

Revised and updated third edition

Cleansing Therapy

Cure Yourself

अपना इलाज अपने हाथ

Kidney Cleanse

Acidity Cleanse

Parasite Cleanse

Liver Cleanse

Joint Cleanse

Lung Cleanse

Thyroid Cleanse

Colon Cleanse

Mouth Cleanse

Ovary & PCOS Cleanse

Uterus & Fertility Cleanse

Fallopian Tube Cleanse

Vagina Cleanse

Conceive Naturally



Dr Piyush Saxena

“खाओ पियो मस्त रहो
क्लींज करो स्वस्थ रहो”

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Rs. 500/-

This book is dedicated to all those
who have believed in Cleansing Therapy,
done a Liver Cleanse
and promoted it.

I have experimented with almost every recommendation in this book on myself, my father, mother, wife, son and daughter, and reaffirmed their efficacy.

I do not charge any fee.

I do not accept any donation.

I do not promote products of any company.

I propagate Cleansing Therapy solely for my personal satisfaction.

Prof. Dr. Radhey Shyam Sharma
Vice Chancellor

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Foreword

Despite overwhelming advancements in medical care our society is sicker than ever today. Toxic pollutants, such as the food we eat, the air we breathe, the household cleaners we spray, the electronic gadgets, mobile phones we use, are everywhere in our world. These create free radicals in the body. Stress hormones, emotional disturbances, anxiety and negative emotions all create free radicals as well. Living without toxic build-up is virtually impossible, which is why our body has built in mechanisms to deal with toxic overload. Crying, sweating, urination and defecation are all natural protocols employed by the body to rid it of toxins.

Toxins are part of our daily life, both inside and out; it may seem that they are a natural part of living and that additional measures to deal with them are unnecessary. This, in part, is true. Free radical exposure is part of life. However, with the overabundance of chemicals and pesticides in our foods and environment, and the increasing levels of stress in our society, our body is overwhelmed with toxic build-up and needs additional help in expelling unnecessary waste material.

Since these toxins affect both the structure and function of cells, they cause a myriad of health problems like chronic fatigue, fibromyalgia, autoimmune disorders, such as multiple sclerosis and lupus, migraines, premature aging, digestive problems like constipation, diarrhoea or bloating, skin conditions, aches and pains and food allergies or intolerances that results in toxic build-up in the body.

Vibrant and exceptionally good health comes from regular body cleansing and reducing daily toxin intake. To achieve a state of optimal health, people should perform a full body cleanse. Maintain

a healthy body by eating organic foods, purifying the water and air at home and workplace, using non-toxic chemicals, exercising, reducing stress levels and keeping body's natural elimination routes (urination, defecation, sweating, respiration and menses in women) is a prime need.

Practiced for centuries by cultures around the world, including Ayurvedic and Chinese medicine systems, detoxification is about resting, cleansing and nourishing the body from the inside out. By removing and eliminating toxins, then feeding body with healthy nutrients, detoxification can help protect from disease and renew ability to maintain optimum health. A full body cleanse is a program that addresses the detoxification of the digestive tract, the liver, the gallbladder, and the kidneys, as well as ridding the body of parasites and heavy metals. These are the organs of the body that are responsible for absorbing nutrients and eliminating waste products. This "in with the good and out with the bad" process is the backbone of life. Our health and welfare depends on this, especially when we understand that 80% of immune system is in the digestive tract. If this "engine" is running well, health will prosper. If it is not, then the system will begin to break down.

A cleansing program can help the body's natural cleansing process by resting the organs through fasting, stimulating the liver to remove toxins from the body, by means of elimination through the intestines, kidneys, and skin, improving circulation of the blood and refueling the body with healthy nutrients.

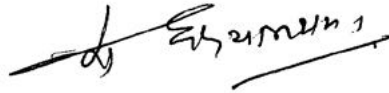
Concept of Cleansing Therapy is equally a kind of *Sanshodhan* therapy or *Panchkarma* in Ayurvedic Management. It deals effectively with the root cause of etiopathogenesis of every kind in the body. Therefore, it stands firmly on time-tested scientific grounds. I have done a Liver Cleanse. Many of my friends have also done it. All of us unanimously feel



that this 18 hour process is unique for rejuvenation of one's body. It is low cost and is done from the comfort of ones own home without any medical supervision.

The untiring efforts made by Dr Piyush Saxena in this field have potential to make this mission a revolution in the field of self help or curing or prevention etc.. His book "Cleansing Therapy - Cure Yourself" is a fruitful offshoot to benefit humanity to serve a long-healthy life. I hope all this will turn our nation into a healthy and strong one.

I heartily congratulate him for his commendable efforts in the form of this book.

A handwritten signature in black ink, appearing to read 'Dr. Radhey Shyam Sharma', with a horizontal line underneath.

Prof. Dr. Radhey Shyam Sharma
Vice Chancellor

Jodhpur
07.10.2016

Preface

Cleansing Therapy is a part of non-conventional healing techniques that are often referred to as Complementary Medicine. This term is used for a group of therapeutic and diagnostic disciplines that largely exist outside the realm of conventional or regular healthcare practice, i.e., allopathy. Complementary medicines that supplement the modern healthcare practice are currently gaining greater acceptance and popularity.

In the 1970's and 80's, these disciplines were primarily provided as alternatives to conventional healthcare and became collectively known as 'Alternative Medicine'. The



Integrative medicine for better health

The name 'Complementary Medicine' developed when the two systems began to be used alongside (to complement each other) .

Some examples of such therapies are Acupuncture, Acupressure, Alexander Technique, Anthroposophic Medicine, Applied Kinesiology, Aromatherapy, Aurogenic Training, Ayurveda, Cleansing Therapy, Chiropractice, Cranial Osteopathy, Environmental Medicine, Herbal Medicine, Homeopathy, Hypnosis, Shiatsu, Siddha, Massage, Meditation, Naturopathy, Nutritional Therapy, Reflexology, Reiki, Relaxation, Osteopathy, Unani, Visualisation and Yoga.

In Cleansing Therapy, the purpose is to restore balance and facilitate the body's own healing process rather than target any individual disease or alleviate troublesome symptoms. However, as propagators of Cleansing Therapy, we practice a holistic approach (treating the patient as a whole and not just a disease) to cure the patient. Cleansing Therapy seeks to promote overall well being, positive health, long-term relief and cure.

Our Kidney Cleanse, Acidity Cleanse, Parasite Cleanse, Liver Cleanse, Joint Cleanse and Fat Cleanse, among others, lead to overall health improvement, as they expel accumulated toxins from the body. The body's capacity for self-repair, given appropriate conditions, is enhanced. As a result, the body is strengthened from within.

After completing the first round of Cleansing Therapy in a week, I promise you good results. Patients feel a difference - regulated blood pressure, improved sleep, higher energy levels, pain reduction, improved haemoglobin levels, better liver functions as well as relief from stomach disorders and musculo-skeletal problems. You will be able to perform up to three hours of extra work everyday. For the rest of your life, you will have more vigour and vitality in your body. Spending one day to study this book and trying out the cleanses, such as the Liver Cleanse, will unleash tremendous vitality, which can only be experienced and not expressed in words.

The book is written in a lucid and easy-to-understand language. The aim is to impart accessible and useful knowledge and experience to everyone from students, busy professionals, housewives and patients to their caring relatives. For the sake of clarity, names of ingredients/objects have been borrowed from Hindi and other languages. These names as well as the author's comments are mentioned in *italics*. Also, numbers from one to nine are written in words, while ten and above are mentioned numerically for the sake of convenience, as per the current practice. We have followed the American Psychological Association (APA) guidelines with regards to grammar and punctuation in preparing this edition.

The age of users, who find this therapy most beneficial, is 30 to 60 years. These users tend to be in higher socio-economic groups with higher levels of education than users of allopathic medicine. Women (55%-60% of users) use Cleansing Therapy four times as often as men because it takes more time to prepare (often ready made ingredients are not available).

Importantly, I would like to say that I have full regard for allopathy, which is the last resort in pathology, for emergency medical management, relief from acute problems and surgery, when required. Doctors are very caring people. I speak from personal experience. They have a tremendous responsibility to bear - their patient's life/health and too often, receive little gratitude for their efforts. Yet, they carry out their duties in a cheerful manner. If this book helps in any way in relieving the strain on doctors and the suffering borne by patients, then it will have been well worth the efforts involved.

Science is the accumulation of knowledge made possible by the spirit of inquiry. As such, any therapy is constantly evolving through accumulation of knowledge, through research. I firmly believe that all therapies, whether allopathy, naturopathy, Cleansing Therapy or any other methods, are essentially fellow followers of this spirit. Research, documented or not, done either by spending crores of rupees or just a few hundred or, in a laboratory or your own home - forms the basis of this spirit of scientific inquiry.

Cleansing Therapy does not have the luxury of having crores of rupees invested in marketing and publicity to spread simple, inexpensive and effective treatment procedures. Hence, it is dependent on people like you who are willing to give it a try and help others lead a healthy life.

Finally, our organisation, the TEMPLE OF HEALING, true to its name, provides a healing touch to society. The organisation is toiling hard to simplify adoption procedures so that nearly three crore orphans in India can find a family and two crores and seventy-five lakh infertile couples can call themselves parents.

The Temple of Healing has approached the honourable Supreme Court of India and filed a public interest litigation in this regard. The undersigned, as petitioner-in-person, had the privilege to present facts related to adoption procedures on ten occasions before the honourable Dr. D Y Chandrachud, Chief Justice of India, Supreme Court of India, New Delhi.

This has been possible due to your unconditional and selfless support, your faith in Cleansing Therapy, as well as the organisation. I'm eternally grateful. I want to acknowledge your support, without which, I may not have been able to achieve a fraction of what I have achieved.



Dr Piyush Saxena
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04.06.2024

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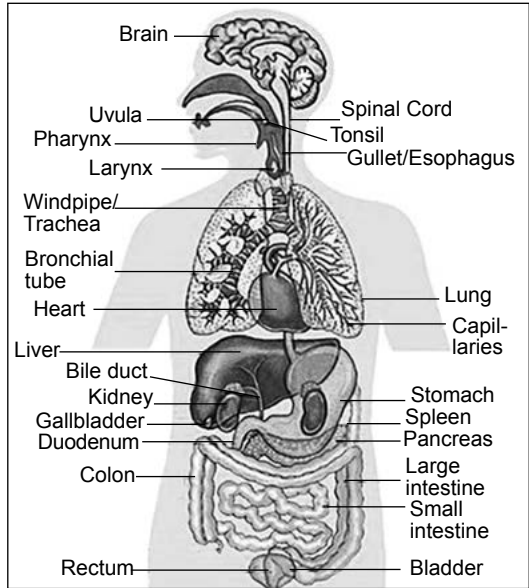
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Cleansing Therapy

Today, we live in a world that surrounds us with pollutants day in and day out. There is pollution in the air we breathe and food we eat. We live in cramped houses, rush to do several jobs that hardly leave any time for proper rest, causing tremendous stress on our body. And yet, we expect our body to chug along like a Formula 1 race car. All these factors, over a period of time, lead to accumulation of toxins in the blood, kidneys, liver, intestines, joints and other parts of the body.

Our body naturally tries to cleanse these toxins every day. Detoxification is the body's normal process of eliminating or neutralising toxins through the colon, liver, kidneys, lungs, lymph and skin. In fact, internal detoxification is one of our body's most basic autonomic function.



Vital body organs

Cleansing

In the present day scenario, body systems and organs that were once capable of removing unwanted substances are now completely overloaded. Many of these toxic substances stay in our tissues. Our bodies try to protect us by setting them aside, surrounding them with mucus or fat so that they don't cause an imbalance or trigger an immune reaction. Over a period of time, these toxins start affecting the functioning of our body, making us sick, fatigued and exhausted.

It is our duty to periodically cleanse our body to help our organs function better. The process of removing these toxins from the body is called cleansing.

Who is sick? Who is healthy?

"Just because you are not sick, doesn't mean you are healthy".

If you ask me, "Who is sick, who is healthy?", I will ask you, "Do you experience the same energy levels as you did five years ago?". If your answer is yes, then you can stop reading this book as you do not need to do any cleansing. Your body parts and waste removal system are performing their duties perfectly.

However, if your answer is no, then I would suggest that you try our Cleansing Therapy, especially the Liver Cleanse, at the earliest, to begin the cleansing process and remove harmful toxins from your body.

Ask yourself these questions

We believe that you have a right to enjoy good health to the maximum, for the rest of your life. If your answer is yes to any of the following questions, then you need to do a cleanse right away!

- Do you feel lethargic and bloated?
- Do you need a specific detoxification program for a serious health problem?
- Do you want to streamline your body processes for more energy?
- Do you want to prevent diseases and rejuvenate your whole body?
- Do you want to reduce weight and tone up your skin?
- Do you want to slow down the ageing process and improve your body flexibility and vigour?
- Do you want to improve your fertility?
- Do you feel congested from eating too much food or the wrong kind of food?
- Do you want to eliminate drug residues or speed up the recovery process after an illness?

Problems

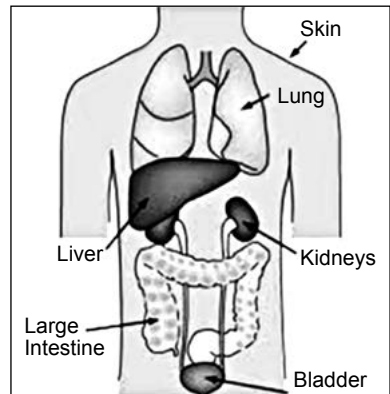
Nature has designed us to live in green forests with high oxygen levels and eat raw food. If you watch National Geographic, History, Discovery, Animal Planet or similar TV channels, you will observe that no animal (except a pet) eats cooked food. Cooking food is the first step in polluting the body, but today we do not have a choice. In addition, our modern day food habits have led to the following consequences of bad health:

Poor assimilation

Proper assimilation provides a constant supply of building materials and energy needed for continual construction of new cells and tissues. Poor assimilation occurs when even one element needed for rebuilding is not sufficiently supplied to the body through diet and digestion, or is unable to convert it into specific nutrients necessary for building cells. Diseases attributed to poor assimilation involve nutritive deficiency resulting in cellular degeneration.

Poor elimination

The excretory system consists of the intestinal tract, kidneys, pores of the skin, liver and lungs. When an imbalance occurs in any of these organs, the excretory processes slow down and the result is a build up of toxins. These toxins can endanger any of the components and systems of the body, down



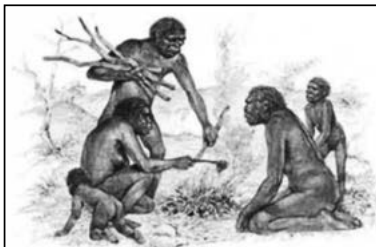
Excretory system

to the cellular level, by impeding the rebuilding process, and result in numerous disease symptoms, such as bad breath, body odour, pale skin and tiredness. For example, you must have noticed that a small baby smells lovely. The smell continues as long as the baby is breast fed. On the other hand, a baby fed on milk formula does not smell so lovely. When the baby starts eating cooked food, the body odour starts changing and the urine and stool start giving off a bad odour. Similarly,

carnivorous animals, e.g., tigers and leopards have a very pungent body odour, as opposed to herbivorous animals, such as cow and buffalo. A visit to the zoo can confirm the stinking smell near all carnivorous animals!

History of cooking

The origins of cooking are obscure. Primitive humans may have savoured roasted meat by chance, when the flesh of a beast killed in a forest fire was more palatable and easier to chew and digest than raw meat. However, they probably did not



Cooking by Aurignacian people

deliberately cook food, until long after they had learned to use fire for light and warmth. When humans began roasting meats over fire, it remained virtually the sole culinary technique until the Palaeolithic period (32,000 BC – 26,000 BC), when the Aurignacian people of southern France began to steam their food over hot embers by wrapping it in wet leaves.

Aside from crude procedures, such as toasting wild grains on flat rocks and using shells, skulls or hollowed stones to heat liquids, probably no further culinary advances were made until the introduction of pottery during the Neolithic period. Later, it was found that cooked food is softer than uncooked food and easier for young children and the elderly to chew. The powerful jaws of our ancestors were no longer needed and the result - evolution of our present day face and cranial structure. The number of teeth in an adult jaw gradually reduced from 44 to 32.

Is cooked food truly easy to digest?

Try eating a raw carrot by chewing it well. Next, try eating any deep fried food. Compare and observe the ease with which the carrot was digested by the body as compared to the long process for digesting fried food. In another example, try eating a raw egg (though it is difficult to do so). The white protein part is easily digested. Now, try eating an egg in a fried form. This will be a lot more difficult to digest, especially if it is not chewed well.

Nowadays, cooking has evolved from simple recipes to the elaborate, heavily processed variety we see today. The menu has progressed from organically grown, alkaline, raw green vegetables in their natural form to acidic, cooked food, such as baked or fried pizzas, chapatis, burgers, chicken, aerated soft drinks, alcohol (beer, rum and whisky) and others.

Laws of nature

Nature intended everything to grow by itself, at its own pace, without the use of any external chemicals, such as fertilisers, pesticides or hormonal injections. The organic manure that nature provides is designed to assist in the growth of vegetation, just as our bodies have hormones designed to aid the process of growth. However, we abuse this system through unbridled use of chemicals and growth hormones. Not only are the resulting crops and vegetables toxic, but their nutritious properties are also changed. Genetically modified crops are specially designed in a way that several vital components are removed. For example, seedless grapes.

Thus, toxic chemicals accumulate in our bodies when we eat such food. We further worsen the situation by eating polluted food without even being aware of it. It is remarkable that our body is able to adapt to this constant influx of chemicals and still keep on working. It is so strong and adaptive that it takes 30-35 years for the first signs of the accumulated toxins to appear.

Our state-of-the-art bodies

Our bodies have been designed by the best engineer ever - Mother Nature. She not only designed us to be 'obsolescence proof', but also provided our body with an incomparable quality to heal itself, something that no engineer has been able to replicate so far. Consider the following facts:

The latest model of Mercedes Maybach S-600 Saloon, arguably the best model in automotive engineering, costs a whopping Rs 2.60 crores and has a 4.6 litres, V8 engine that produces 455 bhp and develops 700 Nm torque from as low as 1800 rpm. The engine is mated to a nine speed 9G-Tronic automatic transmission

Sick population, robust pharma industry!

The India Pharmaceutical Market is expected to register a CAGR of 10.70% during the forecast period (2024 – 2029). The Respiratory Therapeutic Category Segment is Expected to Show Healthy Market Growth in the Forecast Period.

Source: Indian Pharmaceutical Industry Size & Share Analysis - Growth Trends & Forecasts (2024 – 2029)

Based on prescription drug sales, U.S. company Pfizer has been among the world's leading pharmaceutical companies for many years. The company, generated total revenues of more than 100 billion U.S. dollars in 2022.

Source: Global pharmaceutical industry - statistics & facts, 2024

Indian pharmaceutical market is estimated to touch US\$ 130 billion in value by the end of 2030. Meanwhile, the global market size of pharmaceutical products is estimated to cross over the US\$ 1 trillion mark in 2023.

Source: FICCI, Pharmaceutical industry report, 2023

Cardiovascular diseases (CVDs) are the leading cause of death globally. An estimated 17.9 million people died from CVDs in 2019, representing 32% of all global deaths. Of these deaths, 85% were due to heart attack and stroke. Over three quarters of CVD deaths take place in low and middle income countries.

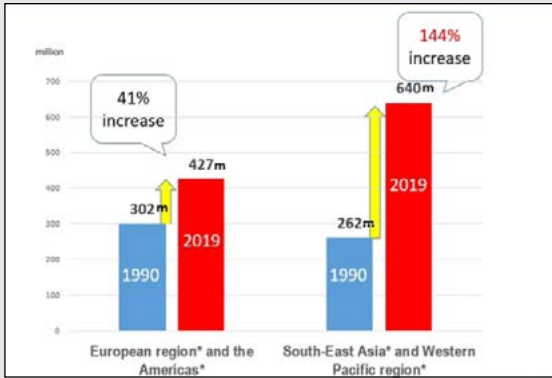
Source: WHO fact sheet, 2021

Fifty per cent of all heart attacks in Indian men occur under 50 years of age and 25 per cent of all heart attacks in Indian men occur under 40 years of age. Indian women have high mortality rates from cardiac disease as well.

Source: The New Indian Express, May 25, 2024

According to an estimate, over 74 million Indians were diagnosed with diabetes in 2021, and this is expected to rise to over 124 million by 2045 and 95 percent of the diabetic population belongs to the lower

and has advanced electronic brake and traction control systems, individual wheel control to monitor vehicle yaw, airmatic suspension, distronic radar cruise control and parktronic systems, infra red night vision system and automatic crash deployment systems. However, as advanced as this latest model might be, it will still become



Increase in number of patients with hypertension

and middle-income class with very limited access to treatment.

Source: Statista.com, 2023

An estimated 300 million people worldwide have asthma, with 37.9 million in India, equal to 55% of the total UK population.³ The burden of asthma in India exceeds the number of people with HIV infection or tuberculosis.

Source: The Lancet, 2020

The various health problems outlined above suffice to keep the pharmaceutical industry robust and generate a huge turnover. If people start practicing Cleansing Therapy and even half of the sufferers are cured through use of inexpensive and easy to follow procedures, the medical establishment stands to lose a substantial amount. The problems with the acceptance of this therapy in mainstream healthcare are greed and money.

An inexpensive process, Cleansing Therapy does not serve their money making purpose. Hence, it will never be promoted by moneybags of mainstream pharma companies. A healthy population means a dead pharmaceutical industry, but the million dollar question is - Do you want to remain sick to keep the pharmaceutical industry healthy?

obsolete in five years, after which it will be superseded by newer technological inventions.

Windows 95 was considered a cutting edge software 20 years ago, but has been superseded by newer versions today. These too will be obsolete in just a few years.

How do we abuse our bodies?

We abuse our bodies constantly without even being aware of the tremendous harm we are doing to ourselves. Let me illustrate with an example:

Most of us have owned a scooter, motorcycle or car at some point in our lives. I am going to ask you to fill kerosene in your prized possession just once. Oh yes! I do know that your vehicle is meant to run on petrol. So are you ready? No? I can imagine cries of horror about how such pollutants will foul up the engine.

Yet, we think nothing of consuming the so called 'food' in different forms (junk or otherwise), which is often a pollutant for our bodies, just as kerosene is for our vehicles. Instead of eating raw green vegetables and fruits, which are like 97 Super Octane that Mother Nature provided so that our bodies run smoothly, we resort to the quick fix. Does this not imply that we love our vehicles more than our bodies?

When our prized possession is in need of attention or repair, due to foul spark plugs for instance, we normally go to the roadside mechanic as our first choice, instead of qualified automotive engineers. Qualified engineers are highly skilled and can design a good scooter and supervise the mechanical assembly process of the vehicle at the plant but they are not the best option for minor repairs.

Similarly, in our bodies, 90% of ailments can be cured at home through the simple process of Cleansing Therapy, for which we need not consult highly skilled specialists.

The requirement of specialist doctors has emanated due to vast progress in transportation facilities. Until 150 years ago, before the advent of railways, buses and cars, every village in the country was a complete self-sustained unit of habitation. It comprised of 200 to 500 families. It had people with different skills, such as cobblers, tailors, iron smiths and *vaidya*, and everyone had a role to perform in the society. If anyone had a health problem, they would visit their local *vaidya*. Nobody travelled to other places to look for a specialist just to get a label to his ailment. People were cured through indigenous therapies by their local *vaidya*.

Just like automotive engineers, specialists are familiar with the

minutiae of medical problems, but often address the specifics while ignoring the overall condition.

Seeking the opinion of specialists will definitely make you familiar with difficult medical terms, but will make you none the wiser about the cure for your ailment. More often than not, you will come back with a number of pills and a battery of tests that will relieve you off your hard earned money, but not your sufferings.

However, when a doctor prescribes three tablets to be taken on an eight hourly basis, it is probably not the most suitable dose for you (as is in most cases). The metabolic cycle of each person is different throughout the day. The rate is faster at noon and slower at night. Similarly, a tablet of uniform net weight or potency is not the right quantity for two patients, one weighing 45 kgs and the other 90 kgs. These fixed dosages are prescribed based on the convenience of the doctor. Your present ailment may be alleviated, but several new ones may take its place. Excessive medication has a number of side-effects, such as:

- Black patches below the eyes
- Bleeding from throat and intestine
- Body swelling
- Brittle bones
- Colitis
- Dermatitis
- Discolouration (staining) of teeth
- Diarrhoea
- Hepatitis and cholestatic jaundice
- Indigestion
- Kidney problems
- Loss of appetite
- Nausea and vomiting
- Skin rash
- Blood pressure
- Liver failure
- Weight loss/gain
- Sleeplessness

Solution

Is there a way to enjoy good health without constantly popping expensive pills? In the following pages, you will first learn about the basics of problems followed by solutions - or you can how cleanse your body through Cleansing Therapy and keep ailments away.

