gets running nose or continuous cough.
- If one feels giddy or restless after drinking the water.
- People with Kidney disorders should not practice water therapy.
- It is advised to consult your Physician before starting the water therapy.



Master of Jin Shin Jyutsu – Jiro Murai

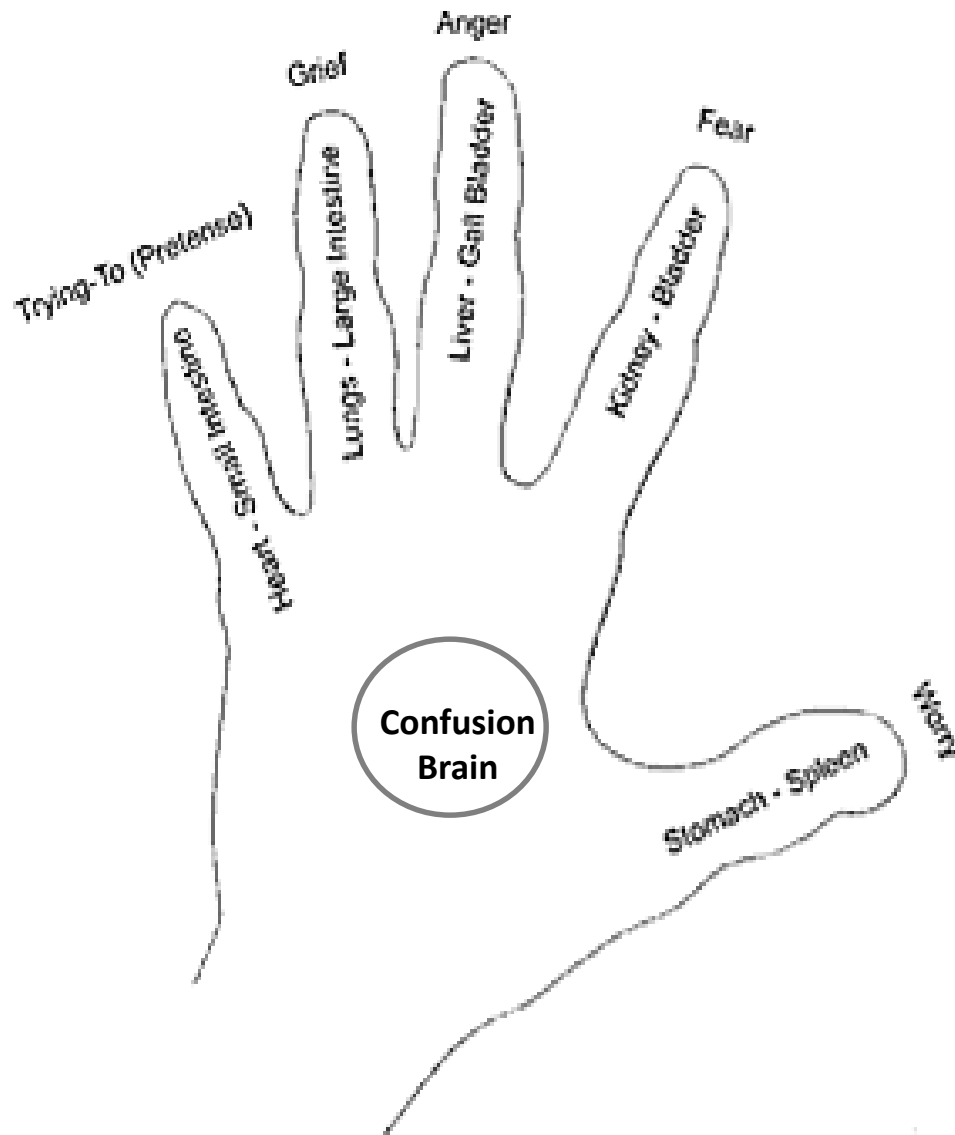


Jiro Murai was raised in a family with a long-standing medical background at the turn of the century. In his rebellious youthfulness, not wanting to follow family tradition, he studied philosophy.

In the early 1930's Jiro Murai, a young philosopher, was summoned by the Emperor of Japan. He was given permission to study the Kojiki (The Record of Ancient Things) in the Imperial Archives of Japan. He continued to use and learn what he later called Jin Shin Jyutsu.

He was diagnosed with a terminal illness. This facilitated him to focus on his own personal healing and understanding of these Ancient Teachings. After an amazing recovery from his illness, Jiro re-introduced the world to these teachings as Jin Shin Jyutsu (The Art of God and Man).

Jin Shin Jyutsu



- 6 Negative traits causes obstructed energy flow results in Organ damage
- Organ damage results in Dis-eases.