A brief list of the cleanses given in this book are:

- Kidney Cleanse
- Acidity Cleanse
- Parasite Cleanse
- Liver Cleanse
- Joint Cleanse
- Colon Cleanse
- Mouth Cleanse
- Uterus Cleanse
- Fertility and PCOS Cleanse
- Fallopian Tube Cleanse
- Vagina Cleanse
- Conceive Naturally

We have 28 cleanses in Cleansing Therapy. For complete details of the other cleanses, you can visit our websites www.drpiyushsaxena.com or www.thetempleofhealing.org.

Therapy with a difference

Why do most therapies start out well and even provide good results in the short term, but eventually end up in failure? As soon as the practitioner takes a break from the therapy or stops it altogether, he, more often than not, reverts back to the original state of health. The answer is not that difficult to fathom.

Most of the conventional therapies require you to forego things that you like to eat or drink the most. Hence, their results tend to get reversed over time, as it is not humanly possible to give up favourite food/drinks forever.

The success of Cleansing Therapy and its enduring results lie in following its most important factors, which other therapies often ignore:

- Cleansing Therapy does not require a change in lifestyle - you can continue eating and drinking your favourite food/drinks and enjoy a healthy life.
- Our procedure makes use of easy to follow cleanses that can be practiced from the comfort of your home, using easily available ingredients and requiring very little of your time, without the supervision or intervention of a medical practitioner.

Principles

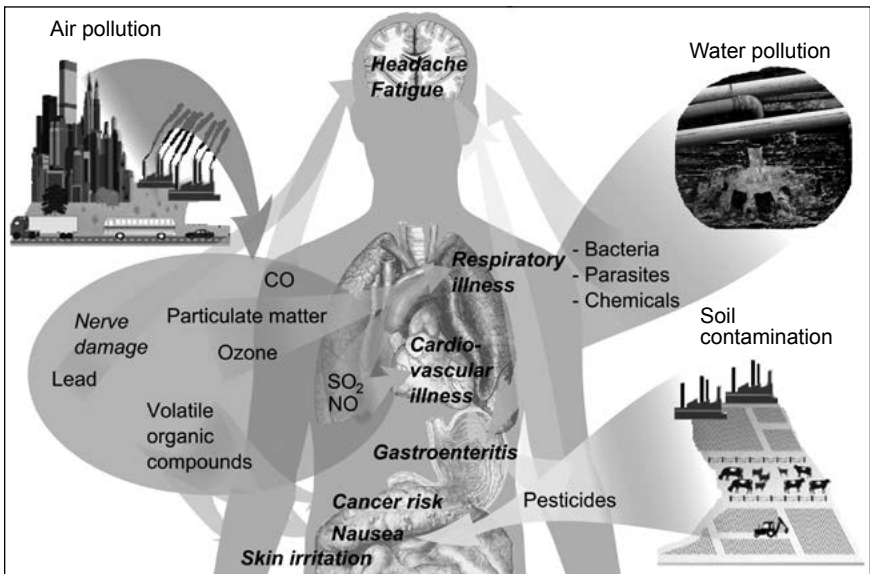
Cleansing Therapy adopts a holistic approach for curing illnesses. Rather than emphasising on alleviation of symptoms, the therapy focuses on treating their root causes. In order to address this issue, Cleansing Therapy makes some fundamental assumptions. The main causes of all medical problems are:

- Pollution in the air, chemicals, fertilisers and food
- Parasites or pathogens, e.g., bacteria and viruses

There is no third cause. Remove pollutants and parasites from your body and it will attain good health on its own.

Pollution

Pollution is the introduction of contaminants into the natural environment that cause adverse changes. Pollution can take the form of chemical substances or energy, such as noise, heat or light. Pollutants, the components of pollution, can be either foreign substances/energies or naturally occurring contaminants. Key causes of land and water pollution include, urbanisation, improper waste disposal, industrial activities, nuclear research, chemicals released by heavy industries, coal fired power plants, metal production industries, agricultural



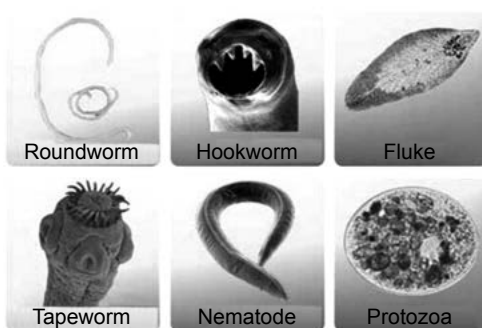
Health hazards of pollution

runoff and improper agricultural practices, eroding water tables, and religious and social practices of dumping prayer material into rivers and lakes.

Humans possess property. They have a home to live. The home has a door. The door has a lock. This leads to a feeling of possession that everything inside the door is mine. The desire is natural. This feeling of attachment with belongings grows and leads to desire for growth in money, business, career, future of children and so on. More the desire, more the ailments. We have accepted this human desire of possession because a human being without dreams or desires is dead, though nature never intended this. No animal has a house or wealth. They don't have desires of material possessions. This is the reason that animals in forests do not suffer from diseases, such as diabetes, blood pressure, cancer, arthritis and acidity.

Parasite

An organism that lives in our body (the host) and benefits by deriving nutrients from it, thereby harming it, is a parasite, such as a bacterium, protist, fungus, plant



or animal, composed of a single cell or a complex structure of cells in which organelles or organs work together to carry out various processes of life. Some parasites live on the food we eat and exist mainly in our digestive tract. Others attach anywhere on the body, causing great harm.

Not all bacteria and fungi are bad. In fact, most bacteria are harmless and some are even beneficial, such as the gut bacteria that helps in digesting food. Likewise, there are certain fungi, particularly yeasts, that can help promote good health. Few others are used in food and medicine. In recent years, beneficial bacteria and fungi are being used as additives or supplements to promote healthy digestion.

Advantages

Cleansing Therapy offers quite a few advantages over conventional therapies. It makes use of natural and easily available ingredients that do not have any adverse side-effects.

Cleansing Therapy uses relatively inexpensive products and easy to follow procedures. We have used commonly followed recipes popularly used all over the world before the advent of the pill popping culture. We have simplified certain processes and replaced some hard to find ingredients with alternatives to suit the present day Indian lifestyle without affecting the end result. We certainly do not expect a Hanuman-like effort of searching remote corners of the Himalayas to find the rare *Sanjeevani* herb to cure your ailments. We encourage you to find ingredients that are available in your local store or your kitchen.

Cleansing Therapy also recommends that you avoid using products containing artificial and scented chemicals as they do not offer any medical benefit and are added purely for aesthetic reasons, such as pleasant colour or smell. Their addition to commonly used products, such as hair oil, shampoo, soap, toothpaste and other toiletries, may build up toxins in our body when used over a long period of time, as they are often hard for the body to expel. During the cleansing process, you may substitute them with other safe and natural products from any homeopathic/herbal store.

Cost factor

Medical costs, including cost of medicines, doctor's fee, hospitalisation and other incidental costs, are an important factor for people selecting a treatment plan. Cleansing Therapy does not involve any hospitalisation, pathological tests or consultation fee. Here, you are your own doctor. The only expenses incurred are those on ingredients for the cleanses. Furthermore, this therapy uses materials available in the grocery section of most supermarkets in any city.

Cost and availability of ingredients

Cost effectiveness and wide availability of ingredients have always been on our mind in designing this Cleansing Therapy.

No.	Cleanse	Ingredients	Availability	Price* (Rs.)
1.	Kidney	Corn silk (fresh) 500 gms	Local vendor	100/-
		dried 50 gms	Unani <i>haqim</i> shop	200/-
	Kidney	Parsley/Coriander leaves 500 gms	Vegetables shop	250/- 100/-
	Kidney	Watermelon seeds 100 gms	Local vendor Seeds store	100/-
2.	Acidity	Green vegetable	Local vendor	1000/-
3.	Parasite	Clarkia tincture 60 ml bottle	USA, online	4,500/-
	Parasite	Zapper (one unit)	USA, online	25,000/-
	Parasite	Laxmi Zapper	India	7,000/-
4.	Liver	Epsom salt (MgSO ₄), 4 sachets	Chemist/ Veterinary chemist	40/- 20/-
	Liver	Extra virgin olive oil 250 ml	Food section in shopping malls	750/-
5.	Joint	Apple cider vinegar one litre	Stores selling foreign food items	500/-
	Joint	Black molasses one litre	Grocery stores Sugar mills [#]	1,200/- 50/-
6.	Fat	hCG inj. 500 IU x 6	Chemist shop	1200/-
7.	Mouth	Mustard/Sesame oil	Grocery shop	150/-
8.	PCOS	Marigold flower	Flower shop	100/-
9.	Fertility	Cinnamon	Grocery shop	150/-
10.	Fallopian tube	Castor oil	Grocery shop	150/-
11.	Vagina	Douche	Chemist shop	600/-

* Prices have been given on an estimated basis. They may vary depending upon location and availability of ingredients.

Black molasses bought from sugar mills cannot be preserved for a long period.

Effects of cleansing

- Blood, kidney, liver, joints and other body parts are cleansed; normally impossible under ordinary eating patterns.
- Thinking power is enhanced due to proper circulation of blood, air and nutrients to all parts of the body, especially the brain, without any obstacles. This is difficult under high pollution levels in most modern cities.
- The digestive tract is cleansed of accumulated waste and fermenting bacteria.
- Excess mucus and congestion is cleared from the body.
- After a proper Liver Cleanse, followed by a Fat Cleanse, you can lose upto 10 kgs of weight.
- Cleansing Therapy balances hormone secretions that, when coupled with Essential Fatty Acids (EFAs) from fresh plant sources, stimulate and strengthen the immune system.
- Cravings and dependence on alcohol, caffeine, drugs, nicotine or sugar are minimised without any special effort.

Frequently asked questions

1. In one of your lectures, you said that I should consult the best doctor on Earth for my precious health, but where do I find him/her?

Your health is your most prized asset. The best doctor is the one who understands all your problems at the physical, mental and spiritual levels. Your level of relief, details of symptoms, sensitivity to different food and environmental conditions are best known only to you. So YOU and nobody else is the best person to treat you. Cure Yourself!

2. Do you oppose the allopathic system?

No, on the contrary, I fully appreciate its indispensable role in the treatment of acute problems, instant relief, pathology and surgery.

3. Are you against pathological tests?

Most pathological tests harm the body. However, they are necessary to diagnose diseases. They should be used as a tool to diagnose a problem, not to earn extra money in unwarranted cases, as in one of my case. You can read details about my reports of the same test, done in an interval of just 48 hours, on my website www.drpiyushsaxena.com

4. Which are the medical problems where Cleansing Therapy is beneficial?

It is beneficial in the following and many other problems.

Acidity	Frozen shoulder	Obesity
Acne	Gallstones	Old accident pain
Allergies	Gout	Old age disorders
Anaemia	Headache	Osteoarthritis
Anal itching	Heart problem	Osteoporosis
Anxiety	Hernia	Pharyngitis
Arthritis	Hiatal hernia	Piles
Asthma	Hot flashes	Pimples
Backache	Impotence	Psoriasis
Bed wetting	Infertility	Psychological fears/illness
Bloating	Inflammation	Scalds
Body odour	Insomnia	Spondylitis
Breast discomfort	Irritable bowel syndrome	Skin problems
Breathlessness	Joint pain	Sleep irregularity
Bronchitis	Kidney stones	Snoring
Burns	LDL cholesterol	Stress
Chronic sore throat	Leucorrhoea	Thyroid disorders
Chronic cough/cold	Low calcium level	Tiredness
Constipation	Menopausal problems	Tonsillitis
Dental problems	Menstrual cramps	Urinary tract infection
Depression	Migraine	Uterine fibroids
Diabetes	Muscle pain	Vaginal disorders
Fatigue	Negative thinking	Varicose veins
Fever	Neurological disorders	Vitiligo

5. Why do I not find the following problems included in your list - cancer, HIV/AIDS, multiple sclerosis, paralysis and Parkinson’s disease?

I feel that significant improvement may not happen for these problems and I have deliberately omitted them. However, Cleansing Therapy will give some relief in such ailments as well.

6. I have viral/bacterial infection. Can you help?

Cleansing Therapy does not fight infections directly. It makes your body strong and enhances its natural resistance to diseases, so that it can fight any infection on its own. If satisfactory results are not forthcoming in 2-3 days, you may take other regular medication, such as antibiotics, to treat the infection.

7. Will Cleansing Therapy improve my skin?

Yes. As you remove toxins from the body, the skin becomes smooth and the complexion fairer. The Cleansing Therapy also brings a glow on the face, makes your nails pink, and lends a healthy, lustrous and silken shine to your hair. It also removes pimples, black heads and excess oil from the skin.

8. I do not find any improvement even after completing the treatment. What is the reason?

This is impossible. You have probably taken less than the recommended dosage of the ingredients due to fear of an adverse reaction or side-effects. Take the full dose and see the results. The difference is immediately noticeable in the form of freshness, increased energy levels, enhanced quality of sleep, improved skin tone, glow on face, loss of weight, and reduction in the intensity and frequency of problems (listed on page 16, A.4). Compare these symptoms carefully before and after a Liver Cleanse.

9. What if I cannot do the cleanses regularly?

Most of us cannot do it regularly. To start with, you may do it irregularly. You will still get a lot of benefit. It does not work on an 'all or nothing' principle. Every little effort to follow the Cleansing Therapy yields some positive result.

10. Can I continue to take my regular medication along with this treatment?

Yes, you can continue with your regular medication. The Cleansing Therapy does not interfere with other treatments.

11. Where can I get the ingredients prescribed by you?

Epsom salt is available with any regular chemist or veterinary medical shop. For extra virgin olive oil, apple cider vinegar and black molasses, look for shops which sell imported food items. Currently, nearly all major towns across India have at least one grocery chain,

e.g., Big Bazaar, Food Bazaar, Star Market and Reliance Fresh that stock extra virgin olive oil. You may check their food sections for the listed items. If necessary, you could also show the photographs on page 69, 70 and 107 of this book to the seller and ask for the products.

12. Aren't the ingredients of the Cleansing Therapy toxic when taken in such large quantities? What are the side-effects of this treatment?

The medicinal ingredients do not have any toxic effects, even if you take them in large quantities. They are only absorbed by the body in the correct dosage. Sometimes, they may cause temporary mild discomfort, which is bearable. There are only positive effects. When you treat one ailment, you get cured of many other problems that you had previously not even considered.

13. Do you propose any change in lifestyle?

I believe in enjoying a life free from restrictions. You need to observe certain restrictions only on the days that you do cleansing. Once you have completed the cleanse, you may continue your life as you wish. You can eat your normal food without restrictions, but do the cleanse at least at the minimum recommended level to live a healthy life (see Dosage chapter, page 184).

14. My spouse has many problems. I want him/her to try your therapy, but he/she does not listen to my advice.

First try our Cleansing Therapy on yourself. Tell him/her about your experience. Only then will he/she be encouraged to try out this therapy. The benefits will be self-evident, and no further convincing will be needed.

15. We have a campus of 50 families. Five of us have done Liver Cleanse. Can you come and conduct a workshop for us?

Yes, I will be glad to see you all.

16. How can I meet you personally?

A personal meeting is not required since the treatment is the same for all problems - cleanse your body and let your body heal for you. You may write a brief summary about your problems with contact numbers and I will reply to your queries. I prefer to respond through e-mail, whatsapp or sms. I have published

the contact details of a few people on page no.236 of this book and a comprehensive list of the volunteers on my websites www.drpiyushsaxena.com or www.thetempleofhealing.org. They have benefited immensely from this therapy and are involved in its promotion. You may contact them, if they are residing in your city.

17. I had tried to contact you on your mobile but in vain. How can I contact you?

My apologies. I am employed in a company at a senior position and I am often busy with work. Often, I cannot be directly contacted on the phone. However, I have ensured that at least one of my colleagues responds to your call to solve your queries.

18. You want me to watch your videos on internet and send sms for questions, but I don't know how to send an sms. I don't use a mobile. I also do not use the internet.

I have tried to reach maximum number of people. This is possible only using modern tools, such as internet and mobile. It is not possible for me to meet hundreds of people from all over the country personally, so look for someone in your neighbourhood or relatives. They will help you in doing a Liver Cleanse. We have provided a list of volunteers on our website for reference.

19. I have benefited immensely from your treatment. My family and I are indebted to your therapy. What can I do for you? How can I repay you?

You have cured yourself. My role in it is negligible. However, your feeling of gratitude is good enough for me to propagate Cleansing Therapy as a purpose of my life. You can write to me and share your experience. The vast majority of people come to know about such therapies only through word of mouth and you can help spread the message along. You may advise your relatives and friends to try this therapy. You may form self-help groups and share experiences of cleansing with one another and try to find solutions to your problems through the methods adopted by others with similar issues. You can also write articles in your local newspaper or magazines to create awareness about the Cleansing Therapy.

20. You have talked about the efficacy of Cleansing Therapy. What about its authenticity?

Cleansing Therapy has not been widely approved. There is always an apprehension that it may or may not work. I have provided a list of more than a thousand people on my websites who are leading a better life after the cleanse. Doctors suggest that they have not read of such a treatment. Let this suggestion not be a deterrent to you because I, and many others, are talking about it based on our personal experiences. Those who are not accepting it, have not tried it. Let them try it and then form an opinion (see page 184).

21. Dr Saxena, you have a regular job and do not earn anything from this therapy. So, what prompted you to delve into this subject?

Saurabh, my brother, was ten years younger to me. He had been suffering from CRF (Chronic Renal Failure) since 1991 and his kidneys failed in 1998. My father donated one of his kidneys to him.



My brother Saurabh

The transplanted kidney gave him some relief initially, but gradually, this kidney also developed problems due to the immunosuppressant drugs. These drugs had the unpleasant side-effect of causing cataract in 2000. He developed osteoporosis in 2001, as these drugs also reduce calcium absorption. The brain and the heart need calcium. If the blood cannot absorb the required amount from food, then it depletes calcium from the bones to keep the brain and heart functional. This process causes unbearable pain to the sufferer in advanced stages. Saurabh had to bear that pain because he did not have a choice. His haemoglobin level gradually came down to 6 gm/dl. The side-effects of these immunosuppressant drugs were clearly noticeable after four years of long dependence. In September 2002, he developed pneumonia, which led to multiple organ failure and he passed away on 10.10.2002. These were really tough times for me.

In the beginning of 2003, my own health was in a very bad shape. I had very low energy levels, very poor absorption of food and suffered from constant fatigue, besides allergy from 40+ items.

One day, I went to meet a close friend of mine and told him that I did not want to live. He listened to me and then suggested that I try the Liver Cleanse, which was gaining popularity in the USA. I found the details on www.curezone.com.

Fed up with the situation, I did my first Liver Cleanse as the last alternative, as I had nothing to lose. I had lost all hope and was fed up with life. I was not sure of the results, but I still gave it a try. The results were miraculous. Subsequently, I did the Liver Cleanse every alternate week for four months. Slowly, my health started to get better and better. Then, encouraged by the improvement, I began practicing it on my family members, then neighbours and finally, close friends. The success, as seen by way of improvement in our health, was astonishing.

I never thought for a moment that these simple health tips would bring so much relief to so many. It is highly satisfying when a person reports how pleased he is with the progress after undergoing this therapy. Day after day, I receive phone calls and mails from people all over India and abroad, telling me how much they have benefited from this therapy and thanking me for sharing my experiences. I feel so humble and grateful when I learn that somebody, somewhere, feels better because of something I have done.

Since I was not aware of this wonderful therapy at the time, I could not ease my brother's pain. Though it might be debatable whether Cleansing Therapy would have helped him, my efforts to promote this therapy is my tribute to Saurabh.

Kidney

Kidneys are the primary organs that remove toxins. We have two kidneys located in the lumbar region, a little below the waist, oriented toward the back. Each kidney weighs nearly 150 gms and is about the size of an adult fist. They are bean-shaped and reddish brown in colour.

Structure

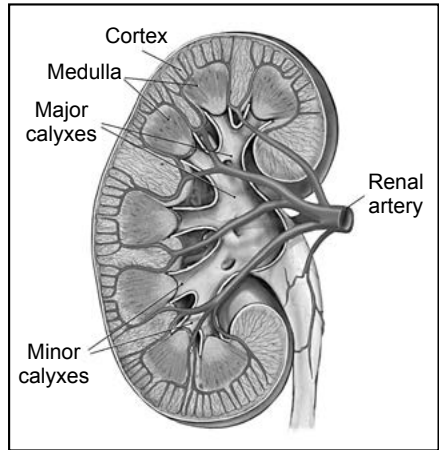
Each kidney has three regions - the cortex, the medulla and the renal pelvis. The outer layer, the cortex, contains nearly 12,00,000 filtering units called nephrons, each consisting of a glomerulus and a renal tubule.

Blood flows into a network of capillaries, surrounding each tubule, from the glomerulus, where substances that the body still needs, such as water, glucose and certain salts, are reabsorbed and restored to the blood. In a process called filtration,

blood containing waste products, enters the glomerulus, where the cells extract water and waste products, such as urine.

The purified blood is then returned to general circulation throughout the body. Waste, in the form of urine, passes through the ureter into the bladder and regulates acidity of the blood. Everyday, the body's entire volume of blood passes through the kidneys more than 300 times, a flow of nearly 1800 litres, almost all of which is reabsorbed and returned to the blood stream.

The middle part, the medulla, consists of cone shaped groups of urine collecting ducts. The inner region - the renal pelvis, branches into cavities called major and minor calyces. Each minor calyx gathers urine from the medulla, which is then collected in the major calyces and funnelled into the ureter.



Internal structure of a kidney

Functions

The kidneys keep the body's chemistry balanced by removing waste products and excess water. They also regulate blood pressure and stimulate Red Blood Cell (RBC) production. Some of its other functions include:

- Activation of vitamin D absorption
- Elimination of metabolic wastes
- Maintaining acid-base balance (excretes alkaline salts)
- Maintaining electrolyte balance
- Maintaining fluid balance
- Prostaglandin synthesis (the female body uses this hormone for contraction of the womb during childbirth)
- Urine formation and excretion (a healthy adult passes nearly half a litre to two litres of urine a day)

Problems

The body can stay healthy with just a single kidney. However, it is important to treat kidney disorders promptly because some disorders progress rapidly, often affecting both kidneys, before they are even detected. Kidney stones, kidney failures and kidney shrinkage are some of the common problems.

Causes

Some of the major causes of kidney problems are:

- Cooked food
- Diabetes
- Hereditary diseases
- High blood pressure
- Inflammation of kidneys (nephritis)
- Kidney damage, as a side effect of medication, particularly pain killers taken for headache, backache and joint pains
- Lower urinary tract infection, e.g., bladder infections ascending upto the kidneys
- Scarring of kidneys (caused due to reverse flow of urine from the bladder)

Symptoms

The symptoms of a weak kidney can vary considerably from one individual to another. The initial signs of the onset of kidney problems may be general and include:

- Backache
- Blood in urine
- Change in frequency and quantity of urine passed
- High/low blood pressure
- Pain in the kidney area (kidney/ureter stone)
- Pain in bones (vitamin D deficiency)
- Pain or burning sensation while passing urine, indicating an infection
- Puffy, dark grey mess below the eyes, around the face, ankles and elsewhere on the skin
- Tiredness (particularly in the evening)

Kidney Cleanse

Cooked food and pollution affect proper functioning of the kidneys due to which nephrons are unable to remove toxins from the blood properly. These toxins get accumulated, as the body is unable to expel them naturally. Over a long period of time, these toxins form tiny stones that are very difficult for the body to remove and require surgery. A Kidney Cleanse dissolves these stones and dilates the pores so that they can easily pass out of the body. A Kidney Cleanse is also used to cleanse the kidneys from within, by removing deeply embedded toxic wastes.

Ingredients

- Tea* (काढ़ा) made from corn silk (भुट्टे के सुनहरे बाल) - fresh or dried. Ideally, the corn silk should be dried in sunlight. If it is dried properly, it can be preserved for a long time. Washing the dried corn silk before use is strictly prohibited as it loses a lot of its medicinal value. Moreover, the dust and impurities in it can be removed by sedimentation process in which the corn silk is strained before use, **or**,
- Tea, made from parsley (a foreign vegetable that looks like green coriander) or coriander leaves (धनिया की पत्ती), should be used fresh. Rinse them in water before boiling. They should be strongly fragrant. If not, they may have lost most of their active ingredients, **or**,
- Tea made from watermelon (तरबूज) seeds with their skin intact. The seeds can be black or brown in colour. These can be dried and preserved. Some provision stores that sell agricultural produce also stock watermelon seeds. They are marked



Dry corn silk



Parsley

*Tea in this book refers to the concoction, i.e., brewing

'poison', since they have been treated with pesticides. Therefore, you need to wash and dry them before use. Pound them before boiling, so that the medicine from the skin and the innards gets mixed with the water. Do not grind or wash the seeds after crushing.



Watermelon seeds

Quantity

I encourage self-medication. When you are doing it for the first time, you may adhere to the following dosage:

No.	Item	Quantity	Colour of tea
1.	Corn silk (fresh)	500 gms	Dark brown
2.	Corn silk (dried)	50 gms	Dark brown
3.	Parsley/coriander (fresh)	500 gms	Green
4.	Watermelon seeds	200 gms	Brown

Observe the results by yourself and decide whether to increase or decrease the dosages for subsequent use. You may decide the most appropriate quantity and frequency for yourself, though the highest dosage and frequency (the maximum quantity that you can tolerate) is recommended. Taking concentrated medicine in larger quantities yields quicker and better results as the medicine reaches deeper into the affected organ. If nausea or any other undesirable symptom, such as stomach pain, occur, then reduce the dosage.

Some people get better results with corn silk, while others with parsley/coriander leaves or watermelon seeds. I have found



Coriander leaves

concentrated corn silk tea to be the best for myself. However, everyone gets some results using any of the four ingredients. Some have even reported good results with watermelon seeds without the skins, which are available at most grocery stores.

Procedure

To make concentrated tea, fill the vessel/pot with just enough water to cover the ingredients and boil any of the three ingredients for 10 minutes. Strain the water and keep it aside. Boil the residue again with fresh water for 10 minutes. Strain it and add it to the water set aside in the previous step. Follow this procedure one more time or until the mixture begins to lose colour. This indicates that the ingredient has no more medicine left in it.

Let the strained mixture stand for a few minutes so that any sediment present sinks to the bottom of the vessel. Carefully, without any sudden movement, pour the upper layer of the mixture into another vessel, until the sediment at the bottom starts flowing. Stop and discard this sediment. This procedure, known as decantation, can be used to separate fine residue from the mixture. Cool the strained mixture. The medicine is now ready for use.

Dosage

Drink one litre of this mixture 3-4 times or more during the day. The mixture has to be stored in a refrigerator otherwise it will get spoiled. It can be stored in the refrigerator for a maximum of a day or two. If refrigerated, it may coagulate (thicken) slightly but its medicinal properties are not affected. If you cannot drink the cold liquid, then you may warm it to your taste. Warming does not affect its medicinal properties (see page 184).

What results can you expect?

When toxins are accumulated in the body and the kidneys cannot filter them out, they are circulated in the blood stream. To reduce the ill-effects of these toxins, the body tends to keep them in a diluted form, thereby retaining more water. When the level of water in the blood stream increases, it causes a condition known as oedema. This results in increased body weight, and swollen face and ankles. During a Kidney Cleanse, the extra water retained in the blood stream is also released. Expect an increase in urination as a result of the cleanse.

During the course of treatment, nearly 1% of patients feel nauseous and nearly 3% experience mild stomach pain. However, these

conditions are not severe and are caused due to the hyperactivity of nephrons during the cleansing process. The pain subsides on its own in 1-2 hours and does not require any treatment. The final result is exhilarating freshness.

Benefits

The first round of treatment should be over in a day and instant improvement will be visible, including:

- Dissolution of kidney stones
- Glowing face, better skin tone with shining and fairer complexion, reduced dark circles below the eyes
- Higher energy levels
- Improved haemoglobin levels
- Improved sleep quality
- Increase in calcium levels (treatment of osteoporosis)
- Increased activity levels
- Old accumulated toxins expelled from the kidney and blood
- Regulated blood pressure (marginally high or low BP are controlled without medication)
- Relief from backache and body pain
- For females, improvement in Pre-Menstrual Symptoms (PMS) and almost all gynaecological problems
- No more bed wetting and prostrate problems

Frequently asked questions

1. Can I use all the ingredients, i.e., corn silk, parsley, coriander and watermelon seeds together?

They are to be taken only one at a time. Any one of them is good enough for the treatment. You may try another option after a few days.

2. I am not able to find corn silk in sufficient quantity in the market due to the off season. My stored corn silk has developed a fungus. Can I still use this contaminated corn silk?

The medicinal properties of this fungus affected dried corn silk do not change. It can be used just as well, with the same results as fresh or dried corn silk. Keep the corn silk under the sun for a few

hours. Then follow the procedure as outlined for the preparation process. If the corn silk has been stored without drying or under wet conditions and has turned black, then it should not be used. You should keep the corn silk under the sun occasionally, so that it remains good for later use. We have mentioned the name and addresses of a few vendors who sell ingredients for the Cleansing Therapy on our websites www.drpiyushsaxena.com or www.thetempleofhealing.org.

3. I cannot find watermelon seeds. Can I replace it with muskmelon (खरबूजा) seeds?

Their properties are totally different. Only watermelon seeds with their skin intact have kidney cleansing properties and not muskmelon seeds.

4. What diet should I follow for Kidney Cleanse?

Just stick to your regular diet and drink Kidney Cleanse tea as much as possible. However, refrain yourself from consuming food that is hard to digest, during the cleansing process.

5. What is the best time to do a Kidney Cleanse?

Kidneys function more efficiently when the stomach is empty and the body is most relaxed in a lying down position, after midnight. I keep a litre of corn silk tea near my bedside at night. If I happen to wake up between 2-4 am, I drink it. This dose is in addition to my regular dosage during the day.

6. I got tremendous benefit after doing a Kidney Cleanse but after one week, I am facing the same old problems.

Sometimes, old problems manifest again, but if you monitor their frequency and intensity, they occur at much lower levels after the cleansing. Secondly, you are continuing to live in the same polluted environment and eating the same food, hence, this manifestation is very normal. Do the cleanse again and your health will improve. You will notice instant improvement in backache, headache, general freshness level and quality of sleep.

7. After following your therapy, why do I experience increased bleeding during menstruation?

This may happen to a few women and is a good sign. You must have felt better in your pre-menstrual symptoms and may have

experienced much less abdominal pain. As soon as the toxins accumulated in your body are expelled, your condition will improve and you will feel better in a day or two.

8. How much corn silk tea can be used for a Kidney Cleanse?

You can have as much corn silk tea as you like. Some people get results in a single glass, while others respond better with six glasses of the concentrated tea. Excess dosage does not harm.

Please note that in a Kidney Cleanse, the quantity of tea is not relevant. What actually matters is the concentration of medicine in the tea after the corn silk is boiled. That is why I recommend boiling the corn silk three times. I ascertain that everybody will get good results after the Kidney Cleanse. However, if you feel that the cleanse has not given the desired results, don't suspect the efficacy of Kidney Cleanse, rather, check the quality and quantity of ingredients as well as the procedure followed.

9. How long should I boil the water for a Kidney Cleanse?

Boiling begins when the water temperature reaches 100° C. At that temperature, the best medicine is extracted from the corn silk. Boiling it for 15 minutes is fine.

10. What should I eat during a Kidney Cleanse and an Acidity Cleanse?

There is no dietary restriction for doing a Kidney and an Acidity Cleanse. You are free to eat any food or follow any diet. Kidney cleanse tea and vegetable juices are most effective when consumed on an empty stomach.

11. Should Kidney Cleanse be started on an empty stomach?

A few doses on an empty stomach will definitely improve the quality of the cleanse. If the medicine is taken on an empty stomach, its absorption in the blood stream will be much better.

12. What is an empty stomach?

Empty stomach is a state when the system has digested nearly all the ingested food. In the morning, the stomach is empty because every thing has been digested during the night. If the breakfast consists of only fruits and a glass of milk, then it is completely digested in 45 minutes. So, you have an empty stomach after 45 minutes. On the other hand, if you eat fried mutton or deep fried

paneer that takes around six hours or more to get digested, then you have an empty stomach after that period and so on.

13. Can I have corn silk tea just before sleeping?

Yes, there is no harm in having it just before sleeping. You can have it any time.

14. Can we add some salt to corn silk tea to make it taste better?

You can add salt or fresh lime if taste is important to you, but do not add sugar.

15. Can we eat the leftover parsley after making the tea?

You can use the residual remains by grinding and filling it in chapatis. However, it has no nutritional value left as all the nutrients have already been extracted in the tea.

16. Should the corn silk tea be warmed again after refrigeration?

Yes, it can be warmed. Temperature does not affect medicinal properties of the tea. However, it should not be refrigerated for more than a day or two.

17. Can pregnant women do a Kidney Cleanse?

Yes, they can start with half of the regular dosage. Breast feeding mothers can do it with regular doses.

18. I am suffering from calcium deficiency. Can use of calcium supplements during Kidney Cleanse help me?

As a naturopath, I believe that for calcium deficiency, the patient should not be given supplements as these supplements are not absorbed by the deficient body. Rather, efforts should be directed toward improving absorption of calcium in the body.



This sounds difficult, but it is the most practical and beneficial way. It can be achieved easily with a Kidney Cleanse, Liver Cleanse, Mud pack therapy and green vegetable juices.

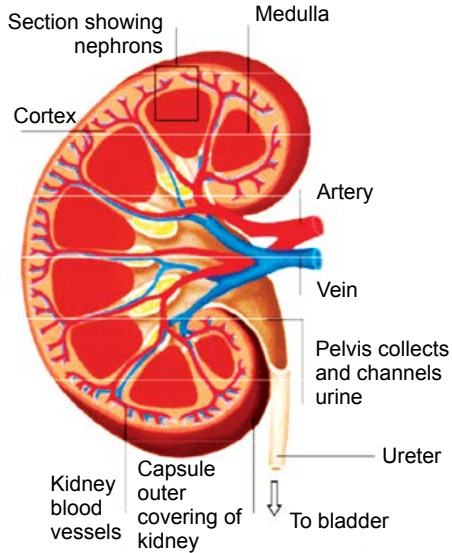
Mud Therapy is being used by people to treat diseases since ancient times. It is believed that the earth has healing powers, which are refreshing, good for treating skin diseases, stomach trouble, kidney disorder, gout, arthritis, asthma, rheumatism, and gynaecological problems.

Mud is an important element of nature. It contains important minerals that have positive effects on human health. The material used for Mud Therapy is mostly clay, taken from 4" below the surface of the earth. It can be used as a pack, or as in bath. Mud can absorb toxins from the human body and is therefore, very useful in preventing many diseases.

It is also known for its healing properties and helps in cooling and relaxing the body as it can hold moisture for a long time. This involves frequent application of mud packs, especially on the abdomen, which helps in removing toxins from the digestive and other internal organs.

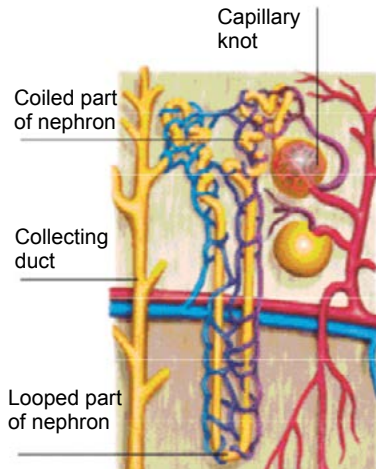
How does a kidney work?

Each of your kidneys constantly filters blood to remove waste and process it as liquid urine. Around 1800 litres of blood fluid is filtered inside the kidneys each day, although only 1.5 litres leaves the body as waste liquid, or urine. This is produced as useful substances are reabsorbed from the waste inside the kidney. This process occurs in millions of tiny tubelike structures, called nephrons, in the outer and middle regions of the kidney - the cortex and the medulla.



Urine production

The capsule of each nephron contains a knot of tiny blood vessels, called capillaries. The high pressure of the blood forces fluid out of these vessels into the nephron. Any useful substances are reabsorbed from the fluid into blood vessels surrounding the coiled part of the nephron. The remaining urine is concentrated as it travels to the collecting duct.

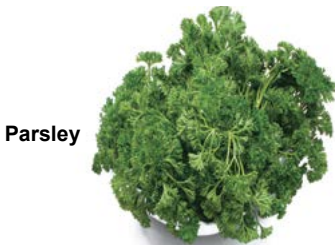




Dr Piyush Saxena preparing corn silk tea

You can watch him explain the complete process on his talk show '*Apna Ilaaj Apne Haath*' on youtube or on www.drpiyushsaxena.com or www.thetempleofhealing.org.

Ingredients for a Kidney Cleanse



Parsley



Dry corn silk



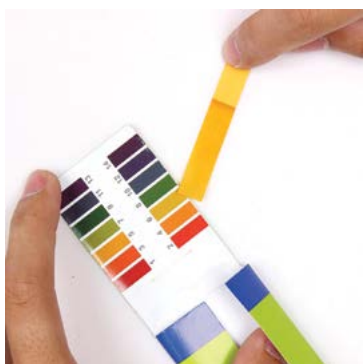
Watermelon seeds










Coriander Leaves



Green vegetables for juice



pH 7.5		Alkaline
pH 7.0		Neutral
pH 6.5		Slightly Acid
pH 6.0		Acid
pH 5.5		Acid
pH 5.0		Very Acid
pH 4.5		Very Acid

pH test indicator kit with reading strips and chart (clockwise)

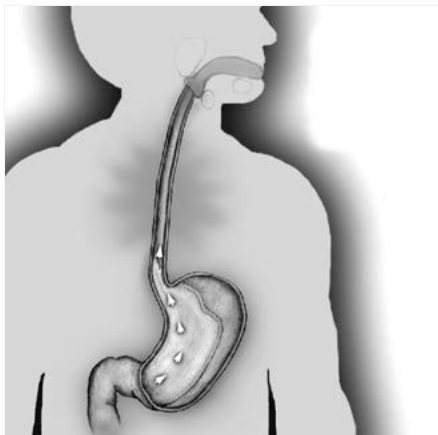
pH CHART

<p>Alkaline pH</p> <p>Consume Freely Raw is Best</p> <p>Most foods get more acidic when cooked</p>	<p>10</p> <p>High Alkaline Ionized Water</p> <p>Raw Spinach Brussel Sprouts Cauliflower Alfalfa Grass Seaweeds</p> <p>Raw Broccoli Red Cabbage Carrots Cucumbers Asparagus</p> <p>Artichokes Raw Cellery Potato Skins Collards Lemons & Limes</p>
	<p>9.0</p> <p>Olive Oil Raw Zucchini Sprouted Grains Raw Green Beans Mangoes Tangerines Grapes</p> <p>Most Lettuce Sweet Potato Raw Eggplant Blueberries Papayas Melons</p> <p>Borage Oil Raw Peas Alfalfa Sprouts Pears Figs & Dates Kiwi</p>
	<p>8.0</p> <p>Apples Tomatoes Turnip Bell Peppers Pineapple Wild Rice Cantaloupe Oranges</p> <p>Almonds Fresh Corn Olives Radish Cherries Strawberries Honeydew Grapefruit</p> <p>Avocados Mushrooms Soybeans Rhubarb Millet Apricots Peaches Bananas</p>
	<p>7.0</p> <p>Most Tap Water</p> <p>Municipalities adjust tap water to be +/- 7.0 Optimum pH for HUMAN BLOOD is 7.365</p> <p>Butter, fresh, unsalt Cream, fresh, raw Milk, raw cow's Margarine Oils, except Olive</p>
<p>Acidic pH</p> <p>Consume sparingly or never</p>	<p>6.0</p> <p>Milk, Yogurt Most Grains Eggs Kidney Beans Processed Juices Brown Rice Sprouted Wheat Bread Oysters</p> <p>Fruit Juices Soy Milk, Goat's Milk Fish Lima Beans Rye Bread Cocoa Oats Cold Water Fish</p> <p>Cooked Spinach Coconut Tea Plums Spelt Rice & Almond Mill Liver Salmon, Tuna</p>
	<p>5.0</p> <p>Cooked Beans Sugar Potatoes w/o Skins Garbanzos Butter, salted Wheat Bran</p> <p>Chicken & Turkey Canned Fruit Pinto Beans Lentils Rice Cakes Rhubarb</p> <p>Beer White Rice Navy Beans Black Beans Cooked Corn Molasses</p>
	<p>4.0</p> <p>Reverse Osmosis Water Coffee Pistachios Cranberries Wheat Popcorn</p> <p>Distilled & Purified Water White Bread Beef Prunes Most Nuts Peanuts</p> <p>Most Bottled Water & Sports Drinks Blackberries Sweetened Fruit Juices Tomato Sauce</p>
	<p>3.0</p> <p>Lamb Shellfish Goat Cheese Pasta Worry Tobacco Smoke Sweet 'N Low NutraSweet</p> <p>Pork Pastries Soda Pickles Lack of Sleep Chocolate Equal Processed Food</p> <p>Wine Cheese Black Tea Stress Overwork Vinegar Aspartame Microwaved Foods</p>

Acidity

Acidity refers to a set of symptoms caused by an imbalance between the acid secreting mechanism of the stomach and proximal intestine, and the protective mechanisms that ensure their safety. The stomach normally secretes acids essential for the digestive process. These acids help in breaking down food during digestion. When there is excess production of acids by the gastric glands of the stomach, it results in acidity. Nowadays, our lifestyle and dietary habits are such that they increase the acidity level of the body. Acidity is also responsible for dyspepsia, heartburn and the formation of ulcers (erosion of the lining of the stomach or intestines).

Acidity is measured in terms of pH. In humans, the normal pH of all tissues and fluids of the body (except the stomach) is slightly alkaline. The acid-base balance of our blood plays an important role in normal day to day functioning of our body. Even a slight imbalance



Reverse flow of acid

affects the vital functions of the organs, resulting in various health problems.

Acidic, alkaline solutions and pH

The term pH stands for power or 'potential of Hydrogen'. It is the negative logarithm of effective hydrogen ion concentration or hydrogen ion activity in gram equivalents per litre of the solution. It is measured on a scale of 0 to 14 (neutral is seven).

The lower the pH, the more acidic the solution and the higher the pH, the more alkaline. For example, a pH of 5 is more acidic than a pH of 6 and a pH of 9 is more alkaline than a pH of 8. Water (H_2O) is made of one hydrogen (H^+) and one hydroxyl (OH^-) ions. When these ions are in equal proportions, the pH is a neutral 7. When there are more H^+ than OH^- ions, then the solution is acidic.

If OH^- ions outnumber the H^+ ions, then the solution is alkaline. The pH scale is logarithmic, which means that each step is 10 times different than the previous level. In other words, a pH of 4.5 is 10 times more acidic than a pH of 5.5 and 100 times more acidic than a pH of 6.5.

What is normal pH level?

In healthy adults, the pH levels of blood, spinal fluid and saliva is approximately 7.4. The pH of the blood is most critical. All other organs and fluids fluctuate in their values to keep the blood pH level strictly between 7.35 and 7.45 (slightly alkaline). This process is called homeostasis. The body makes constant adjustments in tissue and fluid pH to maintain this very narrow pH range in the blood. This creates stress on other tissues or body systems. For example, the body draws the necessary calcium from bones and other alkaline substances, such as the muscles, so that the heart and brain function at full levels.

Importance of proper pH balance

Virtually all degenerative diseases, including heart disease, arthritis, osteoporosis, kidney/gallbladder stones and tooth decay, are associated with excess acidity in the body. Cancer and many other diseases cannot exist in an alkaline environment.

When the pH of the body gets out of balance and becomes too acidic, we may experience low energy levels, fatigue, excess weight, poor digestion, aches and pains and other more serious disorders. The symptoms listed on page 41-42 become more prominent.

Regardless of your current health situation, you can monitor your progress toward a proper acid-alkaline balance by testing your saliva's pH. The pH of our saliva parallels with that of the extracellular fluid and represents the most consistent and definitive physical sign of the ionic calcium deficiency syndrome.

How to test pH of saliva?

The acidity level of the human body is not routinely checked. During endoscopy, it is sometimes measured in terms of the pH levels of gastric juices. However, there is a simple way to test the pH level of saliva.

I have shown a sample of a strip on page 35. For testing the pH of saliva, a red coloured thin liquid called pH testing liquid (measuring 5 ml) is available with all big chemists. If you mix your saliva with this liquid, then the colour changes to one of the eight colours, as shown in the picture on page 36.

Another way to test the saliva (and also urine) pH is to use a pH test strip kit. The pH of the non-deficient and healthy person is in the slightly alkaline range of 7.3 (dark blue) to 7.1 (blue). The range from 6.5 (blue green), weakly acidic, to 4.5 (light yellow), strongly acidic, represents states from mildly deficient to strongly deficient, respectively.

The pH of the saliva of a newborn child is normally 7.35 (strongly alkaline). More than half the adults show a pH of 6.5 or lower, reflecting calcium deficiency, due to aging and lifestyle defects. A cancer patient's test result will usually show a bright yellow (a pH of 4.5), especially when the cancer is terminal. You should endeavour to keep the pH of your saliva at 7+ level. Then, you will have no health problems.

Acidity facts

- Rain, in forests, is alkaline, but in cities, it is acidic, due to industrial pollution.
- Sea, spring, river and flowing water (naturally occurring water) are alkaline.
- Chlorinated tap and swimming pool water are acidic.
- Primarily, only raw green vegetables and fruits are alkaline, whereas, most other common foods that we eat are acidic.
- Nature recommends a diet of 20% acidic and 80% alkaline food. However, we normally eat 80% acidic and 20% alkaline food.
- Lemon juice tastes sour because it contains 5% to 6% citric acid and has a pH of 2.2. (high acidity)
- The stomach acid is quite strong. Its pH is between 3 and 5. At this pH, it can dissolve deep fried and difficult to digest foods. The stomach secretes around 1.5 liters of acid per day.

How does the body become too acidic?

The body becomes imbalanced and overly acidic, primarily as a result of three things:

Ingesting acids

Eating too many acidifying food, such as processed sugar, meats, dairy products, coffee and alcohol, create an acidic ash in the body. These acids can overload the body's ability to neutralise them.

Creation of acids

Pathogens create acidifying toxins in the body. As the body becomes more acidic, more and more harmful bacteria and yeast proliferate in the body. These organisms eat as well as procreate, resulting in more toxins that are often very acidifying.

Improper elimination of acids

Some acids are weak while others are strong. Weak acids, such as citric acid, are more easy to neutralise than strong acids, such as uric acid. The body uses many systems to buffer acids, including breath, mineral reserves and fat. When the body's buffering systems are compromised, acidity increases.

Effects of acidity

Maintaining the proper pH in the blood, digestive tract, tissues and fluids is essential for optimal health. High levels of acidity in the body can have far reaching consequences. For example, if the blood becomes too acidic, then:

- It takes some of the alkaline forming elements from the enzymes in the small intestine to stay balanced. The small intestine then becomes less alkaline to digest food optimally. The pancreas, gallbladder and liver are forced to make up for this deficiency to metabolise food properly. This has a direct bearing on metabolic enzyme production, which is involved in every biochemical reaction in the body. The resulting problems are lowered immune function, fatigue, hormonal imbalances, absorption and digestive problems.
- The bones lose calcium, the most alkaline mineral in the body. This can lead to reduced absorption of supplemental minerals and bone density problems.

- Insulin levels increase and fat gets stored instead of being metabolised. When malnutrition or starvation sets in, the body becomes acidic and, as a safety measure, insulin is overproduced so that all available calories are stored as fat for future use. As a result, weight gain takes place. Once obesity sets in, weight loss becomes difficult.
- Electrolyte imbalances occur, which have a direct bearing on the fluid transport system. Electrolytes are important because the cells, especially nerves, heart and muscles, use them to maintain voltages across their cell membranes.
- Additional stress is placed on the kidneys, gallbladder, pancreas and other organs.

Hyperacidity

It is a widespread common disorder. If not treated in time, it leads to ulcer formation in the digestive tract. Chronic hyperacidity interrupts all cellular activities and functions, and interferes with life itself.

Causes

It is mainly caused when hydrochloric acid, an important component of the digestive juices, is produced in excess, due to the following:

- Smoking and alcohol consumption
- Excessive intake of hot, spicy and fried food
- Excessive intake of chocolate, tea and coffee
- Intake of sweets, adulterated, fermented and fatty food
- Use of aspirin and other anti-inflammatory drugs
- Stress-related conditions, such as anger, fear and anxiety
- Fast paced lifestyle, career/job over-consciousness, cooked food, changes in sleep patterns, acidic environment due to vehicle exhaust fumes and industrial waste

Symptoms

Acidity or hyperacidity may manifest in more ways than those listed below. This list is not exhaustive:

- Burning sensation, pain or discomfort in the throat and chest (behind the breastbone) known as heartburn
- Blood in stool

- Headache
- Lack of appetite
- Nausea
- Pain in the abdomen, either immediately after meals (gastric ulcer) or two hours after meals (duodenal ulcer)
- Persistent cough
- Sour oral secretion/belching, with an acidic taste in the mouth, due to regurgitation of acidic fluid in the throat or mouth
- Vomiting, sometimes accompanied with blood

Acidity Cleanse

If your saliva pH is too acidic, you may have to increase the alkalinity of your body. This can be done by including green vegetable juices in your diet. Green juices are a potent fuel in maintaining good health; and they do not come burdened with fats that accompany animal products.