Confusion	Brain
Trying to	Heart – S Intestine
Grief	Lung – L Intestine
Anger	Liver – Gal bladder
Fear	Kidney – Bladder
Worry	Stomach - Spleen

All Things Flowing
Attitude: Fear
Governs Muscular System

Organs: Kidney, Bladder
Hold for: digestive problems,
constipation, muscular aches, arthritis,
jaw, teeth gums (baby teething)
addictions of any kind

General Harmonizer

Attitude: Anger
Governs Blood

Organs: Gall Bladder, Liver
Hold for: blood, circulation,
tiredness, impotence, migraines,
menstruation & fertility, eye, vision,
indecision, frontal headaches

Brings Joy

Attitude: Grief/Sadness
Governs Deep Skin

Organs: Lung, Large Intestine
Hold for: digestion, respiratory
problems (asthma), deep skin
conditions, ringing in ears, loss
of common sense

Brings Laughter

Attitude: Pretence/Effort
Governs Skeletal System

Organs: Heart, Small Intestine
Hold for: bone problems, nerves,
blood pressure, heart conditions,
bloating, anxiety, judgemental
attitudes, self esteem issues

Total Body Harmonizer
Attitude: Worry
Governs Skin Surface

Organs: Stomach, Spleen
Hold for: Stomach ache,
headache, nervousness,
depression, skin problems

Brain

Balance
Equilibrium
Breath of Life
Organs: Diaphragm,
Umbilicus

Testimonial on amazing results of Jin Shin Jyutsu

Respected Hitenbhai,

Hi, My Self Chintan Vyas, Working As Ophthalmic Assistant, C.H.C. Zankhvav Dist: Surat. We met at Surat on 10 November 2013 after your program at SAMRUDDHI Hall, Nanpura. Surat.

I always practice Jin Shin Jyutsu daily minimum 2 hours.

My Best Experience of above Holistic Medicine happened at VANKAL Village, Ta: Mangrol, Dist: Surat

NAME : Navneet Chaudhari (Mob: 7600113202)

AGE: 21 (Student of 12th Commerce)

(His Sister Tamanna is our Staff Nurse working P.H.C. Vankal)

More than 15 months he was on bed, suffering from muscular disorder and other infection of shoulder and both legs.

I gave Xerox copy of your book " Health The Complimentary Way"

He Started practicing Jin Shin Jyutsu daily and got results within 21 days.

Attached here with some photograph of Navneet Chaudhari.

You Can see result of Jin Shin Jyustu.

Thanks

Your's Faithfully,

Chintan Vyas

Mob: 09898172929

**This e-mail was received on 28th March 14
at 4.52 pm.**

Before



After



Jin Shin Jyutsu

**HOLD EACH FINGER AND PALM
WITH THE OTHER HAND.
HOLD IT FOR 3 MINUTES EACH.
DO IT MINIMUM TWICE A DAY**

OR

**HOLD EACH FINGER AND PALM
WITH THE OTHER HAND.
HOLD IT FOR 3 BREATHS EACH.
DO IT MINIMUM 7 TIMES A DAY**



**Use JSJ ring / Taber 21 times on each finger
3 times a day**



**Use individual ring, don't inter change
rings with other family members**

Oil Pulling



Back ground of Oil Pulling

Oil pulling is an ancient Ayurvedic remedy for oral health and detoxification. It involves the use of pure oils as agents for pulling harmful bacteria, fungus and other organisms out of the mouth, teeth, gums and even throat. It is mentioned in the Ayurvedic text Charaka Samhita, where it is called Kavala Gandoosha or Kavala Graha.

Charaka samhita Ch V -78 to 80 talks on Oil pulling as “It is beneficial for strength of jaws, depth of voice, flabbiness of face, improving gustatory sensation and good taste for food. One used to this practice never gets dryness of throat, nor do his lips ever get cracked; his teeth will never be carious and will be deep rooted; he will not have any toothache nor will his teeth set on edge by sour intake; his teeth can chew even the hardest eatables”

Dr. F. Karsch, M.D., presented a paper to the All-Ukrainian Association outlining rather incredible possibilities oil pulling is capable of. Going by Dr. Karsch, oil pulling benefits can help with almost any illness or chronic condition.

Detoxifies the whole body, relief from major dis -eases

Benefits of Oil Pulling

- **Best treatment for Oral health. Gingivitis, bleeding of gums, tooth decay, cavities, bad breath**
- **Migraine headache relief**
- **Correcting hormone imbalances**
- **Reducing inflammation of arthritis**
- **May help with gastro-enteritis**
- **Aids in the reduction of eczema**
- **May reduce symptoms of bronchitis**
- **Helps support normal kidney function**
- **May help reduce sinus congestion**
- **Some people report improved vision**
- **Helps reduce insomnia**
- **Reduced hangover after alcohol consumption**
- **Aids in reducing pain Reduces the symptoms of allergies**
- **Helps detoxify the body of harmful metals and organisms**

Procedure

Step 1

First thing in the morning pour exactly one tablespoon of sesame oil (or whatever oil you have chosen) into your mouth.