Green vegetable juices

Fresh green vegetable juices work as detoxification drinks and have a powerful effect on the recuperative powers of the body, because of rich and easily absorbable nutrients. Fresh vegetable juices contain proteins, carbohydrates, chlorophyll, mineral electrolytes and healing aromatic oils. Most importantly, a fresh juice makes large amounts of plant enzymes available to every cell in our body, an integral part of the healing and restoration process.



Blood tonic - chlorophyll

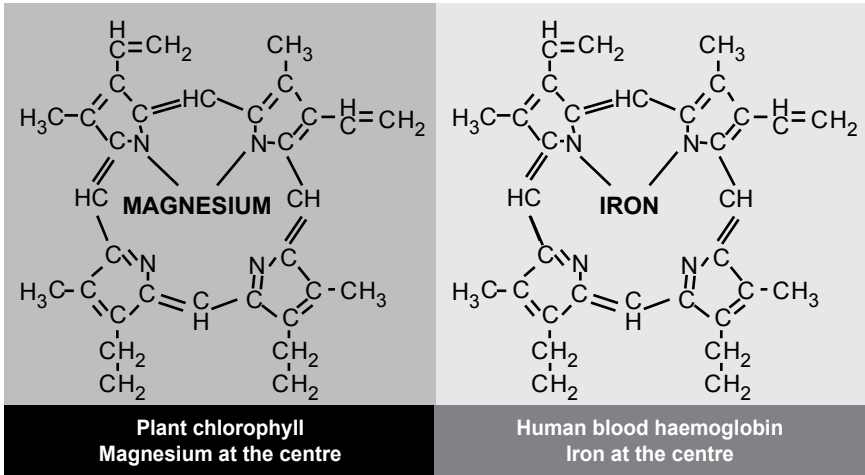
Green vegetable juices also contain large amounts of vitamins B₁ (Thiamine), B₂ (Riboflavin), B₆, B₁₂, C, carotene, choline, folic acid and pantothenic acid. They are high in minerals, such as calcium, copper, iron, magnesium, manganese, potassium and phosphorus. They are full of enzymes useful for digestion and assimilation; some contain over a hundred known enzymes necessary for human cell response and growth.

Green drinks also have anti-infective properties. They remove acid wastes, increase body pH levels, and are an excellent source for mucus cleansing. They can also help in clearing the skin, cleansing the kidneys, purifying and building blood supply.

Green drinks are critical to the success of not only the Acidity Cleanse but also for every cleansing program. The chlorophyll present in various green juices is highly alkaline and forms the basis of our treatment.

Blood tonic - chlorophyll

The molecular composition of chlorophyll is very close to that of human haemoglobin. These drinks can act as mini-transfusions of blood and tonic for the brain and the immune system, since chlorophyll is absorbed directly into the blood stream.



Comparison of human blood haemoglobin and plant blood chlorophyll

Formula of human blood (haemoglobin) - $C_{34}H_{32}O_4N_4ClFe$

Formula of plant blood (chlorophyll-b) - $C_{55}H_{72}O_5N_4Mg$

Blood and chlorophyll resemble each other structurally in the following manner:

1. Both have porphyrin nucleus. Also, the substitutions in 1, 3, 5, 8 (methyl groups) and 2 (vinyl group) positions are the same.
2. Both yield porphyrin upon degradation.
3. Both are composed of carbon, hydrogen, oxygen and nitrogen.
4. Both have metallic portion in a complex form. There is iron in blood and magnesium in chlorophyll.

How to make vegetable juice?

Only use clean and fresh vegetables. You may combine different vegetables in any proportion to suit the needs of your body and taste. Organically grown vegetables are preferred.

Alternatively, they may be soaked overnight in potassium permanganate ($KMnO_4$) solution. I use fresh vegetables (which may have been cultivated using pesticides and fertilisers), purchased from

the ordinary market, without potassium permanganate.

I feel that after undergoing numerous Kidney and Liver Cleanses, the immunity of the human body is sufficiently enhanced to fight the detrimental effects of pesticides and fertilisers.

Do not mix fruits and vegetables while extracting the juice. Wash the vegetables, cut them into small pieces and put them in a juicer. Buy a juicer if you don't have one. Meanwhile, you may use a mixer-cum-grinder. Strain this mixture through a coarse strainer (छन्नी) with large holes, so that you get enough fibre. The large holes in the strainer allow medium and small pieces of fibre to flow with the juice. Only large pieces, which you find difficult to swallow are strained. The residual green paste can be used in chapati flour.

Drink it fresh, since it spoils quickly. Do not use it beyond 1½ days, even if it has been stored in the fridge. For example, if you have prepared the juice today morning, you can use it only until tomorrow evening.

Check whether your stool sinks or floats

Whether your stool sinks or floats is dependent on its fat as well as water soluble content. Stool that has spent a relatively long time in the large bowel (constipation) will have had most of the water removed and will be dense and heavy, so, it will sink. In comparison, when someone is suffering from diarrhoea, the stool is rushed along the large intestine and very little water gets removed. This results in loose stool, which tends to float.

The condition that can affect the colour and density of stool is malabsorption, where some of the vital nutrients from the diet are not absorbed by the small intestine and are left in the stool. This occurs when the pancreatic gland is not working properly, and can result in the passage of large, pale coloured stool, which floats due to the high fat content. Sometimes, they float due to microscopic air bubbles, trapped inside.

Whatever be the condition, observe your stool after drinking 200 ml of green vegetable juice three times a day for a week. Ingested food will be well digested and absorbed. All the fat will be properly metabolised, the stool will become soft and will sink.

Dosage

Remember that I want you to take enough fibre, chlorophyll, proteins, carbohydrates, mineral electrolytes and nutrients in their natural form. Drink one glass (200 ml) three times a day (nearly 600 ml in a day). After that, decide on the quantity best suited to you. Modify the dosage according to the tolerance level and physical condition of your body. Bear in mind that it is impossible for us to imbibe these juices in excess, since nature has designed us to eat raw food and has provided an inbuilt limiting mechanism that helps us know when to stop.

Witness the miraculous cure, for all your problems, unfold within a week. Many of my friends have replaced their morning tea with a glass of green vegetable juice. Drinking this fresh green juice overnight fights stomach acidity and provides a great start to the day.



Ingredients and tools to make green juices

Green vegetable juices

The juices included here have been used with therapeutic success for many years. You can be confident about their nutritional healing and regenerative ability. A random selection from the following vegetables can be used to start with, in the same or lesser quantity.

Vegetable	Hindi name	Parts to be used			Quantity (gms)
		Skin	Stem	Seeds	
Beetroot	चुकन्दर	Yes	Yes	N/A	100
Bitter gourd	करेला	Yes	No	Yes	100
Bottle gourd	लौकी	Yes	No	Yes	500
Cabbage	पत्ता गोभी	N/A	No	N/A	250
Capsicum	शिमला मिर्च	N/A	No	No	250
Carrot	गाजर	Yes	Yes	N/A	200
Celery	सेलेरी	N/A	Yes	N/A	200
Cucumber	खीरा	Yes	Yes	Yes	500
Garlic	लहसुन	No	No	N/A	25
Ginger	अदरक	Yes	No	N/A	25
Goose berry	आँवला	Yes	No	No	50
Green tomato	हरा टमाटर	Yes	No	Yes	250
Lemon	नींबू	Yes	N/A	No	50
Mint	पुदीना	N/A	No	N/A	50
Parsley	पार्सली	N/A	No	N/A	200
Radish	मूली	Yes	Yes	N/A	100
Spinach	पालक	N/A	No	N/A	100
Turnip	शलगम	Yes	Yes	N/A	100

N/A - Not applicable

Note: 1) Parsley, celery, chinese kale, collard and alfalfa sprouts are available at shops that sell foreign vegetables.

2) All citrus fruits, e.g., orange and lemon, are acidic, however, all juices are digested in the stomach and give an alkaline effect, as desired. It can be verified by burning the juice of these fruits. The residue will come out to be alkaline in a litmus test.

Special vegetable juices

Some specific combinations for individual needs are given below. Try them thrice daily for a week to notice a difference. You may omit any vegetable, if it is not available or does not suit you:

1.	Potassium juice Make juice using three carrots, three celery stalks, one bunch of spinach and one bunch of parsley. This is the single most effective juice for cleansing, neutralising acids and rebuilding the body. It is a blood and body tonic that provides rapid energy and system balance.
2.	Personal best V-8 Make juice using eight green tomatoes, four green onions with tops intact, one capsicum, two carrots with tops intact, two celery stalks, one bunch of spinach, one bunch of parsley and two lemons. Personal best is a high vitamin/mineral drink for normalising body balance.
3.	Cleansing energy tonic Make juice using four cups of mixed sprouts (e.g., sunflower and/or <i>moong dal</i>), one large carrot, one celery, one cucumber and one green onion. It is a good afternoon 'pick-me-up' juice during a seven day cleanse.
4.	Kidney flush Make juice using four carrots with tops intact, one cucumber, four beets with tops intact, one handful of spinach and four celery stalks. Kidney flush is a sure shot kidney cleanser and diuretic, with high levels of potassium and other minerals.
5.	Fungi/yeast cleanser Make juice using one bunch of parsley, two garlic cloves, six carrots and two celery stalks. This juice is beneficial in treating all type of fungi and yeast problems.

6.	<p>General health tonic</p> <p>Make juice using four carrots, one cucumber and two celery stalks.</p> <p>Regular intake of this tonic increases stamina and vitality.</p>
7.	<p>Prostate cleanser</p> <p>Make juice using two large handfuls of mixed dark green leaves, especially spinach, chinese kale, collard and dandelion and three large green tomatoes.</p> <p>This juice can be had regularly after the age of fifty for better prostate health.</p>
8.	<p>Skin cleanser</p> <p>Make juice using one cucumber, one bunch of fresh parsley, 100 gms of alfalfa sprouts and four sprigs of fresh mint.</p> <p>This deep green cleanse nourishes and tones skin tissues from within.</p>
9.	<p>Excess body fluid/water cleanser</p> <p>Make juice using one cucumber, one beet, one radish, one apple without seeds and four carrots with tops intact.</p> <p>You can lose a couple of kgs by drinking this juice.</p>
10.	<p>Calcium/magnesium juice</p> <p>Make juice using two garlic cloves, one handful of parsley, one cucumber, four carrots with tops intact and two celery stalks.</p> <p>This helps in reducing high blood pressure.</p>
11.	<p>Arthritis relief detox</p> <p>Make juice using a large handful of spinach, a large handful of parsley, a large handful of watercress, five carrots with tops intact and three radishes.</p> <p>Arthritis relief detox increases the flexibility of all joints and can be done along with a Joint Cleanse.</p>
12.	<p>Bladder infection detox</p> <p>Make juice using three broccoli flowerets, one garlic clove, two large green tomatoes, two celery stalks and one capsicum.</p> <p>This detox juice increases bladder health and cures Urinary Tract Infections (UTI).</p>

<p>13.</p>	<p>Cleanse for Crohn’s disease and colitis Make juice using three handfuls of greens - one bunch of spinach, one bunch of parsley and one bunch of chinese kale or collard; and three beets with tops intact, five carrots, one capsicum and one apple without seeds. You can get relief in colitis and other digestive problems by drinking this juice regularly.</p>
<p>14.</p>	<p>Diverticulitis detox Make juice using one large handful of parsley, one small green cabbage, two large green tomatoes, four carrots with tops intact, four garlic cloves and two celery stalks. This juice not only brings relief in case of diverticulitis, but also promotes over all digestive health.</p>
<p>15.</p>	<p>Piles and varicose veins detox Make juice using three handfuls of dark greens, such as chinese kale leaves, parsley, spinach or watercress and five carrots with tops intact, one green bell pepper and two tomatoes. Due to excess vitamin C, calcium and bioflavonoid, collagen production increases, which helps in growth of new elastic tissues.</p>
<p>16.</p>	<p>Constipation cleanser Make juice using one small green cabbage, three celery stalks and five carrots with tops intact. You can benefit in almost all types of constipation problems by drinking this juice for a few days every month.</p>

Fruit juices for specific needs

Drinking fruit juices are a quick wash for the insides of your body. Their high water and sugar content speeds up metabolism and releases wastes quickly. The alkalising effects of these juices helps in reducing sweet cravings:

<p>1.</p>	<p>Blood builder Make juice using two bunches of grapes, six oranges and eight lemons. Mix the juice with two cups of water and four teaspoons of honey.</p>
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2.	Allergy cleanser Make juice using fresh ginger root, one fresh lemon, six carrots with tops intact and one apple.
3.	Stomach cleanser and breath refresher Make juice using one bunch of grapes, one basket of strawberries, three apples and four mint sprigs.
4.	Prostate purifier Make juice using one lemon, one inch of sliced ginger and one bunch of green grapes.
5.	Piles and varicose vein detox Make juice using one cup of cherries without seeds, one bunch of green grapes, two slices of a pineapple, one apple and one inch of sliced ginger.
6.	Arthritis and bursitis detox Make juice using two peeled oranges, two pineapple slices and one apple.
7.	Constipation cleanser Make juice using one firm papaya, one inch of sliced ginger and one pear.
8.	Acne fighter Make juice using two pineapple slices, one cucumber, one apple and one inch of sliced ginger.

Home remedies

To get immediate relief from acidity, try any of the following:

- Drink 200 to 500 ml of cold milk
- Drink sugared cold water
- Eat tender pulp of coconut
- Drink coconut water
- Eat watermelon, banana or cucumber
- Chew basil (तुलसी) leaves
- Drink fresh mint (पुदीना) juice
- Suck on a clove or chew an almond
- Drink cold banana milk shake

Frequently asked questions

1. Is it possible to survive only on vegetable juice for a week?

Yes, it is a wonderful experience. Initially, you will have craving for mastication. In such a case, you can eat carrots or cucumbers.

2. How many times a day should I drink this vegetable juice?

Initially, try to drink at least one glass (200 ml) three times a day. Observe the results for a week. Later, you may decide the quantity that best suits your body and lifestyle.

3. What if I eat raw vegetables instead of making juice? Will it have the same effect?

You will get more benefit from the extra fibre if you eat raw vegetables. However, the quantity consumed is very important. It is not practical to eat large quantities of raw vegetables necessary for the desired benefit, and so, I have advised juices for convenience.

4. Isn't there a possibility of getting an infection while drinking the green juices as the vegetables are cultivated in unhygienic conditions?

Eating raw vegetables or drinking their juice is unlikely to cause any harm. We eat raw vegetable salads in restaurants. You already have good levels of immunity in your body. You can raise your immunity levels further by doing Kidney and Liver Cleanses. If you wish, soak the vegetables overnight in a solution of potassium permanganate (KMnO_4) for safety.

The normal immunity level of a common person is very good. On July 24, 2023, the entire city of Hyderabad was flooded. Sewer water got mixed with the water supply provided by municipal corporation at some places. However, there were no outbreaks of diseases or epidemics. This was not due to spraying of insecticides or pesticides, but because general immunity levels of people are good. I am also against drinking bottled or so called mineral water. Regular tap water is good enough for 98% of the urban population. The remaining 2% also have good immunity levels, but the marketing jargon of water bottling companies confuses the consumer. They decide to avoid risks and follow the advise of drinking bottled or mineral water.

I drink tap water without any problems. Don't we rinse our mouths and gargle after brushing with regular tap water? Only a few drops

of contaminated water may have enough germs to make us sick. However, we rarely fall sick even though we use tap water regularly.

5. Should I boil the vegetables for juice?

No. You will get a vegetable soup if you boil them. They are not even supposed to be heated.

6. Can we add salt to the juice?

Yes, you may add salt to taste.

7. Can we add lemon juice to it?

Yes, you may add lemon juice without seeds.

8. Can red tomatoes be used instead of green tomatoes to make vegetable juice for an Acidity Cleanse?

Unripe and raw green tomatoes have greater nutritional value and a lot of chlorophyll. The alkalinity of green tomatoes is far more than the red ones and hence, they are the preferred choice. Nature turned ripe tomatoes red so that birds and animals identify them as food.

9. During an Acidity Cleanse, I pass more gas than normal. Is it ok?

Some vegetables have a tendency to make gas in stomach. Identify those vegetables and remove them from your list. They may be cauliflower, radish or beans. Some people develop it for a few days, but it settles down on its own. This gas is odourless. However, if any of the vegetables cause you some short of discomfort, you can avoid it.

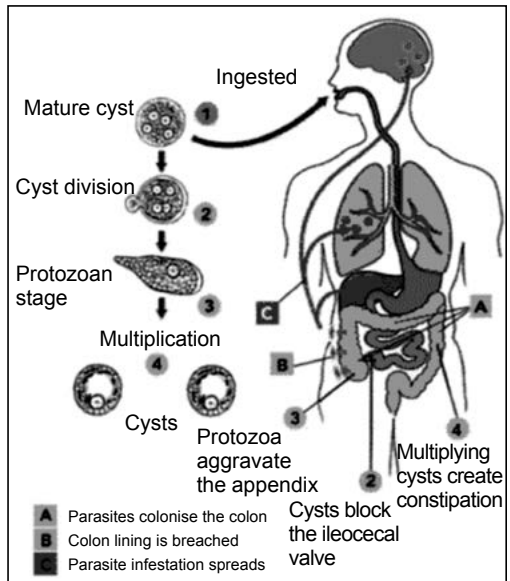
Parasite

The World Health Organisation (WHO) estimates that nearly 22% of the world's population is infected with roundworms. They can grow up to 12 inches inside the intestine and lay as many as 300,000 eggs in a day. Once the larvae hatches, it only takes two months before they start reproducing. People often have parasites, such as roundworms, tapeworms, flatworms, or microscopic protozoa, living inside their bodies. Except microscopic protozoa, we can see many other parasites with the naked eye. Parasites are a factor in every illness, and therefore, I have included them in this book.

Your body - home to parasites

If I ask, "Are you aware that there could be parasites inside your body?", you are more likely to say, "Parasites in my body? Are you joking?" We all believe that parasites only affect other people, not us! I used to believe the same.

The first time I read Hulda Clark's book, 'The Cure for All Diseases', I thought, "this book is not for me". My opinion on her theory changed when I discovered worms in my stool and many other patients' after using parasite killing Clarkia tincture containing black walnut hull, cloves, and wormwood, a zapper, and colloidal silver. Dr Clark's research discovered that:



1. All people suffer from parasites of one type or another in their lifetime.
2. Parasites and unhealthy tissues are positively charged.
3. Introducing a weak electric current (via the zapper) destroys parasites by reversing their polarity. Negatively charged ions are added to the body to encourage the diseased tissue to heal.

Causes

- Living in or visiting an area known to have parasites
- Uncooked food, especially meat
- Unsafe drinking water
- Poor sanitation (for both food and water)
- Poor hygiene
- Age, children and the elderly are more likely to get infected
- Having a weakened immune system
- HIV or AIDS

Signs and symptoms

Possible signs and symptoms of parasites inside the body, include:

- Allergy reactions without any apparent reason
- Anaemia or iron deficiency (pernicious anaemia)
- Burning sensation in the stomach
- Cutaneous ulcers, eczema, hives, itchy dermatitis, papilla lesions, rashes, sores, and swelling
- Damp lips at night, dry during the day, and teeth grinding during sleep
- Difficulty in gaining/losing weight, no matter what you do or eat
- Digestive problems (gas, bloating, and constipation or diarrhoea that come and go, but never really clear up)
- Eating more than normal but still feeling hungry
- Fast heartbeat, chest pains, and pain in the navel
- Food sensitivities and environmental intolerance
- Gastrointestinal problems and bulky stool with excess fat
- Itchy anus, ears, groin, nose, penis, or vagina
- Joint and muscle pains with inflammation, often assumed to be arthritis
- Lethargy or tiredness most of the time (chronic fatigue)
- Loss of appetite and a yellowish face
- Waking up multiple times during the night, particularly between 2 to 3 am
- Pain in the back, thighs, and shoulders
- Tendency to get bacterial and/or viral infections
- Depression, restlessness and anxiety
- Sexual dysfunction.

Parasite Cleanse

There are not many things that you can do about the parasites in your body. Prescription drugs are available and they work like any other drug. Killing all parasites with a single allopathic medicine is almost impossible, since they target only one or two types of parasites. A few easily available medicines tend to make you quite ill. Imagine taking 10 such drugs to kill a dozen parasites in your body!

On the other hand, with a Parasite Cleanse, you can get rid of the majority of parasites. If you have worms, our Parasite Cleanse will eliminate them efficiently. Also, it is generally cheaper to do a Parasite Cleanse than to diagnose parasites in stool.

In July 2003, I did a Liver Cleanse and passed out stones. After 18 cleanses, done every alternate week, I was able to bring the count of stones to zero. During that time, I got a Clarkia tincture bottle and a zapper. I meticulously performed a Parasite Cleanse for two weeks and consumed colloidal silver water. Later, when I again did a Liver Cleanse, I was surprised to find that I passed out as many stones as I did during my first cleanse. The result was amazing and my energy levels improved tremendously. The pH of my saliva rose to nearly seven.

Tools for a Parasite Cleanse

Clarkia tincture

Clarkia is composed of water, grain alcohol (nearly 37%), and an alcohol extract of three herbs: black walnut, wormwood, and cloves. When consumed orally, it kills parasites in the digestive system. These three herbs have been highly appreciated by humans for several centuries. They can get rid of more than a hundred different types of parasites present in our body. However, parasite killing



Black walnut



Wormwood



Cloves

tinctures made in India are normally not of good quality. Their use does not serve the purpose.

Usage

As Clarkia is a tincture, it can be taken either orally or as an enema. You should have 12 to 15 drops of Clarkia three times a day for two weeks. Try having Clarkia on an empty stomach for best results. If you feel nauseous, you can have Clarkia with food, after a meal, or with water. If the taste is too strong, dilute it with water or any juice. I have used Clarkia drops on an empty stomach, on the tongue (without water) for one week, along with using pulsar and zapper, besides drinking colloidal silver water twice a day, followed by a Liver Cleanse once in six months and found them to be very effective. One small Clarkia bottle (60 ml) has 1000 measured drops. It is sufficient for one round of treatment of two patients for two weeks. The cost of one small bottle is approximately Rs 4,500/-. The manufacturer justifies the high cost by explaining that the medicinal properties of these plants, viz, black walnut, wormwood, and clove, are best if they are used fresh for extracting oils. These plants are grown at a high altitude. High powered cranes are employed by farmers to harvest these plants. Therefore, the cost of the extracted oils is high.



Clarkia

Parasite Cleanse using zapper

Zapper is an electrical device which produces limited current output. It is now established by different approaches that the introduction of a direct weak electric current eliminates viruses and other parasitic organisms. Once these parasites are eliminated, the body's healing power can be fully unleashed, restoring vibrant health quickly. Negative ions repel parasites, regardless of how these ions are generated, i.e., either through electric current or magnets. When parasites come out of



Zapper

cysts and other protected formations, they experience an unpleasant situation due to zapping. Parasites not only die when subjected to electricity, but also disintegrate and are either easily assimilated as harmless nutrients or eliminated.

How does a zapper work?

Every living being broadcasts its presence with frequencies, like a radio station transmitter. The zapper works by transmitting a frequency in alliance with the parasite's unique biorhythms that momentarily disables them. The zapper uses electricity powerful enough to kill parasites, but not powerful enough to harm you. A zapper produces 50% duty cycle square wave (Non-Sinusoidal Wave) of +9 V to 0 V at the selected frequency. Frequencies of 2128 Hz, 10 KHz, and 30 KHz can be selected as suggested. This mode has a time duration selection of minimum 10 minutes and maximum 20 minutes.

The zapper current, at the specified voltage and frequency, stuns the pathogen and disrupts its hiding abilities. Once discovered, white blood cells single them out as foreign objects. This enables the body's immune system to identify and eliminate the pathogens, including parasites, bacteria, and most viruses. It happens quickly, in about an hour. The white blood cells then proceed to surround the dead invaders and these are removed from the body via urine and/or stool.

How to zap?

You will need two small pieces of cloth. Moisten them with salted water. Salted water is used to improve electric conductivity. Unsalted water will not conduct the weak electric current generated by the zapper into your body.

- Power the zapper either using a power source or battery
- Make a salt water solution by adding a teaspoon of salt to water
- Place cloth, wetted with salt water solution, around the copper pipes
- Turn the power of your zapper on
- Grasp the copper pipes, one in each hand, and hold them firmly
- Hold them for seven minutes
- Do the second zapping for another seven minutes (reverse the copper pipes by switching hands)

- Disconnect the zapper and wait for another seven minutes
- Do a third round of zapping for seven minutes at a changed frequency
- Do the last and fourth round of zapping at a changed frequency by switching pipes in both hands
- Repeat it three times every day for seven days (a minimum of ten hours of zapping over three days also gives similar results)

Note: I have used zapper copper pipes in the armpits and behind the elbows and knees for better results. As the skin in these parts is soft, the current is able to easily flow into the blood. Sometimes, I lie down on the bed. I wrap one rod of zapper in wet towel and put it below my back and the other rod wrapped in wet towel above my stomach. This way the current of zapper/pulsar travels throughout the abdomen, thus killing maximum parasites.