Step 2

Swish the oil around in your mouth without swallowing it. Do this gently, not vigorously, in a relaxed way for about 15-20 minutes. In the beginning you may start with the lesser time and gradually keep increasing it.

Step 3

As the end of the oil pulling session approaches, Spit the oil out, **then rinse the mouth with warm salt water, else you will develop the issue of sore throat.**

Let's watch a video on this

Which oil to use?

Sesame oil

Coconut oil

Testimonials on Oil Pulling

THE TIMES OF INDIA, BANGALORE

STATE

TUESDAY, JULY 11, 1995 3

'Oil-pulling'—the latest panacea for all ills

H.G. Belgaumkar
The Times of India News Service

HUBLI, July 9:

It is the latest therapy that is being advocated as the new panacea for all the ailments ranging from common cold to cancer. Mr Tummala Koteswara Rao, a retired army Lt. Colonel, is the high priest of the new therapy in India.

The patients who continue to be afflicted with ailments despite having tried with different systems of medical treatments, from allopathic to homeopathic, need not be disheartened and count themselves among those, whose days are numbered. They can not only get rid of these diseases but also regain the vitality they had lost over the years, if only they take recourse to "oil-pulling", according to Mr Koteswara Rao.

Mr Koteswara Rao, who is now 66, cites himself and his wife as the best examples of the wonderful effects of the "oil-pulling" treatment that he has been recommending. Apart from his generally ill-health, he was a chronic patient of asthma that caused breathlessness and cold of the worst kind that induced continuous sneezing. The climate in Bangalore, where he has been living for the last 20 years, particularly, aggravated his problems. His wife had varicose veins on the legs, ulcers, arthritis

and acute migraine.

The couple had to live with these diseases for years. The numerous medicines prescribed by experts they had consulted only worsened their conditions, let alone curing them until, of course, Mr Rao chanced upon a booklet printed and circulated by Swami Shivanand, a spiritual leader, which dealt with the "oil-pulling" treatment propounded by Russian doctor Med Karach in 1991. Dr Karach had referred the treatment as "a super simple healing process for the human body by sunflower oil".

Mr Rao, who was in Hubli-Dharwad recently on invitation, says "oil-pulling" is a very simple process to be practised before breakfast in the morning. One has to sip in a spoonful of refined edible oil, preferably that of sunflower, and wash the teeth and gums by moving the oil from one end to the other for 15 to 20 minutes. While doing so, one has to hold his teeth together and ensure that he does not swallow the contents. After completing the exercise he has to spit the oil and brush his teeth and wash his mouth clean.

What confirmed his faith in the treatment Dr Karach had recommended was a passage he read the same day in the "Bhagawatam" which said: "Anything that causes the disease also cures it". Oil and fats being the root

causes of all ailments, they must, then, also cure them, he told himself and started practising the new treatment from the very next day. He persuaded his wife also to follow suit.

During the three years, since they started practising it, it is not only that all their ailments have disappeared, but also they are brimming with perfect health and vivacity, says Mr Koteswara Rao. He has had no doubts of asthma and breathlessness, no cold and no sneezes. He can now eat mangoes which he could never even touch for over two decades. He shows his smooth-skinned feet, toes and soles which, he says, looked like torn *chappals* before he began the "oil-pulling" treatment. Most surprising thing, according to him, was the slow disappearance of a burn marks of the size of a coin, that was there on his forehead from childhood.

In his wife's case particularly, the result has been marvellous, he claims. Her varicose veins have disappeared and she can now walk for hours, and under the sun, without fatigue and giddiness. Walking under the sun was a nightmarish experience for her not long ago. With varicose veins, her arthritis has also vanished. Migraine her constant companion has deserted her, he says.

Mr Rao feels so indebted to Dr Karach and his new treatment that he has now decided to take up propagation of the method as his life's mission. He has spent his money for getting the copies of Dr Karach's booklet reprinted for circulation among the people. His two daughters and grand children too practise the "oil-pulling" treatment. One of his daughters, he says, got rid of the problem of falling hair.

The treatment has already been popular in Andhra Pradesh and is catching the imagination of the people in Kuwait where Andhra migrants have carried it with them, according to Mr Rao. He exhibits scores of letters from people, some hailing the new treatment as being very effective, and others seeking his guidance on how to go about it.

In the case of women particularly, the "oil-pulling" treatment is more useful because of their body mechanism like menstruation and reproductive system, which cause problems in addition to those of men, he says. He has a word of advice for those who wish to undergo this treatment. "While you are practising oil-pulling, ensure that your mind is concentrated on it". Application of mind is very important for "oil-pulling" exercise to yield good results.

- Arthritis
- Asthma
- Varicose Veins

www.oilpulling.org

Bangalore Sun, Friday, February 24, 1995

Oil pulling: Alternative healing therapy

BS News
Bangalore, Feb. 24

Alternate systems of medicine are no longer scoffed off at as witch-doctors mumbo-jumbo. Western medicine has discovered that a majority of them work.

Lt Col T Koteswara Rao has introduced a novel therapy discovered by an Ukranian, Dr Karach, "Pulling Oil" therapy.

Explaining Dr Karach's therapy, Lt Col Koteswara Rao says its merely one of gargling with sunflower oil, taking care not to swallow and then spit it



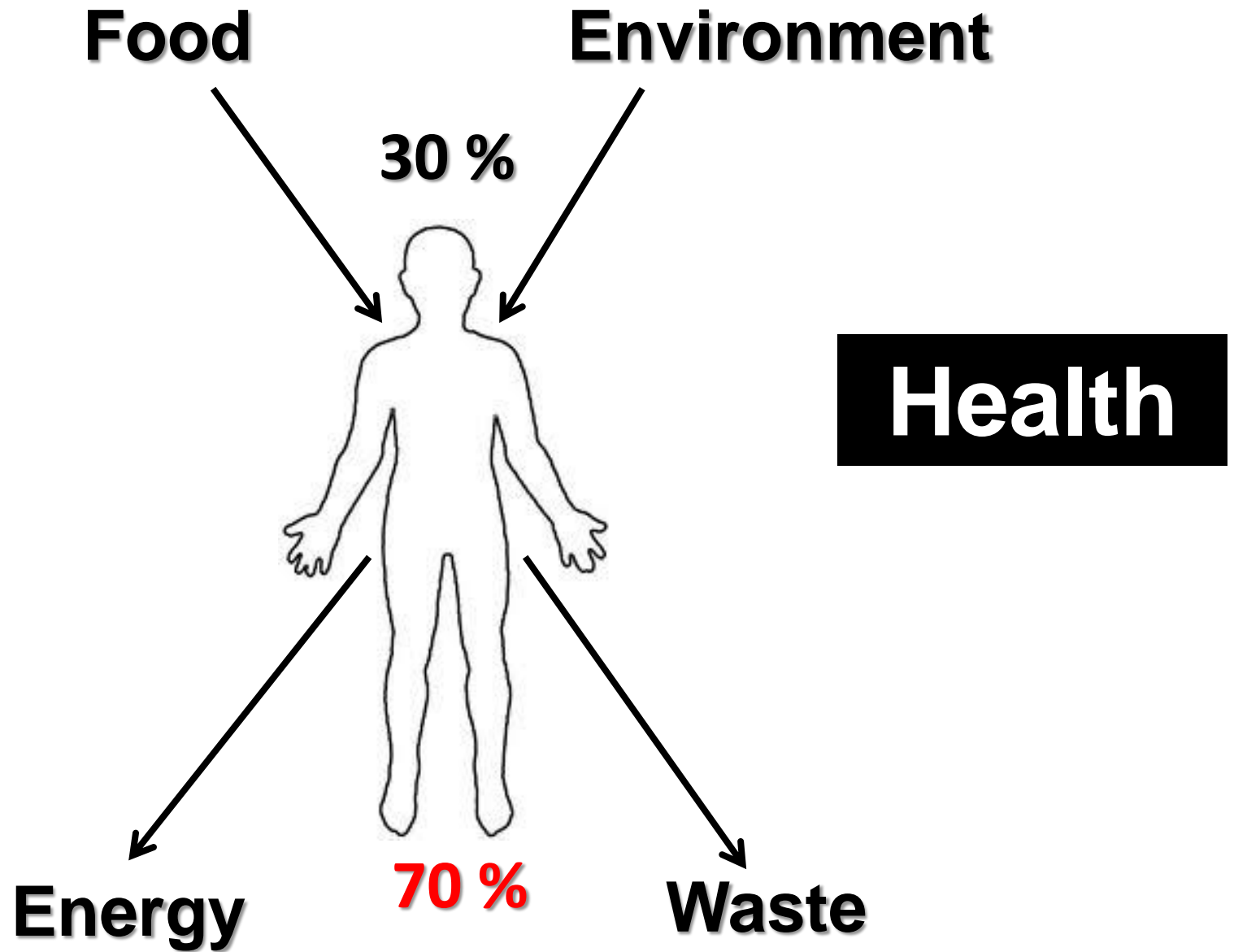
out. A regular practise would enable one to get rid of headaches, tooth pain, ulcers, leucorrhea, eczema and branchitis. Dr Karach has also claimed that regular practise of the pulling oil therapy could even prevent the onset of debilitating diseases.