Why do we need to zap three times?

The larger parasites are home to a number of smaller parasites and viruses. When you first zap, you will definitely kill parasites. However, after some time, the egg, larvae and pupa, inside the parasite and unaffected by zapping, will come out. This is when you strike again with the second round of zapping. The third round of zapping is performed for the same reason, because this housing process can work two levels deep: a virus in a parasite is home to another parasite.

What changes should you expect from zapping?

Zapping not only eliminates parasites but also brings a host of positive symptoms in the body and mind, such as:

- A positive feeling
- Acne disappears in a short time
- Better joint mobility
- Brings quick relief from chronic pain
- Carpal tunnel syndrome (wrist pain) disappears in a day or so
- Cuts, scrapes, wounds, and infections heal rapidly
- Dead tapeworms appear in the toilet, after a week or so
- Eliminates sinus infections

- Establishes a normal pH within a few days (in most cases)
- Eyes become less bloodshot and flu and cold are gone
- Helps remove heavy metals and organic toxins from the body
- Improves breathing
- Improves mental clarity and sleep (better dreams)
- Less body, breath, and foot odour
- Relief in depression and migraine
- Relief from PMS (Pre-Menstrual Syndrome)
- Psoriasis disappears
- Ringworms are eliminated
- Scabies is eliminated and skin tone improves
- Stops ear aches and toothaches
- Stops dandruff
- Stops itching, even from bug bites
- Stops ulcers
- Tumours and warts shrink and disappear
- Yeast and candida-type of fungi are removed quickly

How to obtain a zapper?

There are several zapper manufacturers all over the world and I have no specific recommendations. I have tried five different types of zappers and used them on different occasions on nearly 500 patients. The results in almost all cases, with the various models, have been very good. I have found the features of Laxmi Zapper Pulsar, made in India, to match international standards. You can also make your own zapper at home. The process of manufacturing your own zapper is available on a number of websites.

Pulsar

A pulsar is a potent weapon to destroy parasites and a powerful tool to bring significant changes in health. A pulsar is used to eliminate parasites from the body.

Parasite Cleanse using pulsar

It uses high intensity, short duration square wave to immobilise parasites. It treats the lymph system, head, stomach, and intestine. It also reaches organs or areas that remain unaffected by the zapper.

Devices, such as zapper and pulsar, use either small electrical currents or high intensity magnetic pulses to kill living organisms in your body. This includes organisms, such as viruses, bacteria, mold, fungi, and larger parasites, such as tapeworms, ringworms, roundworms, and flukes.



Laxmi Zapper Deluxe (including pulsar and colloidal silver maker)

Usage

Just like a zapper, the purpose of a pulsar is to help eliminate harmful parasites, allowing the body to heal on its own. The pulsar mode of the **Laxmi Zapper Pulsar**, made in India, produces a 50% duty cycle square wave (Non-Sinusoidal Wave) of Dual Voltage +30 V to -30 V at the selected frequency. Frequencies of 4 Hz, 16 Hz, and 100 Hz can be selected as suggested.

This mode has a time duration selection of minimum 10 minutes and maximum 20 minutes, to kill or immobilise parasites. The coil can be placed anywhere on the body, excluding the head and face. The ability to place the coil anywhere means that areas not covered by the zapper are also easily treated, including the lymph system, stomach, and intestines.

Parasite Cleanse using colloidal silver

Colloidal silver is a powerful, natural antibiotic that prevents infections. It is a liquid suspension of microscopic particles of silver. The broader commercial definition of colloidal silver includes products that contain various concentrations of ionic silver, silver colloids, ionic silver compounds, or silver proteins in purified water.

Colloidal silver is a pure metallic silver (not a chemical compound) of 15 atoms or fewer, each with a positive electric charge, attached to a molecule of simple protein. These particles float in pure water, as the electric charge is stronger than gravity.

Concentrations of colloidal silver, at five parts per million (ppm) or higher, have been found to kill numerous infectious bacteria. One ppm is equivalent to one milligram of solid per litre of liquid (mg/l). Before 1938, colloidal silver was widely used by physicians as a mainstream antibiotic, but the material was costly and the pharmaceutical industry developed fast-acting and less expensive sulpha drugs and penicillin.



Colloidal silver maker

Method of action

Colloidal silver, near a virus, fungus, bacteria, or any other single celled pathogen, disables its oxygen metabolism enzyme, via the oligodynamic effect, by inhibiting the expression of enzymes and other proteins essential for ATP (Adenosine Triphosphate) production. Within a few minutes, the pathogen dies and is cleared out of the body by the immune, lymphatic, and other elimination systems.

Dosage

It is recommended to consume 50 ml of colloidal silver water daily for four days to establish a level, and thereafter, 20 ml daily for maintenance (to be adjusted according to body weight for children). After six weeks, you may take a break for a few weeks. Due to the rapid action of colloidal silver, the five excretory channels of the body (liver, kidneys, skin, lungs, and bowel) may be temporarily overloaded causing flu-like conditions, such as headache, fatigue, dizziness, nausea, or aching muscles. In such cases, increase your water intake. Reduce dietary sugar and saturated fats. Given the opportunity, the body's natural ability to heal itself will amaze you.

Availability

Mono-atomic colloidal silver maker is available in USA. In India, some manufacturers are also selling it now. Detailed information is available on these websites:

www.drpiyushsaxena.com or www.thetempleofhealing.org.

Frequently asked questions

1. Is the zapper safe?

Yes, it is safe for everyone, except for women in late stages of pregnancy and patients using a pacemaker. At times, you might experience a temporary worsening of the condition during the initial stages as the parasites die off, but improvement is typically noticeable within an hour or two.

2. Can I get electrocuted by the zapper?

It is impossible to get electrocuted with a 9 V battery or a power supply of the same voltage through adapter. The output voltage is even less.

3. What is the best time to zap?

Any time convenient for you.

4. What should I do if the copper pipes that I hold tarnish quickly?

The tarnish is normal and harmless. You can remove it with a Scotch brite or any coarse jute scrubber and soap.

5. Does it matter which pipe goes into which hand?

No. During the course of zapping, you need to interchange the pipes from one hand to another. However, make sure that the two pipes do not touch each other when the zapper is switched on.

6. How do I know that the zapper is working?

Switch on an AM (not FM) radio. With the zapper turned on, turn the tuning dial until a whine or squealing sound is heard. Turn the zapper on and off several times. If the whine starts and stops in co-ordination with the zapper, then you know the zapper is working.

7. Should I have the Clarkia tincture while zapping?

Yes, you will have an all-round attack. You can have the Clarkia tincture as an enema for even better results.

8. Can children also use Clarkia tincture?

Clarkia tincture can be given to children without any apprehension. However, zapper and pulsar are much more effective than Clarkia tincture for parasite cleansing. While zapping can be done by anyone, pulsar can be used only by children more than 14 years of age. Colloidal silver water can be given even to a new born child.

9. Do you recommend using all four, viz, Clarkia tincture, pulsar, zapper, and colloidal silver together for two weeks?

I will say that this is the best combination along with one or two Kidney and Acidity Cleanse, followed by a Liver Cleanse. You will feel like a new person after doing so. If you are using a zapper and pulsar simultaneously, then instead of 14 days, one week is enough. A total of ten hours of zapping in three days along with the use of Clarkia tincture and colloidal silver may also provide similar results.

10. Is there a pathogen (bacteria, viruses, mites, flatworms, hookworms, roundworms, or tapeworm) frequency chart, ailment wise, so that a suitable zapper of a particular frequency may be selected for a particular patient?

You can visit our websites www.drpiyushsaxena.com or www.thetempleofhealing.org to find out about the Parasite Cleanse where we have listed 3,200 common ailments and their corresponding zapper frequencies, as received from Dr Clark.

11. Is there any harm in the continuous use of zapper?

Continuous use of zapper does not cause any harm, it involves extra effort in terms of time and money. Hence, I do not recommend the continuous use of zapper because it is not necessary. I only recommend the required and minimal use of medication.

12. Where can I get the zapper and Clarkia tincture for a Parasite Cleanse?

We have listed a few stores that usually sell all the ingredients necessary for our cleanses. You can visit our websites for more information.

13. What is the price of a zapper?

Zapper prices vary from Rs. 7,000 to Rs. 25,000 or more depending on different manufacturers and features of the zappers.

14. Can we get a zapper on rent?

Yes, a few of our camp organisers provide this facility to the participants and others.

15. Can I use a zapper while doing a Kidney or Liver Cleanse?

Yes. Their combination will provide you the best results.

16. I have a zapper. Can it work as a pulsar as well?

The zapper and pulsar are different devices which may or may not be combined. They use different frequencies, different currents,

waveforms, and delivery methods for passing current into the body. They may be complementary to each other, as both attempts to do similar things, i.e., clear the parasites and pathogens from the body.

17. Can I use distilled water to make colloidal silver?

You may use it, but it gives no additional advantage over normal tap water. Tap water, purified water, mineral water, or spring water may have some impurities, but they are all good for making colloidal silver water.

18. How long will the silver rods of my colloidal silver maker last?

The amount of colloidal silver you can make with a set of silver wires varies, but it is generally estimated to be nearly 5000 glasses with a 5" to 6" set of silver rods.

19. Should salt be added to the water while making colloidal silver?

Colloidal silver tastes pretty much like water. It has a faint metallic tinge. Do not add anything to your water while making colloidal silver.

20. What's the correct way to make colloidal silver solution?

While making colloidal silver, let your colloidal silver maker run until the water turns to a cloudy white colour. This takes somewhere between 10 to 20 minutes.

21. How much colloidal silver can I make at a time?

There is no limit to the amount of colloidal silver you can make at a time. Typically, people make a single glass and then divide it into four doses. Have it four times a day for a week to notice improvement.

22. Eating lunch or dinner in silver plates or drinking the colloidal silver water, which is a better option?

Lunch or dinner in silver plates will definitely help you in the long run, but colloidal silver water will provide instant results.

Liver

The liver is the second largest organ (after skin) in the body, weighing nearly two kgs in an adult. The size of the liver corresponds with the size of the human body.

Structure

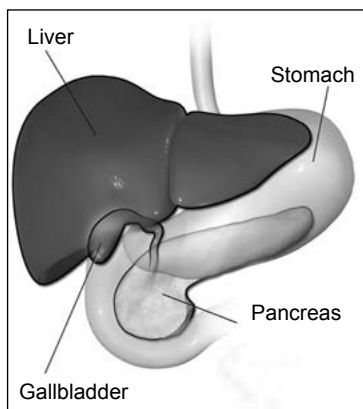
The liver is situated in the upper abdomen on the right side, beneath (and loosely attached to) the diaphragm. It is nearly 21-22 cm across at its widest point, 15-17 cm at its greatest vertical height and 10-12 cm across front and back. The liver is composed of soft, red brown tissues, divided into lobes and enclosed by a tough fibrous capsule.

The liver has an intricate and complex system of blood vessels. If we were to build a factory to perform all chemical functions that a man's liver could perform, it would spread over a few acres. The circulatory system of the liver is unlike that of any other organ. It receives 25% blood supply from the hepatic artery. The major portion of 75% is received from the portal vein. This blood contains the final products of digestion.

Functions

All of the venous blood, returning from the pancreas, stomach, small intestine and spleen, converges into the portal vein. The liver gets first pickings of everything absorbed in the small intestine, where all nutrients are re-absorbed. So, it is the liver's job to process all food that your intestines absorb. Apart from the above, the liver also performs the following important functions:

- The liver is the main organ that processes foreign substances and make them friendly. Its primary secretion, the bile, is poured into the gallbladder and then, the duodenum (the first part of the small intestine), through the common bile duct. Everyday, the liver produces upto 400 ml of bile. Bile is important for fat digestion. The liver is full of tubes (biliary tubing) that deliver the bile to a large tube, the common bile duct.



Liver and other organs

- In addition, it has other important functions, similar to that of a ductless gland in the metabolism of carbohydrates and nitrogenous waste products.
- From the venous blood, the liver removes glucose, turns it into glycogen and stores it. When the body needs energy, the liver converts this glycogen back to glucose, which then travels through the bloodstream to the cells, where it is needed.
- The liver converts amino acids into proteins, such as albumin, prothrombin components, fibrinogen, transferrin and glycoprotein.
- It excretes the bile pigments, bilirubin and biliverdin, formed in the cells of the reticulo-endothelial system, from haemoglobin.

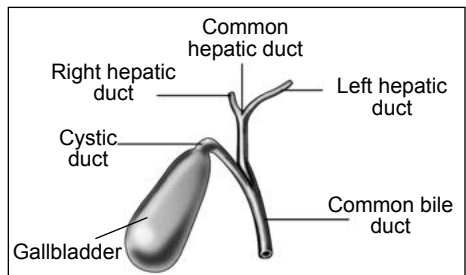
Briefly, the functions of the liver are:

- It is the chemical factory of the body
- It produces bile
- It processes all food
- It converts amino acids into proteins
- It is instrumental in clearing out harmful drugs and other chemicals from the body

Gallbladder

The gallbladder acts as a storage reservoir for bile in concentrated form and is attached to the common bile duct.

The pear shaped gallbladder stores bile, which is released into the small intestine in optimum quantities, as and when needed. Eating fat or protein triggers the gallbladder to squeeze itself empty after about twenty minutes and the stored bile travels down the common bile duct to the intestines. Without your gallbladder (when it is removed by surgery for instance) the liver will still produce bile, but since the bile can no longer be stored, it is



Biliary system

directly released into the intestine. This may result in indigestion of fat. Bile is designed to remove toxins, fat and sludge from the liver and flush out fatty and calcified deposits called gallstones. The longer

the bile remains in the gallbladder, the thicker this bitter greenish liquid becomes and the greater the likelihood of stone formation. These stones are also formed when too little bile is produced. They, in turn, decrease the ability of the liver to make bile, and as a result, less cholesterol and toxins are removed from the body.

How is bile made?

Our body is a wonderful system. It even uses worn out blood cells. The spleen breaks down haemoglobin in the worn out red blood cells into bile salts and other substances. Bile salts are safe for the body in normal amounts. The liver removes excess bile salts and wastes, and sends them to the gallbladder for storage, from where they are released into the small intestine for digestion.

Functions of bile

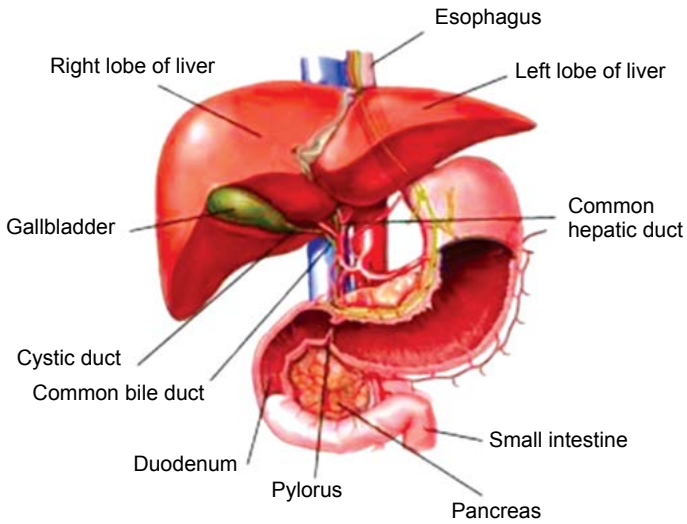
When bile is released into the intestine, it performs the following functions:

- When you eat a meal with fats, the gallbladder releases a large amount of bile to digest them. Bile is essential in the digestion of fats. The concept of emulsifying fats is similar to that of washing greasy dishes. Without adding soap, it is almost impossible to clean the grease. The same way, the gallbladder stores bile that emulsifies fat, so that it can be properly transported by the intestines into the bloodstream
- It neutralises the acid from the stomach
- It is a natural laxative for the colon

What are gallstones?

Stones can form anywhere in the body, where there is a liquid containing mineral salts that can be crystallised, and where the fluid is held for a while in a hollow organ, such as the gallbladder. The stones may be large or small and may grow together causing extra large stones. Small stones are often excreted along with the bile and eliminated with no problem. Larger ones, however, can get lodged in the ducts, causing gallstone colic, one of the most painful illnesses. At other times, gallstones may be silent, and may not cause any pain or symptoms. In autopsies, examiners often find gallbladders full of gallstones.

Liver and other digestive organs



Ingredient for Liver Cleanse



Epsom salt (Magnesium sulphate)

Ingredient for Liver Cleanse



Extra virgin olive oil (only to be used)

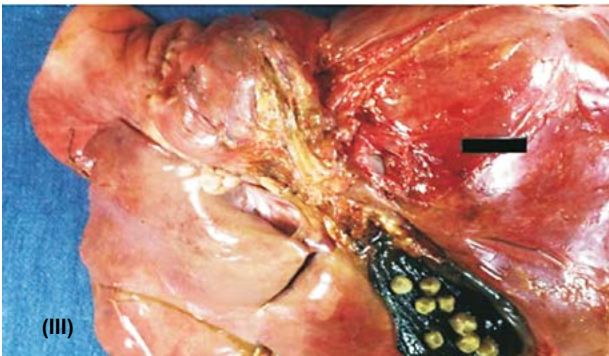


Olive oil (not to be used)

Gallbladder stones



The diameter of the biggest stone is about 2.5 cm
Coins are shown for comparison of relative sizes of the stones



The Gallbladder contains several gallstones of mixed types. They contain both calcium bilirubinate and cholesterol. The above pictures (I) and (II) show gallstones, which people got rid of by doing Liver Cleanses. The one on the top left is nearly 4.5 cm long and 2.5 cm wide. I have done more than 100 Liver Cleanses in the last 20 years and gotten rid of 5,000 stones (large, medium and small). The last picture shows the section of gallbladder containing stones.

Gallbladder stones



Stones of various size passed during a cleanse



Stones collected in a strainer

Often, a gallstone is not a true stone. They are rather rubbery and soft. Most gallstones float. Only a few sink. They are mostly green. The size varies from that of rice grains to golf balls. Even large gallstones slip out easily through the anus. Pathological analysis of a stone sample after a Liver Cleanse was found to be 91% cholesterol and 9% bile salts, water and inert ingredients.

In many people, including children, the biliary tubes are choked with gallstones. Some

people develop allergies or hives, but others exhibit no symptoms. When the gallbladder is scanned or X-rayed, nothing is visible. Typically, gallstones are not only in the gallbladder, but also in the bile duct and liver. More ever, most are too small and not calcified, a prerequisite for visibility in an ultrasound.

Even after surgical removal of the gallbladder, a little pocket remains where stones can accumulate. The Liver Cleanse will flush out the area and expel gallstones that may have formed post surgery.

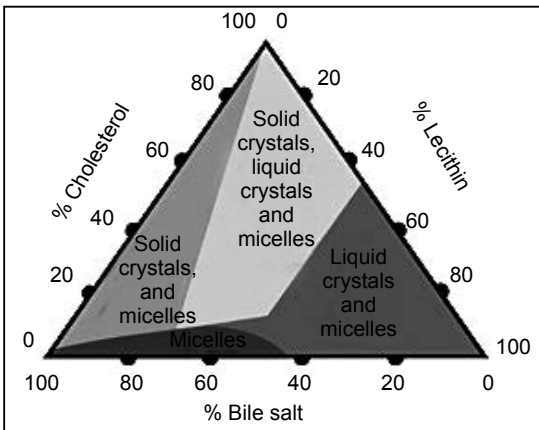
Symptoms

Symptoms of gallstones problem may include:

- Cramping and gas in the stomach or intestine
- Abdominal pain, which could transmit to the right shoulder
- If a gallstone remains lodged in the bile duct for a long time, there will be a build-up of bile behind it. This can result in obstructive jaundice
- Cholecystitis, an inflammation and possible infection in the gall bladder due to high levels of cholesterol

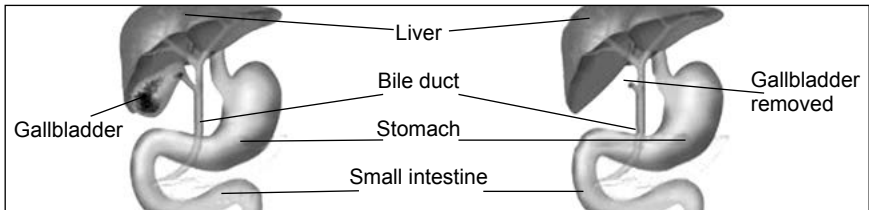
Why should the gallbladder not be removed?

You can survive without a gallbladder, but you are more prone to developing certain health problems. A gallbladder performs several



Composition of a gallstone

important roles, such as fat digestion and absorption, removal of cholesterol and other toxins from the body. When a gallbladder is removed, a new pathway for the bile is created. The trouble with this new pathway is that the bile irritates the pancreas. When a cell gets irritated, it performs its function irrationally. In this case, the pancreas cannot produce insulin normally. This may lead to diabetes.



Before gallbladder surgery and after

You are at a greater risk of developing a fatty liver, experiencing indigestion and developing deficiencies of essential fatty acids and fat soluble nutrients. Your liver continues to manufacture bile, but there is no longer a place to store or concentrate it. Therefore, the bile slowly trickles into the intestines.

Not digesting fat well means that you will not be able to digest essential fatty acids, including omega-3 and omega-6 fats. It also means you'll have a hard time absorbing fat soluble vitamins, such as vitamins D, E, A and K. A lot of antioxidants in vegetables are fat soluble, such as lycopene, lutein and carotenoids. If you don't produce enough bile, you will not be able to adequately absorb these lifesaving compounds from food. If you take any of the above mentioned nutrients in a supplement form, then without sufficient bile, you will not absorb them well.

Liver and diabetes

When bile ducts get blocked with gallstones, the bile may take another route and end up in the pancreas. Here, the bile attacks the pancreas, causes inflammation and destroys insulin secreting cells. This results in lack of insulin supply, leading to high blood sugar (hyperglycaemia), and disability of the liver and muscles to pick up glucose from the blood and store it. A Liver Cleanse gives relief to patients suffering from this type of diabetes.

Liver Cleanse (Master Cleanse)

Cleansing the liver dramatically improves digestion, which is the basis of your complete health. You can expect your allergies to be reduced by upto 40%, immediately after the first cleanse. The benefits increase with each subsequent cleanse, wherein you will notice a reduction in the frequency and intensity of the allergy.

A Liver Cleanse also ensures a heart attack free life for at least six months following the cleanse, by removing cholesterol and fat deposited in the arteries and blood (see page 84).

Incredibly, it also eliminates shoulder, upper arm and upper back pain, along with many other ailments. You will have more energy and an increased sense of well-being.

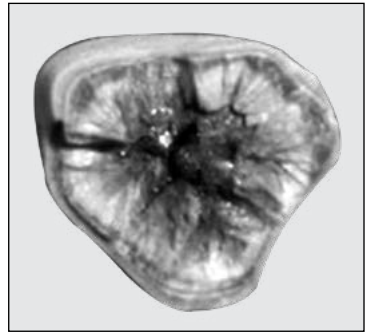
I suggest everyone to do a Liver Cleanse as soon as possible. Within 18 hours of this painless process, anyone can confirm that this Cleansing Therapy is very powerful.

Concept

1. Due to environmental pollutants and consumption of cooked food, toxins accumulate in the capillaries of the liver. To visualise this condition, imagine your garden hose with marbles in it. Very little water will be able to flow, which will not have the ability to flush out the marbles. With gallstones, very little cholesterol is able to leave the body and its levels rise. If you remove the marbles from the garden hose, water will flow freely. Similarly, once you do a Liver Cleanse, your cholesterol levels come down and the performance of the liver is improved.
2. Cleansing reduces clogging of blood capillaries inside the liver, bile duct and gallbladder.
3. There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan coloured. The green ones get their colour from a coating of bile. Notice, in the picture on page 72, how many have embedded unidentified objects. Are they just flakes? You can observe a number of gallstones shaped corks with longitudinal grooves below the top. We can make

out the blocked bile ducts from such shapes. Other stones are composites, made of many smaller ones, indicating that they regrouped in the bile ducts sometime after the last cleanse.

4. Gallstones, being porous, can pick up all bacteria, cysts, viruses and parasites passing through the liver.
5. At the very centre of each stone, a lump of bacteria can be found. This is suggestive of a dead parasite that might have initiated the stone formation. In this way, nests of infection are formed, forever supplying the body with fresh bacteria.
6. No stomach problem, such as ulcers and intestinal bloating, can be cured permanently without removing these gallstones from the liver.
7. As the stones grow and become numerous, the back pressure on the liver causes it to make less bile.