Those interested in knowing more about Pulling oil therapy, can contact Lt. Col Koteswara Rao at "Tummala" 46/47, Subroto Mukherjee road, 1 Dasarahalli, Bangalore-57.

- Tooth Pains
- Ulcers
- Bronchitis
- Eczema

Health in your Kitchen





“People are fed by the Food Industry,
which pays no attention to health,



and are treated by the Health Industry,
which pays no attention to food.”

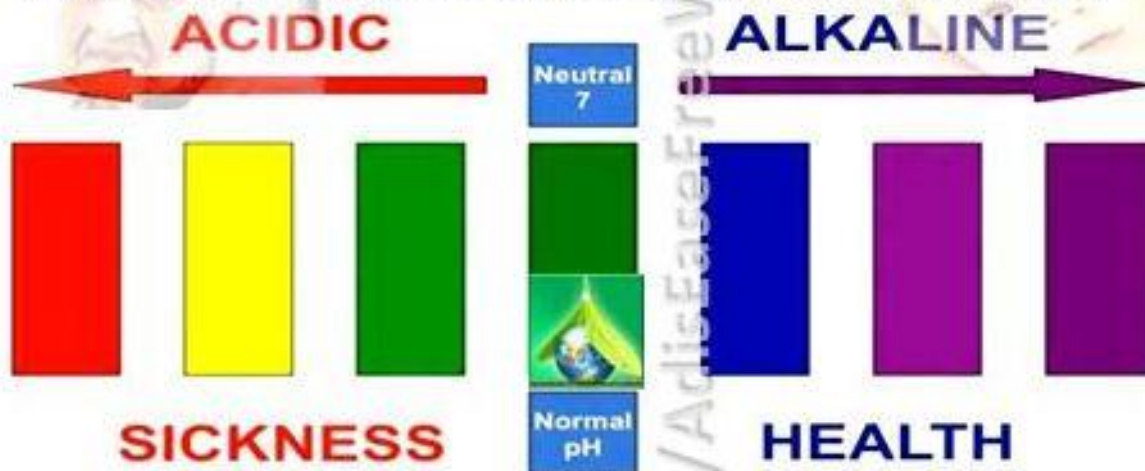
Secret to Health

Acidic vs Alkaline Food

www.facebook.com/AdisEaseFreeWorld

Acidic Food

Tea
Coffee
White Sugar
Alcohol
Fried food
Cheese
Bread
Pastries
Soda
Aerated drink



Alkaline Food

Raw
fruits
vegetables
Sprouts
Lemon juice
Whole grains
Garlic

THE PH EQUATION & HEALTH

ACCORDING TO MANY HEALTH RESEARCHERS, TOTAL HEALING OF CHRONIC ILLNESS TAKES PLACE ONLY WHEN AND IF THE BLOOD IS RESTORED TO A NORMAL, SLIGHTLY ALKALINE PH. IN CASE YOU MISSED IT, LET ME SAY IT AGAIN.

TOTAL HEALING OF CHRONIC ILLNESS TAKES PLACE ONLY WHEN AND IF THE BLOOD IS RESTORED TO A NORMAL, SLIGHTLY ALKALINE PH.

THE MAGNITUDE OF MEANING BEHIND THIS RESEARCH IS OF INCREDIBLE IMPORTANCE TO SOMEONE WHO IS FIGHTING A DISEASE, OVERCOMING AN ILLNESS, OR JUST DESIRING TO FEEL BETTER. WHAT IT MEANS IS THIS... YOUR BODY PH AFFECTS EVERYTHING.

HUMAN BLOOD STAYS IN A VERY NARROW PH RANGE RIGHT AROUND 7.3. BELOW OR ABOVE THIS RANGE MEANS SYMPTOMS AND DISEASE.

WHEN PH GOES OFF, MICROBIAL LOOKING FORMS IN THE BLOOD CAN CHANGE SHAPE, MUTATE, MIRROR PATHOGENICITY, AND GROW.

WHEN PH GOES OFF, ENZYMES THAT ARE CONSTRUCTIVE CAN BECOME DESTRUCTIVE.
WHEN PH GOES OFF, OXYGEN DELIVERY TO CELLS SUFFERS.