Cross section of gallbladder stone

Preparation

- Plan to do your first Liver Cleanse at the earliest. To get the best results in the second round, do a Kidney, Parasite and Acidity Cleanse, before the second Liver Cleanse. You should have your kidneys, bladder and urinary tract in top working condition so that they can efficiently remove any undesirable substances absorbed from the intestine.
- Choose a Saturday (or a day before a holiday) for the cleanse, so that you can rest the next day. After having done numerous cleanses, I now do my Liver Cleanse even on a working day with only slight modification in my schedule.
- Eat a light breakfast and simple lunch, easy to digest. This allows the bile to build up, since less bile is required for digestion of light food. This develops pressure in the liver. The added pressure pushes out more stones. When you are on a fruit diet, you can pass out the maximum number of stones. The reason is simple. Fruits do not need bile for digestion

and the bile remains stored, resulting in more pressure that releases more stones.

- If you are doing any of the other cleanses, such as Kidney Cleanse, Acidity Cleanse or Parasite Cleanse, stop these cleanses by 2 pm, i.e., four hours before the scheduled Liver Cleanse. If you are taking regular medication for blood pressure, diabetes etc., you can continue to take it as usual.

Ingredients

1. Extra virgin olive oil (250 ml) for a person of 70 kgs or more, 175 ml for people weighing less than 70 kgs and 150 ml for people who weigh less than 55 kgs (remember that only extra virgin olive oil is needed, not olive oil or virgin olive oil).
2. Fresh juice of orange (संतरा), sweet lime (मौसंबी), tangerine (कीनू) or pineapple (अनानास) approximately in the same quantity as the oil. Tetra pack juices can also be used.
3. Epsom salt or magnesium sulphate ($MgSO_4 \cdot 7H_2O$), four sachets of 20 gms each per person per Liver Cleanse, for a person weighing 70 kgs or more. People who suffer from hypertension or weigh any less, should have 15 gms of epsom salt. Those who are on regular medication to control hypertension, should take the regular dose of 20 gms. People suffering from hypotension should take a reduced dose of 15 gms, since epsom salt sometimes tends to marginally lower blood pressure.
4. Water (800 ml); to dissolve epsom salt. You can substitute water with orange/sweet lime, pineapple or apple juice, to avoid the unpleasant taste of epsom salt. However, for best results, have salt with water and observe better cleansing, by way of increased number of stones in stool.



Extra virgin olive oil



Epsom salt

Schedule

2:00 pm Start the Liver Cleanse	Keep your epsom salt ready. Mix 80 gms (20 gms X 4 sachets = 80 gms) of epsom salt (individual needs may vary) in 800 ml of water. This makes four servings of 200 ml each. Keep the jar in a refrigerator to cool the liquid (for convenience and taste).
6:00 pm Dose 1	Drink one glass of the mixture. If you did not prepare this ahead of time, mix a single sachet (20 gms) of epsom salt in one glass of cold water. You may also drink a few mouthfuls of water afterward.
8:00 pm Dose 2	Repeat the procedure by drinking another glass of epsom salt mixture. Visit the bathroom, if needed.
9:45 pm Prepare medicine	Pour 175 ml of extra virgin olive oil into a glass. Prepare juice of orange or sweet lime, or get a tetra pack. You should have 175 ml of juice. Add this to the extra virgin olive oil. Mix the contents in a mixer/whipper for 10 seconds. The medicine is now ready.
10:00 pm Dose 3	Drink the medicine (mixture of oil + juice). Lie down quickly on your right side for 30 minutes, with your head up high on the pillow. The liver is on the right side. This way, more pressure is created on the bile ducts to push out stones. You may feel a train of stones travelling along the bile ducts, like marbles. You will not experience any pain because epsom salt has dilated the bile duct. After 30 minutes, you may sleep on any side that suits you.
6:00 am Dose 4	Have the third dose of epsom salt. If you experience diarrhoea or nausea, take the dose after going to the bathroom once.
8:00 am Dose 5	After Dose 4, wait for two hours and take a second dose of the extra virgin olive oil and fruit juice mixture (75 ml + 75 ml) and go back to bed, the same way as the previous night.

10.00 am Dose 6	Have the fourth and final dose of epsom salt.
11.00 am The course ends	You may start eating. The diarrhoea will come to an end any time now. Start with fruit juices because the digestive system is weak due to diarrhoea. You can eat fruits or light food after half an hour. By dinner time, you should feel recovered from the effects of epsom salt. You may eat regular food, but keep it light.

Note: You may postpone the entire schedule by a few hours if you go to bed late, around midnight, instead of 10 pm. Also, the interval between the doses may be increased or decreased up to an hour or a little more, to suit individual requirements. You may reduce the doses of extra virgin olive oil and epsom salt as follows:

S. No.	Weight	Approximate quantity				
		Extra virgin olive oil			Epsom salt	
		Total	1st dose	2nd dose	Total	Per dose
1.	> 70 kg	250 ml	175 ml	75 ml	80 gms	20 gms
2.	70 - 55 kg	175 ml	125 ml	50 ml	60 gms	15 gms
3.	< 55 kg	150 ml	100 ml	50 ml	50 gms	12 gms

How well did you do?

Loose motions may start any time after the first dose of epsom salt, due to the dilating action of the salt. However, stones come out only after taking the third/fourth dose of epsom salt. They may continue until 2-4 pm.

During diarrhoea, the body loses some essential mineral and nutrients. As a result, it takes some time to recover the lost nutrients. Hence, we need a gap of at least two weeks between two Liver Cleanses. Repeat the Liver Cleanse until all the stones are removed. Afterwards, it is sufficient to do it once in six months.

If possible, use a European toilet, so that you can see the stones float. In Indian toilets, they will be washed away. If you are using an Indian toilet, use a strainer or a net to collect stones, otherwise you will not believe that all this was inside you.

Traditional medical viewpoints

This procedure contradicts many traditional medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are not linked to pains, other than that of gallbladder attacks. They are thought to be few, not thousands. It is easy to understand why this thought is prevalent. Only when you have acute pain attacks, some stones in the gallbladder, big enough and sufficiently calcified, can be seen on an X-ray or radiography, bringing down their numbers (see page 95).

Facts

When the gallbladder is removed, the acute pain attacks subside, but bursitis, other pains and digestive problems remain. People who have had their gallbladder removed surgically still get plenty of green, bile coated stones and anyone who dissects these stones can see that the concentric circles and crystals of cholesterol exactly match textbook pictures of gallstones. Such gallstones are from bile ducts.

Sometimes, the bile ducts are full of cholesterol crystals that did not turn into round stones. They appear as chaff, floating on the toilet bowl water. They may be tan coloured, harbouring hundreds of tiny white crystals. Cleansing this chaff is just as important as purging the stones.

Effects of Liver Cleanse on allergies/asthma

Allergies and asthma are due to a disabled liver and extreme allergies are due to an extremely disabled liver. Allergies occur when a persons immune system reacts to substances in the environment that are harmless for most people. This is the case with people suffering from allergies from lacquer on floors, wall paints, plastic chairs, flowers and dust mites.



Asthma patient using a pump

Food has natural chemicals that need detoxification. Different parts of the liver have different detoxifying jobs. One part detoxifies plastics and solvents, the other detoxifies perfumes, another detoxifies newsprint ink and so on. By constantly changing our food, we avoid

overburdening any one of our detoxifying mechanisms. This is probably the basis for eating different food items in every meal in a day. We somehow know when we are ready for the same food again.

Anything that gets lodged in the bile duct obstructs the flow of bile. This causes pressure in that part of the liver and it produces less bile. The bile duct system is like a gigantic tree with a lot of interconnecting branches. When one is obstructed, others take over its job. However, when a whole section of the liver gets obstructed and cannot detoxify the chemicals, they cause allergy. An individual with an allergy problem of extreme levels needs to take one tablet of citrizine and/or any other anti-allergic drug. With the first Liver Cleanse, 40% of your problems will be relieved. The intensity and severity of the problems will also reduce by 40%. Thereafter, you will need the medicine only on alternate days. After the second cleanse, you will need one tablet every third day. After the third cleanse, you will need half a tablet every third day. In most cases, the requirement of anti-allergic tablets is almost zero after the fourth Liver Cleanse (results may vary slightly from person to person). If, even after the fourth cleanse, 10% of the problem persists, then the patient should do a Parasite Cleanse using Clarkia tincture, zapper, pulser and colloidal silver followed by a fifth Liver Cleanse. After five proper liver cleanses, not only will the allergy problem go away, but the patient will feel significantly better.

Asthma patients will find a lot of relief as well. They can endure indoor air again, sit on plastic chairs, read newspapers, eat seafood, breathe in polluted air, wear nylon or woollen clothing and leather shoes without any adverse reaction. This sounds unbelievable, but is true.

Frequently asked questions

1. We are a group of 22 ladies in the age group of 30-60 years.

We have one or more of the following problems:

- Acne
- Age and liver spots
- Allergies
- Anger/irritability
- Blood sugar imbalance
- Bone density loss
- Breast tenderness
- Depression
- Dry skin
- Facial hair
- Fatigue
- Feeling of being crazy
- Fibrocystic breast
- Foggy thinking

- Hair loss
- Headaches/migraines
- Hot/cold flashes
- Inability to lose weight
- Insomnia
- Irregular cycles
- Leg/muscle cramps
- Low libido
- Low thyroid symptoms
- Memory loss
- Menopausal problems
- Panic/weeping
- Sciatica
- Spondylitis/arthritis
- Swollen ankle/feet
- Uterine fibroids
- Vaginal problems
- Water retention

These are termed as normal and we are advised to live with them. **Will a Liver Cleanse be helpful for us?**

Yes. Even if you do just one Liver Cleanse, your opinion on the efficacy of this cleanse, either to reduce or even cure your problems, will change. With each subsequent cleanse your condition will further improve.

2. We are a group of 10 men with some of the following problems. Can you help?

- Acne
- Age and liver spots
- Allergies
- Anger/irritability
- Burning sensation during urination
- Depression
- Diabetes
- Dry skin
- Enlarged prostate
- Erectile dysfunction
- Fatigue
- Feeling of being crazy
- Foggy thinking/memory
- Hair loss
- Headaches
- Inability to lose weight
- Insomnia
- Lack of sex drive
- Leg/muscle cramps
- Loss of memory
- Low blood sugar
- Lower back pain
- Migraines
- Panic/weeping
- Reduced muscular strength
- Sciatica
- Spondylitis
- Swollen ankle/feet
- Thyroid problem
- Water retention

The Liver Cleanse is called Master Cleanse, as it can help us get rid of all the above problems. Do it once and feel the difference.

3. How does apple juice help in Liver Cleanse?

Apple juice helps in removing more stones, if taken for a day or two, before the Liver Cleanse. It also has certain properties that soften hardened stones.

4. How does oil enter the liver and cleanse it?

Cleansing the liver is the property of extra virgin olive oil. All patients get demonstrable positive results. We do not need any better proof.

5. What is so special about extra virgin olive oil?

Extra virgin olive oil comes from the goodness of carefully hand picked olives that are cold pressed within 24 hours of harvesting. The oil manufacturing process involves no heat, no chemical interaction, no solvents, no radiation and no microwaves, only pressure. The climate, soil, variety of olive tree and the time of harvest, account for the oil's flavour, smell and colour. Due to the time consuming process required to manufacture extra virgin olive oil and its limited production, true extra virgin olive oil is expensive. The flavour of extra virgin olive oil tends to break down at frying temperatures. Using it in raw form does not increase cholesterol or obesity.

6. Can I drink raw oil in such a large quantity?

That is the only way to do a Liver Cleanse. Just do it. Do not wait because you have a right to a better life.

7. Which are the common brands of extra virgin olive oil?

Figaro, Borges, Leonardo, Del Monte, Farrel, Bertolli, Milagro, Filippo Berio, Rafael, Salgado and Verdenso are commonly available brands of extra virgin olive oil. All of them are good. However use a sealed fresh bottle for best results.

8. Can I use regular olive oil or virgin olive oil?

Extra virgin olive oil has liver cleansing properties. If you are unable to get it, you may use others as a last resort.

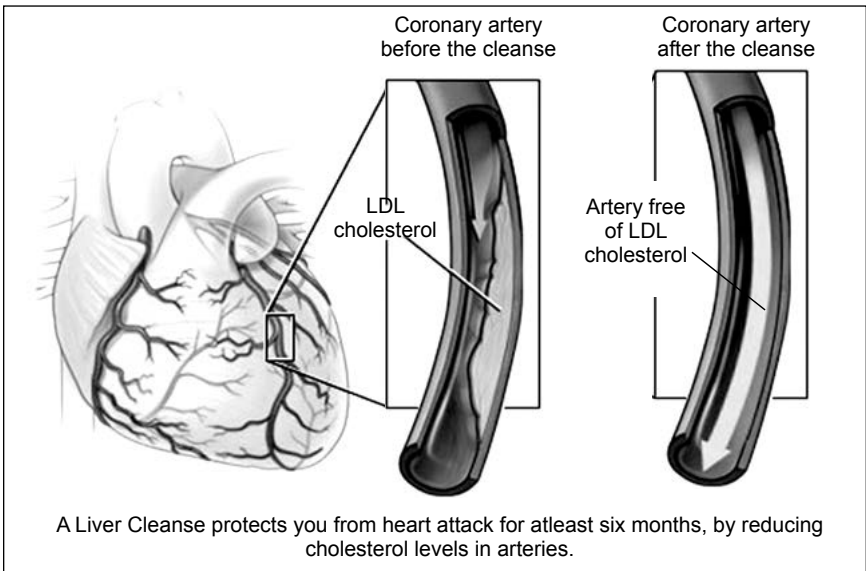
9. My neighbour told me that she has been taking 10 ml of extra virgin olive oil with lemon juice daily in the morning for the past two months for better liver health. Can I follow her?

There are around eight Liver Cleanse recipes. She is following one of them. This is also effective, but it takes a lot more time to achieve the same effect as compared to our Liver Cleanse. Just ask her to compare the results of her procedure with our method and notice the difference in just two days.

10. Can the Liver Cleanse avert bypass/heart attack?

Yes, definitely. Once the LDL (Low Density Lipoprotein) leaves the body, the chances of cardiac arrest/bypass are minimised. The LDL cholesterol, accumulated in your liver, is cleared by the Liver Cleanse.

It is an inherent property of the blood to balance all its ingredients uniformly in the body. It picks up accumulated cholesterol from comparatively high concentration areas, such as the coronary artery, and brings it to the liver. Thus, arterial blockages are reduced and you will avert a bypass procedure. A single proper Liver Cleanse helps you prevent heart attacks for at least 6 months!



Liver Cleanse - the Master Cleanse

In just five Liver Cleanses, my LDL cholesterol reduced from 154 mg/dL to 103 mg/dL. It is a commendable achievement by any standard.

11. I have not eaten any fatty food for the past 10 years. How can I have any excess bad cholesterol in my body?

Fat is required by living beings for lubrication of body parts. Therefore, the liver produces a limited quantity of fat and cholesterol from food. Due to cooked food and environmental pollution, the LDL cholesterol so produced is sometimes in excess of the requirement.

12. How can your Liver Cleanse treatment bring improvement in diabetic patients?

The liver synthesises sugar from vegetables and other food. Sometimes, the liver makes more sugar than the body needs, which causes the blood sugar levels to rise. Patients suffering from this type of diabetes experience considerable improvement after a Liver Cleanse.

13. I have high/low blood pressure. How can I take such a heavy dose of epsom salt?

If you are taking blood pressure regulating medicine, then it will not harm you. You can take your medicine while doing a cleanse.

If it is marginally low, then there is no problem. If it is significantly low, then you have to be careful, since epsom salt tends to lower blood pressure. You may have to reduce the dosage.

14. I have ulcers in the stomach. Can I take epsom salt?

If the ulcers are small and few in number, then the Liver Cleanse may cause some bleeding. However, the advantage of doing the Liver Cleanse will be much more than the risk of a little bleeding. One solution is to have green vegetable juices for a week, three times a day (200 ml each) to reduce the ulcers and then proceed with a Liver Cleanse. Another way is to have Gelusil or any other antacid, two spoons, before and after every dose of epsom salt to reduce irritation.

15. I am not ok with the taste of epsom salt. Is there a substitute? If not, then can I reduce the dosage?

Liver Cleanse uses epsom salt to dilate the capillaries in the liver, bile ducts and gallbladder and induce diarrhoea so that even big stones may pass smoothly in greater quantity. A Liver Cleanse can happen without epsom salt, using only extra virgin olive oil, but the elimination of toxins will only be 1/4th of the normal quantity. Epsom salt may cause temporary discomfort for a few hours. Bear with it. You can also mix orange/sweet lime juice to it for better taste.

16. Can I use only epsom salt to induce motion to treat constipation?

Epsom salt should not be used as a laxative. There are better options available in the market. Epsom salt is used in the Liver

Cleanse to dilate the bile ducts, induce diarrhoea and flush out more and bigger stones.

17. What do I do if vomiting/giddiness occurs while drinking epsom salt or extra virgin olive oil?

Normally this should not happen. However, if it does, it should be treated as a part of the cleansing process. Proceed with the cleansing process without changing anything. The residual medicine in the stomach will still yield results. Have some coconut water, without the pulp, in case of giddiness. You can also have any fresh fruit juice.

18. Is it possible to do a Liver Cleanse under careful medical supervision?

If you have read this book carefully and seen the videos on my website or YouTube channel, then you know that no other supervision is needed and you can do it on your own. If you have any apprehension, then you can find a list of volunteers in your neighbourhood on our website, who can help you with the Liver Cleanse.

19. Your therapy does not seem to have any scientific studies backing the promised results. How can you convince me that this is not quackery, but a genuine therapy?

Most alternative therapies do not have the luxury of having money spent on them, by way of marketing and advertising. We are wasting our precious health and time if we wait for universities and pharmaceutical companies to back these inexpensive procedures. This runs against their multi-billion dollar profit policies and they will strive to prevent the spread of such information. I suggest trusting your instincts and getting some basic knowledge of anatomy, chemistry and physiology, and applying some logic, common sense and will to understand the process behind our Cleansing Therapy.

20. Why should I believe in Liver Cleanse? Why should I waste my precious weekend? Is it possible that drinking extra virgin olive oil could turn out to be a sick joke?

Actually, most successful therapies sound quite scary the first time, as you hear something radically new and different. There are a

few such therapies, e.g., reiki, acupuncture, acupressure, amalgam replacement, colonics, enema and ozone therapy. I agree that pills are simpler, but the problem with them is that they do not and cannot deliver even 1/10th of the results delivered by a single Liver Cleanse.

21. What if something goes wrong?

Liver Cleanse has been a grandma's recipe for for many years. People in USA and other developed countries have been doing it. I have been practising this therapy since 2004. Thousands of patients have benefited. You need not worry about anything except diarrhoea for a few hours. However, it is recommended to read the Liver Cleanse procedure and watch my video '*Apna Ilaaj Apne Haath*' on my website.

22. My doctor says that he has never read about your Liver Cleanse in his course. What is your comment?

When the doctor says, "I cannot comment", you get scared. Just ask him, "What are the risks involved and the downside?", for each of the ingredients. He may again offer no comments, or say, "Diarrhoea and nausea". If he forbids you to do it, then remember that he is against it because he has not had an opportunity to experience this miraculous cure for himself, whereas, I recommend it based on my personal experience. Visit my website to see testimonials of patients who have already done it (www.drpiyushsaxena.com or www.thetempleofhealing.org), and look for someone in your neighbourhood. Talk to them or meet them. Science will be much better off if people maintain an attitude of open enquiry and test the observations of others, before forming rigid opinions. Proceed with your Liver Cleanse. You are not bound to trust the opinions of those who have never tried it themselves.

23. If the Liver Cleanse is so effective and has the potential to help a large number of people, how is it possible that it is not accepted by established medical practice?

Doctors practice medicine as it is established by the standard of care. These inexpensive, home-made therapies are not marketed because they do not generate any revenue. Today, there is a phenomenal growth in the practice of several alternative therapies that people consider last resorts, usually through word of mouth, as

a desperate attempt to try anything. When they observe significant improvement or even complete cure, much to the disbelief of the educated doctor, they slowly start to believe that there are other alternative methods to cure diseases, which are cheaper and easier.

Over the last 20 years, we have seen an exponential growth in the number of people following Cleansing Therapy and willing to share the benefits with others, purely to improve their health and not for any monetary benefits.

24. Who did the first Liver Cleanse?

The Liver Cleanse process started in USA and is now commonly followed in several western countries. In 1992, I remember reading about an 85 year old lady, Suzanne, who was suffering from several health problems. She could not stand. She had not eaten for days and suffered from severe constipation. She was confident that she would not live until the next morning. One of her friends advised her to take extra virgin olive oil. She took 400 ml of extra virgin olive oil at 11 pm and went to bed with no hopes. Around 2 am onwards, she started going to the toilet and did so five to six times until 6 am. In the morning, she observed that she was feeling much better. The rest, as they say, is history.

25. I am too busy to do a cleanse. Can you help me find time from my choc-a-bloc schedule?

According to the Pareto Principle, 80% of your achievements and revenues come from 20% effort. To begin with, compromise on your effort for the remaining 20% achievements and generate 80% surplus time. Utilise that extra time for Cleansing Therapy and other things that you want to do. Soon your efficiency will improve and you will have 120% achievement/revenue from 40% effort.

26. Why do you persuade so much to start a Liver Cleanse at the earliest?

Everybody, including me, is very happy after doing a Liver Cleanse. Its miraculous results give a new lease of life to everyone irrespective of whether they are sick or healthy. I want to share this with you to change your health. I believe that everybody has a right to better health. Hence, I persuade everyone to do a Liver Cleanse at the earliest and not delay it for frivolous reasons.

27. What is the difference between epsom salt, *sendha namak*, *lahori namak*, iodised salt and sea salt?

Epsom salt is magnesium sulphate ($MgSO_4 \cdot 7H_2O$), whereas the others are different forms of sodium chloride (NaCl). Only epsom salt is used for Liver Cleanse. Some dictionaries wrongly define epsom salt as *sendha namak*. Epsom salt does not have any vernacular name. However, in North India it is called 'magsulph'.

28. Where can I get original epsom salt?

There are no fake epsom salt products, because they are inexpensive. It is available for Rs. 7-10 per 20 gms. Epsom salt of non-food grade which is often marked as for bath use can also be used. It is available for Rs 30/- for 175 gms. Both serve the same purpose, except that in a 175 gms box you need to measure doses of approximately 20 gms each. Don't worry if it is one or two grams less or more than the advised dose.

29. What is the right quantity of water to dissolve 80 gms of salt?

The main active ingredient is epsom salt. The prescribed water quantity of 800 ml is for convenience. You can use water in any quantity, which may be much less or more than the recommended dosage.

30. I did a Liver Cleanse, but my stones are still in the same place and they are of the same size.

Take a print out from my website www.drpiyushsaxena.com of: i. How dependable are pathological reports, and, ii. Original reports. As a precautionary measure, get an ultra sound done in a different hospital without mentioning the previous report to confirm its correctness. However, if you still find some stones, do a Kidney Cleanse, Acidity Cleanse and most importantly, Parasite Cleanse with zapper and pulser followed by a Liver Cleanse once again. Then rest assured, it will be confirmed by any test that you don't have any stones in your gall bladder.

31. Can pregnant ladies and lactating mothers safely do it?

Yes, pregnant ladies (except during the last month) and lactating mothers (except in the first four months) can safely do a Liver Cleanse.

32. Can children do a Liver Cleanse?

It is absolutely safe for children more than 10 years and younger children, excluding infants and kids, may do it under careful supervision.

33. Do gallstones hurt when they pass through the common bile ducts?

No, they are extremely soft and never hurt. They pass out very smoothly. Many patients with gallbladder stone size of even 29 mm have passed it out conveniently in a Liver Cleanse.

34. Do gallstones sink in water?

Most gallstones are made of cholesterol (nearly 91%). They normally float, even if they are chaff. When they are calcified, they sink.

35. Should I take medicine to stop diarrhoea caused by the Liver Cleanse?

Diarrhoea is a condition of excessive, frequent and loose bowel movements. Normal diarrhoea sometimes needs treatment, whereas induced diarrhoea, caused by epsom salt during a Liver Cleanse is automatically cured in four to six hours after the cleanse, without any medication.

36. What if I do not get any loose motion even after taking all doses of epsom salt and extra virgin olive oil as advised?

I have come across only one such case so far. You may have developed some constitutional abnormality in your body if you have been taking heavy doses of allopathic medicines for a long time (5-10 years). In such a case, take a fifth dose of epsom salt at 11 am.

37. I am constipated. I drink one litre of water everyday in the morning. Otherwise, I do not get motions. My spouse takes ayurvedic powder every night to get motions. Should we take it on the Liver Cleanse day or avoid it?

Epsom salt is a laxative, so it should serve the purpose. You will not feel constipated. You may have water, but no medicine is needed on the day of cleansing.

38. Four members of our family did Liver Cleanse, exactly as you had recommended. Three members passed out stones, whereas I passed out only green water. Is there anything wrong with me? I am feeling much better though.

Do not worry. Everything is alright, since you are feeling better. It is the result of the Liver Cleanse. In your case, it might be that the stones were in the form of chaff or too small to be noticed. Some people pass out stones in subsequent cleanses. You may try again.

39. Can we drink water/tea during Liver Cleanse?

There is no need to be cautious about water intake. You may drink water during the cleanse to keep your body hydrated. You may also drink a little tea, but not much, as it adversely affects the cleansing process.

40. Can we add fresh lime in epsom salt for better taste?

Yes, epsom salt is persistent in its properties when mixed with lemon. So you can mix both, if it suits your taste buds.

41. I have an irresistible feeling of hunger during Liver Cleanse.

You can eat fresh fruits, drink fruit juice/coconut water or eat raw carrots, in limited quantity. However, you are advised not to eat any fried food or food in large quantity, as it will utilise the stored bile and adversely affect the flushing of stones.

42. I have headache, drowsiness, nausea and body pain. Can I take any medicine?

These are a few symptoms that may or may not show up during or just after the Liver Cleanse. Don't worry. They will disappear in a couple of hours after the cleanse. If the pain is unbearable, you can take a pain killer.

43. I usually sleep late at night. Can I postpone the schedule of my dosage?

Yes, you can postpone it by an hour or two or as per your sleeping pattern, but the serial order of the dosage must remain the same. The time interval between the doses can also be adjusted by upto an hour.

44. I slept on left side instead of right side, what can I do now?

It makes some difference, but it will not greatly affect the overall efficacy of the cleanse. If you realised this during the initial minutes of taking a dose, turn and sleep on your right side for at least 30 minutes.

45. For my morning 8 am dose, I took epsom salt instead of extra virgin olive oil. Should I continue the process by taking extra virgin olive oil?

The cleansing process ends with this dose of epsom salt. You need not take extra virgin olive oil. Try to make a chart of the dosage and mark it when done, to avoid any lapse in future.

46. I am a healthy person with a normal weight. Can I do a Liver Cleanse with half the dosage of epsom salt and extra virgin olive oil?

The recommended dosage for the Liver Cleanse gives assured results for all. For some people, even half dosage may give good results. However, follow the serial order as instructed.

47. I have a fatty liver. Should I do a Liver Cleanse?

Fatty liver is a term that describes the build-up of fat in the liver. It's normal to have some fat in your liver. If it is more than 5 to 10% of your liver weight, only then can it be termed as a fatty liver. Don't worry about it and start with your Liver Cleanse right away.

48. I have recently suffered from jaundice. Should I do a Liver Cleanse?

Jaundice is a disease affecting the liver, with symptoms such as yellowing of the skin and eyes. If you continue to experience acute symptoms of jaundice, then avoid doing a Liver Cleanse until the symptoms subside.

49. My kidneys have failed. I am on dialysis. I have been advised not to do a Kidney Cleanse. Can I do a Liver Cleanse?

Yes, but under supervision of a relative who has already done this cleanse. Your condition will improve a lot. You may contact me for more information.

50. I have diabetes. How can I do a Liver Cleanse?

If you are suffering from diabetes for a long time, ten years or more, then don't do a Liver Cleanse, or do it with reduced dosage, upto 50% less of the normal dosage as the internal organs of the body become weak due to continuous dosage of insulin.

However, if you haven't been on medicines for a long time and your general health is in good condition, then you should do a Liver Cleanse. You may have some fresh fruits, such as apple, orange, sweet lime and grapes (no mango or litchi), between the process, along with your regular medication.

51. I have hyperacidity. Can a Liver Cleanse will help ?

You should do a Liver Cleanse, followed by an Acidity Cleanse for maximum benefits.

52. I weigh nearly 120 kgs. How much epsom salt should I take?

Epsom salt dosage of 20 gms x 4 is the maximum permitted dosage. It must not be increased, in any case.

53. I am grossly underweight. My weight is 40 kgs, height 5'4" and I am 32 years old. Can I do a Liver Cleanse?

You can safely do a Liver Cleanse with half of the recommended dosage of ingredients. After a Liver Cleanse, you may gain weight, as your digestion as well as absorption of food will improve.

54. I am overweight by 22 kgs. How will a Liver Cleanse help?

During a Liver Cleanse, patients lose a lot of LDL cholesterol. The body retains a significant amount of water and other undesirable substances to keep the LDL in a diluted form, if it is beyond the desired limits. Once LDL cholesterol reduces, the undesirable substances and water also leave the body, resulting in weight loss of upto 2 kgs on a permanent basis.

55. I have liver cirrhosis. Should I do Liver Cleanse?

You are advised not to do a Liver Cleanse, if the symptoms are serious. Otherwise, do it with reduced doses, under the supervision of some one who has already done it.

56. I had some bleeding from anus after the Liver cleanse.

It is a rare phenomenon. It may be due to an already existing ulcer in the stomach or intestine. You may take Gelusil, as advised in question no. 14 on page 85. For relief from bleeding or pain, you can wipe it dry with a tissue paper or a soft cloth and apply any cream. You will be fine in an hour or two.

57. I am from a remote village. I cannot get extra virgin olive oil in nearby areas. Can I try any other oil for Liver Cleanse?

Try to get extra virgin olive oil as only this oil provides the best result. Currently, it is available in the food section of shopping malls of all major towns, which may be a few hundred kilometres from where you may be residing. However, as a last alternative, I suggest using extra virgin olive oil, virgin olive oil or olive oil, in that order. You will get some good result. In any case, start a Liver Cleanse at the earliest with whatever oil that you can get. Show the photographs on page 69-70 to the shop keeper.

58. I did a Liver Cleanse and later, I developed infection and fever.

The ingredients used for Liver Cleanse do not contain any bacteria or fungus to cause infection. You may have already had some infection. Normally, any type of infection takes 3-4 days to exhibit symptoms. Perhaps, you did a Liver Cleanse during this period. Though you benefited from the cleanse, the fever occurred when the bacteria proliferated. It is just a coincidence. If you feel that it was caused by the Liver Cleanse, then you are completely wrong. Take a proper antibiotic or any other medicine to fight the infection as recommended by your doctor.

59. With so many inconveniences attached to the Liver Cleanse, how can you recommend it?

I have never faced any inconvenience and neither do most people. I have listed many problems, so that you need not run to the doctor in a panic, whenever any minor discomfort arises.

60. Can anybody do this Liver Cleanse?

You can suggest this therapy to anybody, but only after you have tested it on yourself. Remember, in Cleansing Therapy, you are your own doctor, so be prepared to help your patients by setting your own example. However, if you have any of the following ailments with major discomfort, then you should preferably do a Liver Cleanse under the supervision of someone who has already done it:

- cancer
- diabetes (with five years or more on medication)
- cirrhosis of the liver
- tumour in the liver
- a major surgery in the past four months
- recovered from a long ailment
- elderly, and physically weak
- big ulcers in the stomach/intestine

If the case is acute, you may contact me for detailed guidelines.

Liver Cleanse

Opinions, allegations and clarifications

Time and again, many opinions of allopathic practitioners and other doomsayers have indicated that gallbladder stones cannot be cured by a Liver Cleanse. They say that it is a sick joke and an experiment by a quack. People experience cramping, diarrhoea, sweating, nausea or general sickness, but exult after they complete the Liver Cleanse. They feel much better after getting rid of 100 to 200 gallstones (sometimes even more) from their gallbladder! The opponents of Liver Cleanse say that we, the doers of Liver Cleanse, without any proof of having gallstones in the first place, shout out that we have gotten rid of those stones. They say that what we see in the toilet is actually just saponified oil (oil coagulated with apple or other juices), because the body cannot digest too much oil at one time, and to get rid of it, saponification takes place.

They cite the gallbladder example. The gallbladder is a tiny structure and does not have room to hold bile, hundreds of gallstones and the common bile duct. The number of stones observed in the stool would require a gallbladder the size of a football to hold them!

In view of the above allegations, I would like them to just type Liver Cleanse on Google search. More than 10 lakh search results appear. None of these sites are promoted by professional medical practitioners, who charge, directly or indirectly, hefty fee from patients. All of these sites are promoted by common people, like me, who have done a Liver Cleanse and so have their family members. Most of us do not charge any fee and mainly propagate it for a greater social cause.

I accept that bile duct is too thin to pass a stone, but epsom salt dilates it for a short while and, as a result, the gallbladder passes stones smoothly. Also, we, the practitioners of Liver Cleanse, have always maintained that gallbladder stones are not only in the gall bladder, but are also scattered in the liver and bile ducts. Most of them are not actual stones, but are soft cholesterol chaffs.

People claim that there is no proof, through ultrasound and pathological reports, that gallstones are passed in diarrhoea after a Liver Cleanse. This is a blatant lie. In fact, whenever a test is done

after a proper Liver Cleanse, the ultrasound reports confirm reduction in number of stones.

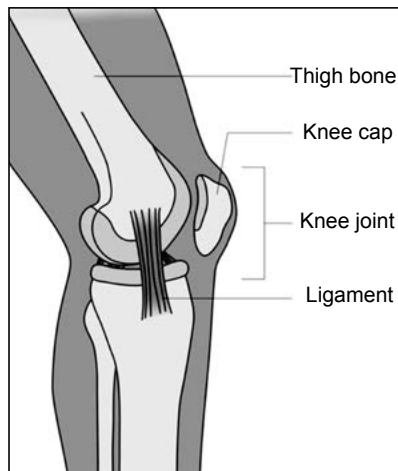
The theory of saponified oil, i.e., oil coagulated with fruit juice, is again a negative approach toward Liver Cleanse. Olive oil solidifies at refrigerator temperatures, roughly 3° C. Water is a pure substance, so it freezes at an exact temperature. On the other hand, olive oil is a complex mixture of oils and waxes. The temperature of our body is 37° C, thus, freezing of oil is ruled out. The LDL Cholesterol in the gall bladder stones melts at nearly 55° C. The stones in the Liver Cleanse diarrhoea melt at the same temperature when exposed to the sun. No chemical technique can create solid soft stones by coagulating oil with apple or citrus juice.

Above all, these opponents of Liver Cleanse, in the first place, have never done a Liver Cleanse. We have done it, felt it and propagate it for the benefit of human kind without any monetary benefit.

Do you need any more evidence to justify Liver Cleanse?

Joints

I have already discussed the importance of acidic and alkaline ions in food. Acidic elements are ingested over years, by way of food that we eat, liquids that we drink and the air that we breathe. Excess acidic chemicals, either left overs or formed in the body, have to be thrown out by the body, but often, this does not properly happen. It may eventually deposit itself in various places, between the joints, on the bones or in the



Knee joint

muscles. One of the worst effects of the accumulation of acidic chemicals are arthritis and rheumatism. Both are extremely painful conditions. When the deposit is in the muscles, the effect is muscular rheumatism. This is due to the tension in the muscles attached to the damaged joints.

The spine is also very often affected, resulting in spondylitis causing misalignment of the vertebrae. Vertebrae fused by deposits of acid will invariably affect the part of the body controlled by nerves lying in the affected area.

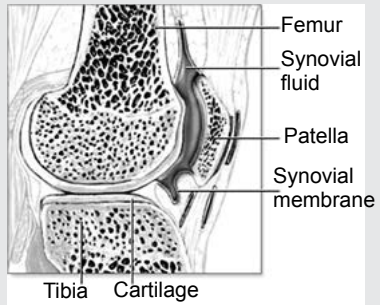
Arthritis

Arthritis means painful inflammation and accompanying stiffness of joints. When acidic chemicals increase, they lead to symptoms, such as swelling and pain, which are the hallmarks of joint disorders, such as osteoarthritis (degenerative disease, characterised by morning stiffness that comes with age), rheumatoid arthritis (auto-immune and chronic multi system disease), gouty arthritis and fibromyalgia (when there is pain, but no apparent cause).

Arthritis is common among people more than 40 years of age, but it can occur earlier as well. It is three times more common in females than males. It may be hereditary in some families, and sometimes, even children may suffer.

Synovial fluid

Every joint in the body is covered by a synovial membrane, which secretes synovial fluid. It is a thick, oily fluid found in the cavities of synovial joints that enables the joints to move freely, one on the other. With its egg white like consistency (synovial comes from Latin for 'egg'), synovial fluid reduces friction between the articular cartilage and other tissues in joints to cushion them during movement. It is also the shock absorber of the joints.



Cross section of knee joint

When toxins collect in the synovial fluid between the joints, the synovial membrane is worn out by continuous movement on the hard surfaces. This compromises the normal function of the fluid, leading to pain during limb movement.

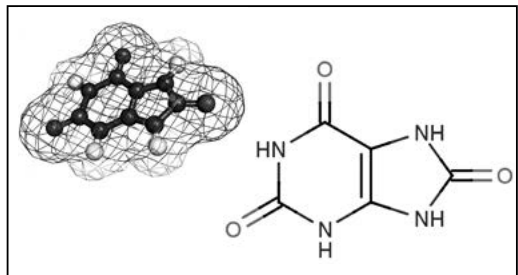
Causes

The underlying cause in all types of arthritis and primarily in gout is the presence of excess uric acid ($C_5H_4N_4O_3$) in the body. It is often caused by a build up of acids, due to years of faulty diet.

These deposits have an affinity with organic lime, a prominent constituent

of the bony material. Hence, it gets deposited there. Lime is an alkaline substance. Due to attraction of the opposites, the acids in the body are inevitably drawn to this alkaline substance for mutual neutralisation. The result of this process is inflammation, a condition that causes the joints to swell and become extremely tender and painful.

Invariably, an affected joint feels stiff and locked. As a result, deformity occurs, due to the erosive condition of the bones, caused by the acid. The joint is then rendered incapable of performing its



Chemical formula of uric acid

natural action. The lower parts of the body almost always seem to be worst affected by chronic arthritis as they bear the weight of the body and blood circulation is not as active in the lower limbs. Depression, which frequently afflicts sufferers of this disease, aggravates the pain. Rheumatoid arthritis is systemic. Once it appears in any one joint, it gradually spreads to other joints as well.

Symptoms

A few common symptoms of arthritis are:

- Joint pain
- Stiffness
- Swelling
- Redness
- Decreased range of motion
- Morning stiffness
- Inflammation

Dealing with arthritis

Adopt a method of treatment and a way of life that will eliminate toxic acids from the body. Do a Joint Cleanse and remove uric acid, acidic chemicals and all signs of arthritis. Develop a positive attitude. Be cheerful and optimistic.

Try to include nutrients necessary to neutralise acids in the body in your diet and further reduce the intake of acidic food.

Joint Cleanse

Arthritis, as explained earlier, begins from wrong eating habits and as corollary, can be handled and cured upto a certain limit by a proper diet. Proper management of eating habits will help in dissolving the acid deposits and alleviate pain.

Fresh vegetables and fruits are still relatively cheap and easy to obtain, as are milk, chicken and fish, which provide sufficient protein for a healthy diet. Along with these dietary changes, do the Joint Cleanse once in two years and you will find at least 50% improvement in your condition.

Ingredients

- Apple cider vinegar 2 litres
- Black molasses 500 gms
- Honey 500 gms
- Epsom salt 1 kg

Procedure

1. In the morning, dissolve a teaspoon (five ml) of honey in 100 ml of lukewarm water. Add three teaspoons (15 ml) of apple cider vinegar to it. This mixture should be taken thrice daily. For an average built person of 70 kgs, a daily intake of 45 ml of apple cider vinegar (15 ml x 3 times = 45 ml) is recommended. Do not take a lower dose. But, if your weight is lower than 70 kgs, reduce it proportionately. The quantity of apple cider vinegar in the blood should be sufficient to dissolve uric acid from joints in a six week long treatment. Do not worry about nausea or vomiting, if it occurs.
2. Have one teaspoon of black molasses, three times a day.
3. Take three epsom salt baths every week.
4. Have a full range of alkaline food rich in vitamins, minerals and protein to help burn acids already accumulated in the body.
5. Try to work the joints gently by walking in fresh air. If that is not possible, even slow movement on crutches in a well ventilated room will help. Begin with efforts to move fingers and ultimately, move the limbs.
6. Drink 200 ml of green vegetable juices three times a day (or as

per your convenience) made from a large handful of spinach, a large handful of parsley, five carrots with tops intact and three radishes. There is no need to wait to get all vegetables before starting the cleanse. Start the treatment with whatever vegetables you get from this list. Avoid any vegetable that does not suit your metabolism.

7. Do the complete treatment for six weeks.
8. When acidic chemicals present in the joints leave the body through vinegar => blood => urine, pain will also leave the body.

The process

Apple cider vinegar

It is a vinegar made from cider or apple must, i.e., juice of the skins of apples. It is sour in taste and has a pale to medium amber colour. Vinegars have long been proposed as agents enabling weight loss. However, one of its important properties is removing acidic toxins from the joints. The hard acid deposits causing arthritis are very similar in substance to the shell of an egg. Apple cider vinegar has the ability to dissolve these acid deposits, so they pass out naturally via urine.

When apple cider vinegar is taken orally, it is absorbed through the gastrointestinal system and achieves adequate concentration in the blood. This blood carries the vinegar to the affected joints for a 'local targeted' action. Under the influence of apple cider vinegar, the acids or toxins dissolve.

Sometimes, after the second week of treatment the pain

Try this yourself

Place an egg, complete with shell, in a jar or glass. Cover the egg with pure apple cider vinegar and in two days, the shell will completely dissolve, leaving just the contents in a thin, rubbery membrane.

increases. The pain may be slightly more than before and may spread all over the body. The reason is easy to understand. The blood becomes saturated with apple cider vinegar, which starts to work on acid deposits, churning and dissolving them. Rest assured that it goes away in a week's time.



Apple cider vinegar

For some people, this process may cause extra pain. The pain might get worse before they start to feel better. The patient may think that the treatment is doing more harm than good. Unfortunately, many patients give up the treatment too soon, when the actual healing process starts. When the sufferer experiences this reaction, they should think, “The treatment is working for me; in a week or two, the pain will go away and I shall get better and be free of this pain”, and should not, instead, give up the treatment. For counselling during this stage, you can always contact us and we will guide you throughout the process.

Arthritic people are often overweight, due to inactivity. Their joint movements are so painful, that the natural reaction is to minimise the pain by avoiding movement. This leads to a further increase in weight. Apple cider vinegar is a natural diuretic and acts, to some extent, as a slimming agent. Many arthritics also suffer from high blood pressure, angina or some form of circulatory disease. Apple cider vinegar also acts as a blood normaliser to attain homoeostasis, i.e., if the blood pressure is high, it will bring it down slightly and if the blood pressure is low, it will raise it slightly.

Sometimes, ridges appear on nails due to lack of calcium salts in the tissues. This deficiency can also affect bones, teeth and hair. Apple cider vinegar encourages the body to make more effective use of calcium derived from food. For normal people, two teaspoons of apple cider vinegar taken three times a day for a month may even act as a preventive measure for arthritis, in addition to other disorders likely to affect the body due to lack of calcium assimilation.

Honey

Honey is packed with natural vitamins, minerals and traces of many elements. Honey varies in its composition based on the source of flowers and the bees that collect it. Darker coloured honey contains more iron and is more beneficial for arthritics, as they generally suffer from iron deficiency.



Honey

Honey contains (among other ingredients):

Acids	Iron	Potassium
Amino acids	Lime	Proteins
Calcium	Magnesium	Silica
Chlorine	Manganese	Sodium
Copper	Nitrogen	Sulphur
Dextrine	Phosphorus	

The trace elements listed above are essential for the activation of enzymes. They mediate the action of different cells in the body, aid in digestion and nerve and muscle functions, amongst other activities.

Most arthritics feel acute pain, have sleepless nights and become very depressed. Most of the B-complex vitamins can be found in honey and they act on the nerves. Honey is highly beneficial for the tired, nervous and highly strung arthritis sufferer. The drawback is that honey is also rich in glucose and fructose, which (although in pre-digested form) is still a red alert for diabetics. Overweight and diabetic patients should consume honey with care.

Black molasses

Molasses are made from raw un sulphured cane sugar. It is a black substance, packed with nutrients and may be taken at any time, as per convenience. For therapeutic use, I usually recommend one teaspoon, three times a day. I have found one teaspoon of molasses dissolved in 100 ml of warm water to be appropriate for most patients. This is easily assimilated and digested. Molasses may be taken undiluted, but should be immediately followed by rinsing your mouth with warm water, as it has a tendency to discolour the teeth. Those with delicate stomachs may take it in smaller, more frequent doses.

Molasses is a wonderful blood cleanser for arthritics. Arthritics are prone to stomach ulcers, diverticulitis and similar conditions, caused by acids eating away the stomach and colon linings. Black molasses offers relief. Very often, patients face a loss of muscle tone due to lack of essential mineral salts in the body. Molasses proves most valuable in these cases, as its salt content helps re-establish muscle tone. For external growths, boils, sore and cuts, molasses



Black molasses

applied with a little water and as a poultice, is a wonderful natural ointment. It helps in treating skin diseases, e.g., dermatitis, eczema and psoriasis.

Molasses is a rich source of iron and can alleviate tiredness. It is a rich source of vitamin B complex, which acts on the nerves, relieving spells of deep depression, bouts of painful neuralgia and debilitating attacks of cold and influenza. Molasses also contains copper and magnesium, phosphoric acid and potassium.

Note: It is available near sugar cane factories, during the crushing season. It is a waste product of jaggery (गुड़) production. This can be used for our cleanse, but it cannot be stored for long. Black molasses is now commercially available in India. Preserved black molasses can usually be obtained from stores that sell foreign food products. For availability of preserved black molasses, visit our websites: www.drpiyushsaxena.com or www.thetempleofhealing.org.

Epsom salt

Our skin is, broadly speaking, a permeable membrane. It provides an excellent medium for elimination of acids. Joint Cleanse uses epsom salt as a drawing agent of toxins accumulated between joints. Epsom salt can be obtained from any chemist.



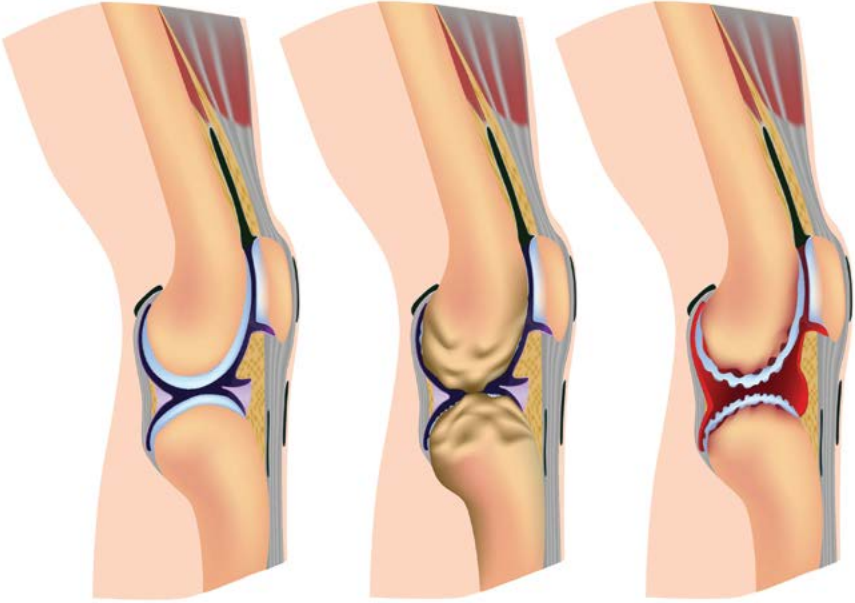
Epsom salt

An epsom salt bath is very relaxing and pain relieving. You will sleep well after the bath. Epsom salt should be dissolved in a bath tub with warm water, at a tolerable temperature. The temperature of water may be maintained at a more or less constant level by adding fresh hot water and mixing more epsom salt.

Beginning with the toes, move every joint until you reach the neck. Exercise the joints within the limits of tolerance. The movement makes the deposits, stuck in the joints, loose and the epsom salt draws out these toxins. The warm water will also open pores of the skin, enhancing the removal of toxins.