Food type

Best

Better

Good

Bad

Worse

Worst

Most Alkaline	Alkaline	Lowest Alkaline	FOOD CATEGORY	Lowest Acid	Acid	Most Acid
		Raw Honey, Raw Sugar	SWEETENERS	Processed Honey, Molasses	White Sugar, Brown Sugar	NutraSweet, Equal, Aspartame, Sweet 'N Low
Lemons, Watermelon, Limes, Grapefruit, Mangoes, Papayas	Dates, Figs, Melons, Grapes, Papaya, Kiwi, Berries, Apples, Pears, Raisins	Oranges, Bananas, Cherries, Pineapple, Peaches, Avocados	FRUITS	Plums, Processed Fruit Juices	Sour Cherries, Rhubarb	Blueberries, Cranberries, Prunes
Asparagus, Onions, Vegetable Juices, Parsley, Raw Spinach, Broccoli, Garlic	Okra, Squash, Green Beans, Beets, Celery, Lettuce, Zucchini, Sweet Potato, Carob	Carrots, Tomatoes, Fresh Corn, Mushrooms, Cabbage, Peas, Potato Skins, Olives, Soybeans, Tofu	BEANS VEGETABLES LEGUMES	Cooked Spinach, Kidney Beans, String Beans	Potatoes (without skins), Pinto Beans, Navy Beans, Lima Beans	Chocolate
	Almonds	Chestnuts	NUTS SEEDS	Pumpkin Seeds, Sunflower Seeds	Pecans, Cashews	Peanuts, Walnuts
	Flax Seed Oil	Canola Oil	OILS	Corn Oil	Pea nut oil	Palm oil
Sprouts		Amaranth, Millet, Wild Rice, Quinoa	GRAINS CEREALS	Sprouted Wheat Bread, Spelt, Brown Rice	White Rice, Corn, Buckwheat, Oats, Rye	Wheat, White Flour, Pastries, Pasta
			MEATS	Venison, Cold Water Fish	Turkey, Chicken, Lamb	Beef, Pork, Shellfish
	Breast Milk	Soy Cheese, Soy Milk, Goat Milk, Goat Cheese, Whey	EGGS DAIRY	Eggs, Butter, Yogurt, Buttermilk, Cottage Cheese	Raw Milk	Cheese, Homogenized Milk, Ice Cream
Herb Teas, Lemon Water	Green Tea	Ginger Tea	BEVERAGES	Tea	Coffee	Beer, Soft Drinks

pH>10

pH9

pH8

pH Value

pH7

pH6

pH<5

Waste Management Digestive System

Practice Water Therapy as a way of life.

Drink 20 ml of edible castor oil, around 4am :

Every day in the first week.

Alternate days in the second week.

Twice a week in the third week.

Once a week from the fourth week on wards.

Waste Management Renal System

Kidney Cleanser

www.facebook.com/AdisEaseFreeWorld



Take a bunch of parsley(Kothimbir, Hara Dhaniya) and wash it clean.

Then cut it in small pieces and put it in a pot and pour clean water and boil it for ten minutes and let it cool down and then filter it and pour in a clean bottle and keep it inside refrigerator to cool.

Drink one glass daily and you will notice all salt and other accumulated poison coming out of your kidney by urination. Also you will be able to notice the difference which you never felt before. Parsley is known as best kidney cleanse treatment and it is natural!

Multi Ailment Mix

www.facebook.com/AdisEaseFreeWorld



**100 gms Turmeric powder
(Haldi)**



**50 gms Fenugreek powder
(Methi)**



**75 gms Ginger powder
(Soonth)**



**Mix everything and keep it in air
tight glass container/ bottle.**

**1 tsp of this mixture with warm
water every morning empty
stomach.**

**One remedy for so
many ailments**

- Excellent remedy for Arthritis, rheumatism
- Reduces body pain, back pain
- Blood purifier
- Reduces bad cholesterol effectively
- Effective for eczema, acne, psoriasis.
- Combats Cough, Cold
- Anti viral, Anti flu
- Reduces painful menstruation
- Effective for Migraine headache
- Anti ageing remedy
- Comates motion sickness, nausea
- Helps balance blood sugar levels

Blessed by Mrs Padma Patel and Mrs Kusum Gupta

Ancient Indian Mix

www.facebook.com/AdisEaseFreeWorld

One remedy for so many ailments



Share it with maximum people



50 gm Fenugreek (Methi)



30 gm Caraway Ajmo / Ajvain
Omam



10 gm Black Cumin seeds
Kali Jiri

Roast all the ingredients separately, after cooling, mix and grind them. Store in air tight bottle.

Every night take 1 spoon with warm water, before going to sleep.

- Excellent Weight Reduction formula
- Strengthens bone
- Reduces bad cholesterol effectively
- Makes you energetic
- Improves hair growth
- Cures long term constipation problem
- Increases blood circulation
- Cures cough permanently
- Improves heart functioning
- Improves Memory
- Improves sleep quality
- Back into shape after pregnancy
- Strengthens teeth
- Increases Immunity
- Makes one feel younger
- Improves digestion
- Relieves from bad effects of tobacco / Smoking / Gutka

Blessed by Shri R.P. Gupta and Shri M.N. Patel

Healing Diabetes

*Drink 1 ltr of warm water first thing in morning.

*Mix following powders, properly :

100 gms - Methi (fenu greek seeds) powder

100 gms - Tejpatta (bay leaf) powder

150 gms - Kala Jamun seeds powder

250 gms - Goodmaar powder (bitter)

Take 2 spoons of mixed powder and boil it for 10 minutes in 150 ml of water. Filter it through cloth. Drink it twice a day. One hour before lunch and one hour before dinner.

*Stop white rice, peeled potato, white sugar, Maida (processed wheat floor), peeled - polished pulses, cereals and aerated cold drinks.

*Have chemical free Jaggery (as a substitute to white sugar), unpeeled - unpolished pulses and cereals. Eat lot of green vegetables in raw form.

*Kaapal bhati and Bhastrika pranayam also helps. (people with BP and cardiac issues to do it under expert guidance only)

*30 minutes walk in morning and evening.

Consult your doctor before starting any health procedure.

Ancient Indian Remedies for High B P

✓ Have 1.25 ltr of water first thing in morning.

✓ Soak Fenugreek seeds (Methi) in quarter cup of water for 8 hours. Grind it with water adding 2 cloves of Garlic. Add half cup of warm water and have it in the morning. (after 45 minutes of drinking water.)

✓ Have ½ lemon squeezed juice, adding 1 spoon of Ginger juice and 1 spoon of honey in warm water, in morning and evening, one hour before lunch and dinner.

✓ Have 2 bananas every day.

✓ Shavasana Yoga is very effective.

Lie down facing up. Legs one feet away and hands half away from body. Gradually loosen body from lower to upper body. Do deep breathing with eyes closed.

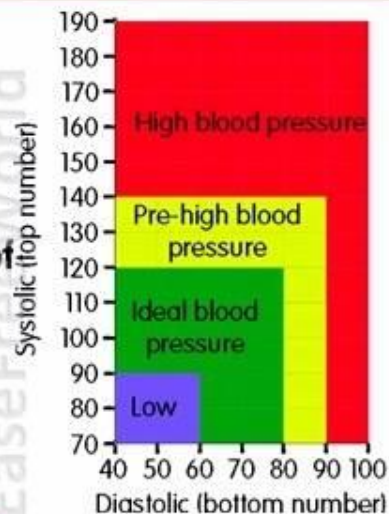
✓ Reduce salt intake to a maximum of 1.5 gms per day.

✓ Reduce tea, coffee intake. Give up smoking and alcohol.

Consult your doctor before starting any health procedure.

www.facebook.com/AdisEaseFreeWorld

Blessings from Late Champa Lal Jain and Late Suresh Jain



Healing Cancer

- ✓ Practice Water therapy. Drink 1 Ltr of warm water first thing in morning. Keep your body fully hydrated all the time. The urine color to be whitish grey.
- ✓ Fasting along with enema is excellent to heal cancer.
- Complete fasting with lot of Lemon water in the initial stages of starting fast.
- Juice diet (cruciferous, beets, carrots, ginger, apples, parsley, cilantro) in the second stage of fasting.
- Pure Vegetable soups & Juices in 3rd stage of fasting.
- ✓ Change the dietary habit completely. Only eat food above pH value of 10, like sprouts, raw fruits (grape fruit, water melon, goose berry, lemon etc), raw vegetables (tomatoes, sour sop, broccoli, garlic, cauliflower, spinach etc).
- ✓ Turmeric mixed with honey minimum twice a day.
- ✓ Aloe Vera juice minimum twice a day.
- ✓ Deep breathing, Rapid breathing (Kapal bhati) exercises (Pranayam) for minimum half an hour a day.
- ✓ Drinking own urine (after proper filtering) helps in healing cancer.
- ✓ Completely stop processed food, fried food, junk food, milk products, alcohol, superfine flour, aerated cold drinks.

Consult your doctor before starting any health procedure.

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blessings from Late Mrs. Meena Jain and Late Mrs. Manju Jain

Weight Reduction

Right Food
+
Exercise

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Natural Remedy for Weight Reduction

***Boil 1 spoon ginger powder in 1 glass of water. Filter the syrup with plain cloth. Add 20 ml of castor oil, and drink it around 4 am in the morning. Take this every alternate day for first week. Take twice in next week. Take once a week after that. This will clean digestive tracks.**

***Drink 1 liter of warm water first thing every morning. During the day when ever you drink water, it should be warm water only. Don't drink water within 45 minutes of any food.**

***Take one spoon of overnight water soaked fenugreek seeds (methi) every morning. This will balance secretion of digestive juices. After 45 minutes of drinking above mentioned water.**

***Drink 1 glass of warm water with 5 ml of lemon juice mixed.**

***Stop tea, coffee, aerated drinks, fried food and sweets. Eat fruits , vegetables in plenty. Eat steamed and roasted food.**

***Walk for 20 minutes in morning and evening.**

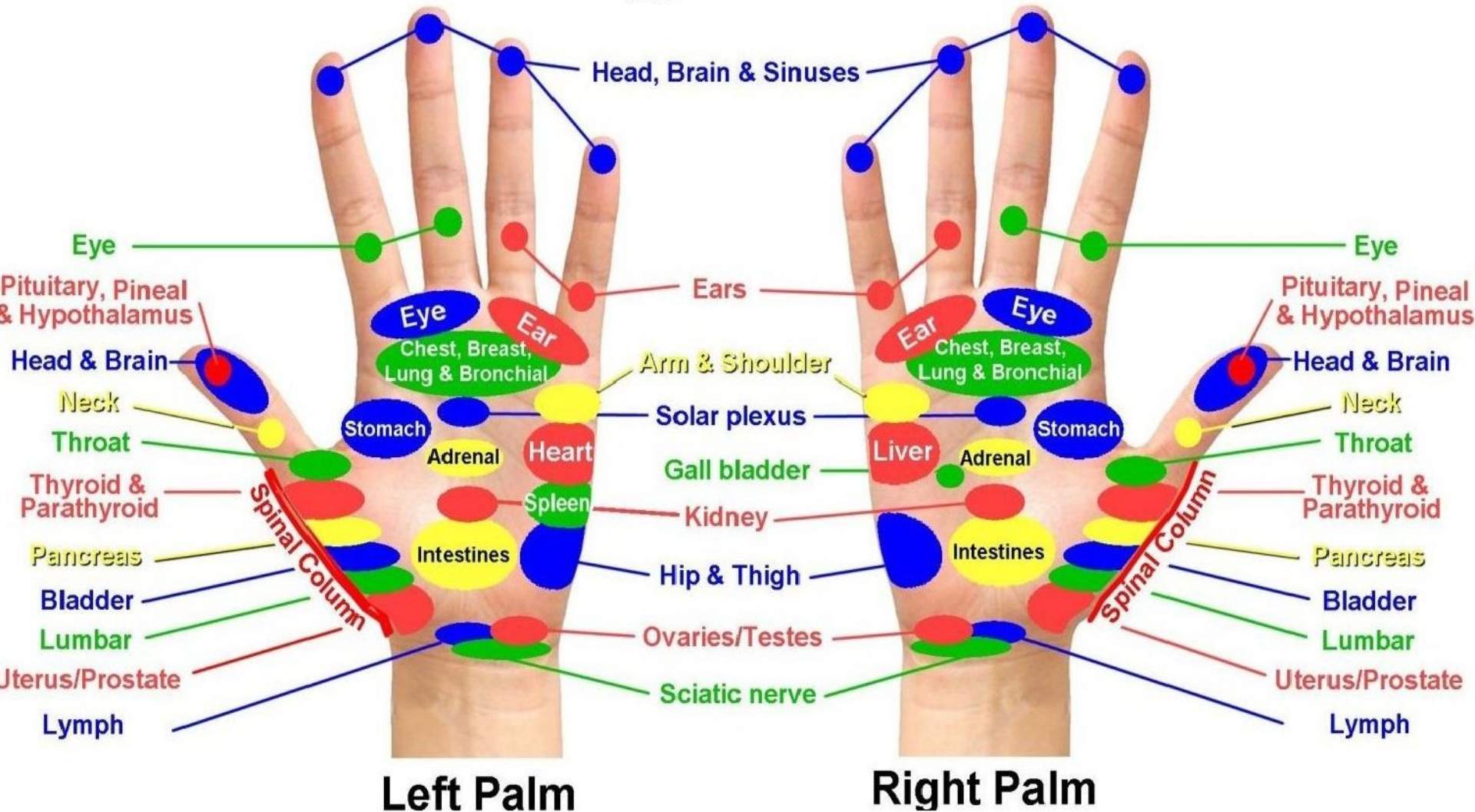
***Have 1tsp Trifala choorn with warm water - night**

Please consult your doctor before starting any health procedure.

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Acupressure

Reflexology Hand Chart





Use Acupressure Taber daily

Use individual Taber, don't interchange with other family members

Thank You



Sarve Santu Niramaya
May All Be Disease Free