After a bath of 5-10 minutes, dry yourself with a towel and if the weather permits, try to sleep in blankets, so as to keep yourself warm and sweating. This helps in keeping pores of the skin open all night,

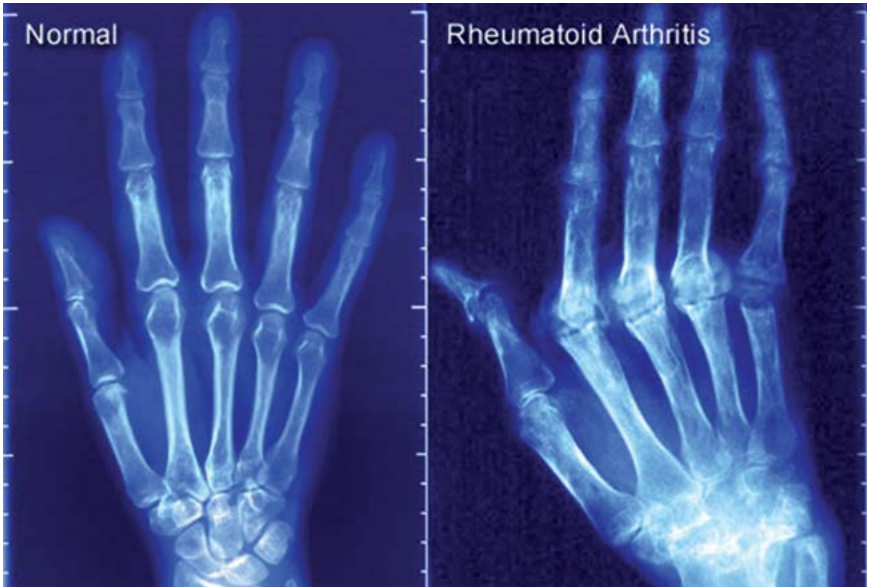
Healthy and unhealthy joints



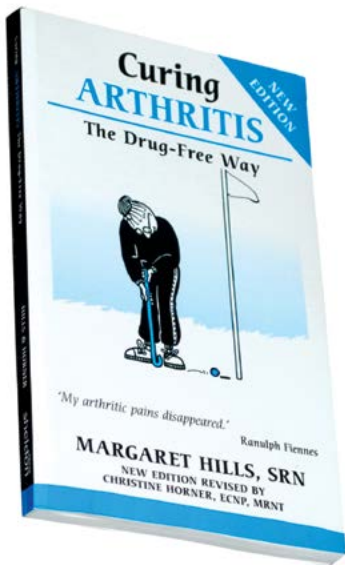
Healthy joint

Osteoarthritis

Rheumatoid arthritis



X-ray images of normal and rheumatoid arthritis affected joints



Nurse Margaret Hills, author of 'Curing Arthritis', has helped thousands of arthritics over 30 years. Her book talks about pain relief and better mobility; medication and side-effects; improved quality of life; troubleshooting, etc.. The Joint Cleanse is inspired by our efforts and belief that arthritis is not the end of life. You can have a fruitful and productive life even if you suffer from arthritis.

Severely affected arthritic areas of the body



Elbow



Fingers



Foot and ankles

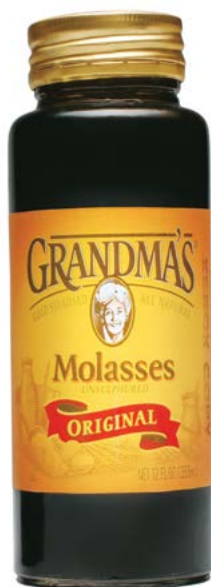


Knee

Ingredients for a Joint Cleanse



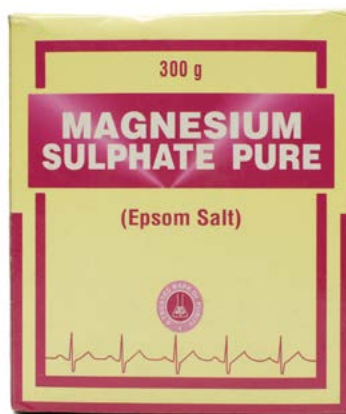
Apple cider vinegar



Black molasses



Honey



Epsom salt

Joint - structure, functions and problems

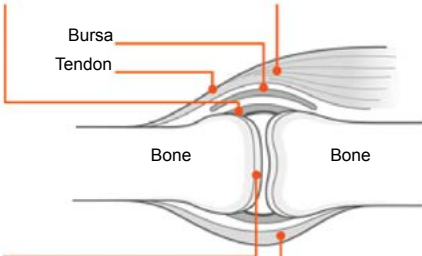
Capsule

Surrounding the joint is a tough, fibrous sleeve (the capsule) that stops the bones from moving too much. The inner surface of the joint capsule (synovium) produces a thick fluid that nourishes the cartilage and lubricates the joint.

Muscle

At either side of the joint, the muscles are attached to the bones. As the muscles contract, they pull on the bones to make the joint bend, straighten or rotate.

How a joint works

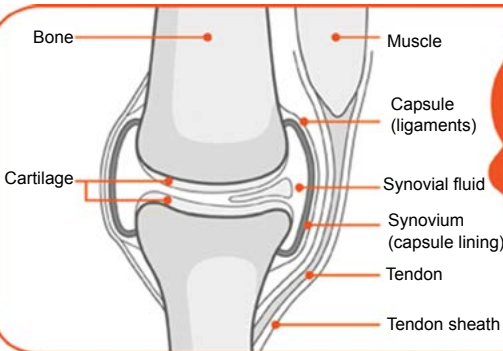


Cartilage

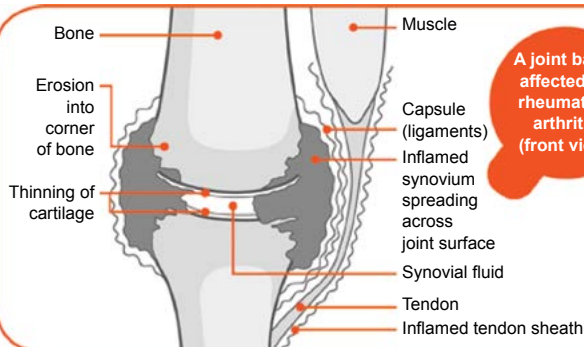
The ends of the bones are covered in a thin layer of cartilage. This cushions the joint and helps to spread the load evenly when you put pressure on it. Its smooth, slippery surface allows the bones to move freely, without friction.

Ligament

Within or just outside the joint capsule are ligaments that help to hold the joint together and prevent it dislocating. The bursa helps to reduce friction in the joint.



A normal joint (front view)



A joint badly affected by rheumatoid arthritis (front view)

and encourages elimination of acids through sweating. After a salt bath, the body must not be exposed to cold or cool breeze. Keeping the body warm is very important as it will prolong the period of elimination. Sometimes, you may feel some weakness and lethargy, which usually goes away in one or two hours.

In case a bath tub is not available, heat water in an ordinary kitchen bowl large enough to put your feet, at a comfortable temperature. Add a cup of epsom salt and soak your feet in this solution for 10-15 minutes, rubbing them gently. The cool water may be removed and replaced with hot water, and epsom salt may be added from time to time to maintain the temperature at the desired level. For example, if you are removing half the water from the bowl to add fresh hot water, then also add half a cup of epsom salt. Afterward, remove your feet from the solution, dry them and keep them covered. Then, soak your hands in the same way. The whole process may be repeated twice daily - with some variation in the frequency and soaking time - according to individual requirement and tolerance level.

A similar option, also effective, is to wrap hot wet towels, soaked in epsom salt added water, for 5-10 minutes around each joint, either one at a time or simultaneously, using many towels as a poultice. The objective is to open the pores.



Soaking the feet in warm epsom salt water

Conclusion

Arthritis is a difficult ailment to cure, but at least one major cause of pain is accumulation of acids in the joints. I aim for nearly 50% reduction in pain levels on a permanent basis in all arthritic patients who complete this course. There are several instances where patients, who have suffered from severe arthritis for many years, have not only regained free movement of their joints, but are also living a medicine-free life after doing the treatment.

Frequently asked questions

1. Why should we stop treatment after six weeks? Can we continue it?

First, after six weeks, the incremental benefits of continued treatment are likely to be marginal. Second, I want you to lead a medicine free life. However, if you feel better by continuing the treatment, you may do so. It does not cause any harm.

2. Why do you suggest Kidney Cleanse, Acidity Cleanse, Parasite Cleanse and Liver Cleanse for arthritic patients?

The toxins in all parts of the body should be removed to have well functioning organs. Only cleansing a particular organ will not have the same effect as the combined removal of toxins from all organs. Hence, I recommend you to benefit from other cleanses as well.

3. Are there any restrictions on food during the treatment?

Eating less acidic food and more alkaline food, such as green vegetables and their juices, helps in elimination of toxins.

4. Is there any benefit in case of spondylitis, gout or any other joint pain?

Yes, it benefits as much as in case of arthritis.

5. I am sure I do not have arthritis. Can I still take this treatment?

You can. After doing it, you will definitely notice a difference and your joints will move more freely.

6. Which are the different brands of apple cider vinegar?

There are several brands of apple cider vinegar, but two are commonly available in India - American garden vinegar of USA (Rs 800/- for one litre bottle, Rs 450/- for 500 ml) and Heinz vinegar of USA or UK (costs the same). A patient needs nearly two bottles of one litre each.

7. Should we take apple cider vinegar on an empty stomach or after food?

For best results, have it on an empty stomach. Initially, you can also take it after food and observe the effects.

8. Can I use any type of honey?

Honey has a limited role in the treatment of arthritis. You can use any type.

9. Where can we get apple cider vinegar and black molasses?

Nowadays, we get apple cider vinegar and black molasses in the food section of supermarkets in any big city. However, in case of non-availability, you may contact some of the vendors listed on the ingredients page of our websites www.drpiyushsaxena.com or www.thetempleofhealing.org.

10. I had apple cider vinegar for a week. However, it has increased my pain. Should I stop it?

Do not stop the treatment unless the pain becomes unbearable. Your blood has become saturated with apple cider vinegar, which has started working on all acid deposits, churning and dissolving them, resulting in increased pain. Rest assured that the treatment is working for you. If the pain is unbearable, you may stop the treatment for a week and restart subsequently.

11. We, patients of arthritis, have been taught the familiar phrase - 'You have arthritis and you must learn to live with it.' How can you talk about cure in such an impossible scenario?

You do not have to mutely bear everything. Even if you have a difficult ailment, such as arthritis, gear yourself up to fight it and win. Remember, the war is not lost until you stop trying. More so, 'You have arthritis and you must learn to live with it' is the final opinion of your doctor and his therapy. You have a right to differ with his opinion and try this Joint Cleanse or any other therapy for your benefit.

12. I did your treatment and my bone condition has improved (osteoarthritis has alleviated). My joint pain has reduced by almost half. My calcium levels have improved, my hair has gained lustre and my skin has better tone. Is this due to the apple cider vinegar?

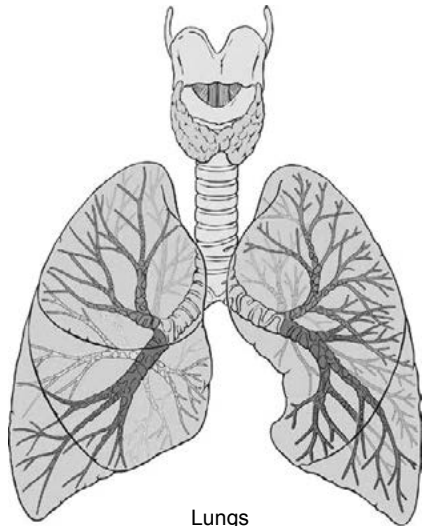
Yes, it is the effect of apple cider vinegar and black molasses consumed during the Joint Cleanse.

Lung

The lungs are part of the respiratory system. They help the body take in oxygen and release carbon dioxide and other gaseous waste. We only use 40 to 50 percent of our lung's capacity, whereas 70 percent of waste from our lungs is eliminated just by breathing. On an average, we breathe nearly 11,000 litres of air per day and 25,000 times a day.

Structure

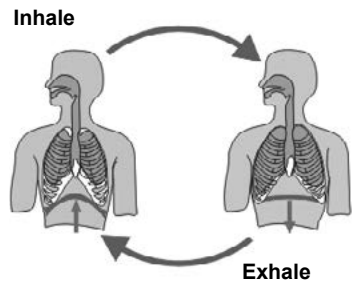
The lungs are divided into two parts, the right and left lungs. They are located within the upper chest, behind the ribs and sternum. They comprise only 10% tissue, while the rest of the space is reserved for air. While the right lung has three lobes, the left lung has only two lobes and it is slightly smaller in size to accommodate the heart. The process of breathing starts with the airway. Once breath enters the body through the nose and mouth, the air goes through the trachea and enters the bronchi. The bronchi are two tubes that carry air into the lungs. The larger bronchi break down into smaller branches, called bronchioles. At the end of the bronchioles are tiny air sacs call alveoli, which absorb oxygen from the air.



Functions

The lungs function at their peak during late teens to early twenties. After that, their capacity keeps reducing by one percent every year for the rest of one's life. For smokers, the lung capacity decreases by two percent every year. Major functions of the lung include:

- They filter oxygen from the inhaled air, supply it to the blood



and remove carbon dioxide from the body, which is a waste gas from metabolised food leaving the blood.

- Lungs maintain the pH of blood by facilitating alterations in the partial pressure of carbon dioxide.
- Lungs serve as a layer of soft, shock-absorbent protection for the heart.
- They secrete Immunoglobulin-A, which protects against respiratory infections.
- They also maintain sterility by producing mucus containing antimicrobial compounds.

Problems

Problems associated with the lungs are:

Asthma: Asthma is a chronic lung disease characterised by inflammation of the bronchi and bronchioles, and episodes of airway obstruction (asthma attacks).

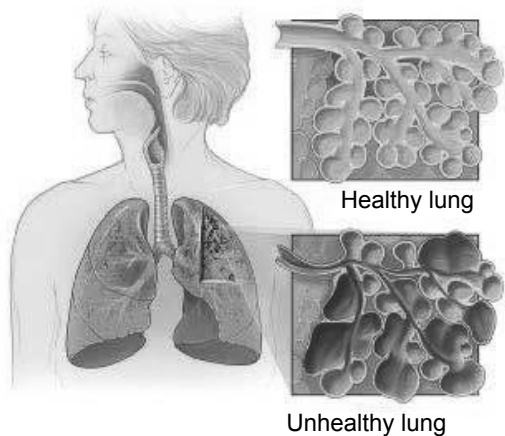
Chronic Obstructive Pulmonary Disease (COPD): In this disorder, patients experience increasing difficulty in exhaling and inhaling sufficient oxygen.

Pulmonary fibrosis: It is characterised by damage and scarring to the tissues between the air sacs, inflammation of the air sacs, and stiffening of the lungs.

Infections: Infections may be caused by bacteria, viruses, and more rarely, fungi. Some commonly occurring infections include pneumonia, influenza, and tuberculosis.

Lung cancer: There are two main types, small cell and non-small cell lung cancers. Smoking is a leading cause of lung cancer.

Stale air: The inhaled air may not be exhaled out completely. There will always be a certain quantity of stale air (about 20%) blocked inside the lungs. It does not get replaced by fresh air.



Causes

Smoking and air pollution are major causes of concern for lung health. Almost 80 to 90 percent of deaths associated with Chronic Obstructive Pulmonary Disease (COPD) are due to smoking. Other causes include repeated exposure to organic and



inorganic substances, such as asbestos, coal, beryllium and silica, mould, hay, animal droppings and grain dust, or exposure to toxic chemicals and drugs, radiation treatment, and auto-immune disorders, among others. Sometimes, lungs are unable to remove or detoxify foreign substances, possibly because of an underlying deficiency or an overwhelming amount of these substances that weaken the lung's defence systems.

Symptoms

- Chronic cough
- Shortness of breath
- Chronic mucus production
- Wheezing
- Coughing up blood
- Chronic chest pain

Lung Cleanse

Breathing is the greatest pleasure in life. Of course, we need great lungs as well, which is not the case today. There's so much pollution in the air that if it weren't for our lungs, there'd be no place to store it all. To add to the problem, smoking is like rubbing salt in the wound. While the adage suggested 'smoking is no disrespect', the contemporary coinage is to 'desist passive smoking', a perspective that is undeniably valid. Passive smoking is no less harmful than active smoking. The majority of people today cannot climb 25 to 30 staircases nonstop without feeling breathless. But everything is not as gloomy as far as lung health is concerned. Our Lung Cleanses are designed to help your lungs breathe freely. A Lung Cleanse opens the lungs, washes the countenance, exercises the heart, and softens temper. So, do a Lung Cleanse today itself.



Lung Cleanse through castor oil

Castor oil has long been appreciated as a general health tonic and is believed to stimulate lymphatic circulation and waste elimination. Massage your chest with warm castor oil or put a castor oil pack on your chest for thirty minutes before going to bed.

Castor oil massage

You can massage your chest with castor oil. Apply a few drops of warm castor oil to your chest and massage it for five minutes or more. Castor oil massage works in helping your lungs by loosening and lengthening the muscles that have become contracted resulting in the suppression of normal breathing. Massage the right side of your lung anti-clockwise and left side of the



lung clockwise. This rule is to be followed stringently as your lung muscles start from the centre of the chest and end below the arm pits, adjacent to the lymph nodes. By massaging the chest in this manner, toxins accumulated in the lungs reach the lymph nodes and are expelled through it.

Castor oil packs

Castor oil packs are easy to make and very effective in drawing toxins out of the body. For lung cleansing, you can make use of a homemade castor oil pack. Soak 2 to 3 pieces of flannel in one cup of warm castor oil. Castor oil packs are placed on the chest, like vapour rubs, to remove congestion and toxins. These packs can be reused up to ten times.



Ingredients

- Castor oil : 200ml
- Flannel : large size (2-3 pieces)

Procedure

- Lie down on a large plastic sheet.
- Put the flannel soaked with castor oil over your chest and sides, covering the lung areas.
- Cover the flannel with a large plastic sheet. Cover the plastic sheet with a towel.
- Put a heating pad over the towel for 30 minutes.
- Remove the pack and rinse your body with warm water and soap to get rid of the oil residue.
- Repeat the process after 12 hours. For better results, do it twice a week for at least a month.

Lung Cleanse with watercress (जलकुंभी का साग)

This cleanse includes a simple and delicious soup, which efficiently removes toxins from the lungs. It is recommended to consume this soup twice a month.

Ingredients

- One kg of watercress (flowers and stems)
- Half kg of chicken breast
- Two cups of red dates, without seeds
- Four cups or half a litre of water
- Black pepper, ginger slice, and rock salt as per taste



Preparation

Clean and cut the watercress in medium-sized pieces. Put all the ingredients, including the watercress pieces, in a pot or cooker, bring them to a boil, remove any scum floating at the top, and let the soup simmer at a low heat for one hour.

It is important to use a large quantity of watercress and to simmer the soup for one hour, so that the strong cooling properties of watercress are extracted. The soup becomes tasty, nutritious, and potent enough to detoxify your lungs. It can be served with rice and other dishes. If you are a vegetarian, increase the quantity of watercress to replace the chicken breast.

This soup cools your body and helps alleviate sore gums, sore throat, headaches, and flu.

Lung Cleanse through lemon, honey, garlic, red chilli and fenugreek seeds

Ingredients (for a one-day cleanse)

- Two medium-sized lemons
- One tablespoon of fenugreek seeds (soak the seeds in half a cup of water at night before going to bed and prior to the day of cleanse)
- One tablespoon of honey
- Two medium-sized cloves of garlic
- Red chilli juice (take the seeds of a few red chillies by removing their skin. Mix the seeds in a cup of water by crushing it)



Procedure

Squeeze two lemons into 250 ml of water and drink it before your first meal of the day, i.e., before your breakfast followed by the juice of red chilli seeds. Eat the fenugreek seeds by chewing it and drink the water. After a brief interval of 10 minutes, crush the two cloves of garlic, and consume them with a tablespoon of honey. Follow this for five days for better results.

Lung-friendly food

Like all other types of detoxifications, lung cleansing includes dietary changes. A Lung Cleanse regime requires consumption of more water, fruits, and vegetables.

Grapefruit

Grapefruit is full of antioxidants that help support lung health. Naringin, a flavonoid serving as cell cycle regulators, found in grapefruit, exhibits increased anti-inflammatory activity in the body.



Red chilli (cayenne pepper)

Red chilli helps break down excess mucus in the lungs, and the body in general, by irritating the tissues, helping our body to eliminate them easily. Boil a glass of water. Add a quarter teaspoon of red chilli powder, mix it thoroughly, and drink this when the water is warm. It not only improves your lung health but also removes blockages in the arteries, thus improving your heart health.

Onion

It prevents many diseases, including cancer and lung infections, and helps break down mucus and expel toxins from the body.

Ginger

Ginger root tea mixed with lemon facilitates breathing and promotes the elimination of toxins from the respiratory tract. You can also go for a twenty-minute steam inhalation with powdered ginger. The steam you inhale goes directly into the airways and eases the process of lung cleansing.

Carrot juice

Drink 300ml of carrot juice. You can also add a teaspoon of extra virgin olive oil or coconut oil for better results. Carrot juice is high in beta-carotene and helps alkalise your blood.

Mullein Tea

Tea made from mullein brings relief to people whose lungs are clogged with toxins and tar, which is common among smokers. Strain the tea carefully so as not to leave any tiny hair that are on the leaves of mullein, as they can irritate you while swallowing. This tea gives relief from allergies, asthma, upper respiratory problems, chest congestion, and harmful organisms.



Mucus cleansing tea

Drink one cup of mucus-cleansing tea half an hour before dinner. This tea is made of rose hips, ginger, and peppermint, which are all strong fighters against congestion and mucus build-up.

Dos and Don'ts.

- Eat fresh vegetables and fruits in sufficient amount. Add green juices to your diet.
- Avoid oily, fried, and hard-to-digest foods.
- Drink 8 to 10 glasses of water a day to keep your body hydrated.
- Take a steam bath, twice a day, to loosen your lungs and the mucus inside.
- Mix 5 to 10 drops of eucalyptus or mint oil in a litre of boiled water and inhale the steam for five minutes. The process loosens the mucus in the lungs and sinus, thus aiding in its expulsion.
- Go for a thirty-minute walk. You can perform yoga exercises and meditation as well.

Frequently asked questions

1. I have been a chain smoker and recently I quit smoking. Can lung cleanses help me?

Your lung function will improve within two weeks of the Lung Cleanse. Coughing and shortness of breath will decrease, so will the risk of infection.

2. I am allergic to grass, moulds, and pollens. Can Lung Cleanse be of help?

Lung Cleanse helps you in clearing the lungs of mucus and allergens, opening up the airways, improving lung capacity, and reducing lung inflammation. Your lungs become better at cleaning themselves, thus reducing the intensity of allergic attacks.

3. My father, aged 76 years, is suffering from COPD. Will it be safe for him to do a Lung Cleanse?

It's absolutely safe for him. Let him do the Lung Cleanse and feel the difference.

4. You have said that after mid-twenties, the capacity of our lungs reduces by one percent each year. Can Lung Cleanse reverse this process?

After a certain age, the capacity of our lungs decreases so does the functioning of other bodily organs. A Lung Cleanse may not be able to reverse the process but will certainly slow the process. Walk at least thirty minutes a day and do the Lung Cleanse regularly to slow down the rate by a half percent a year.

5. I am not able to find watercress in my area. Can you help me find it?

Watercress is not something that everyone buys. Your local street vendor may not be stocking it, but you can easily get it from food and vegetable sections of marts and malls. Online platforms, such as Big Basket, Blinkit, Starquick, and others may home deliver it.

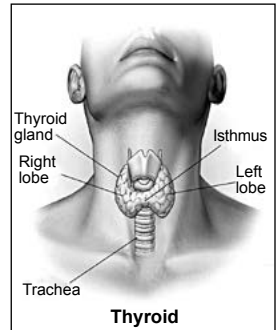
Note: For best results, do Liver, Kidney, Acidity, Parasite, and Nose Cleanses before doing the Lung Cleanse.

Thyroid

Thyroid is a small, butterfly-shaped gland located at the front of our neck under our skin. It's a part of the endocrine system and controls many of our body's important functions by producing and releasing certain hormones. All of the cells in our body need energy to function. Thyroid's main job is to control the speed of our metabolism, the process of converting food into energy in our body.

Structure

The thyroid is one of the larger endocrine glands, weighing 2 to 3 grams in infants and 18 to 60 grams in adults which increases during pregnancy. The thyroid gland is divided into two lobes connected by the isthmus which crosses the midline of the upper trachea at the second and third tracheal rings. The lobes of the gland, as well as the isthmus, contain many small globular sacs called follicles.



The follicular cells contain the enzymes needed to synthesise thyroglobulin as well as the enzymes needed to release thyroid hormone from thyroglobulin. When thyroid hormones are needed, thyroglobulin is reabsorbed from the colloid in the follicular lumen into the cells.

Functions

The thyroid gland releases hormones that are important for the body's metabolism and overall cellular maintenance. It produces several forms of thyroid hormones including T1, T2, T3, and T4. When your thyroid isn't working properly, it can impact your entire body. Hair fall, premature greying of hair, constipation, fatigue, menstrual problems, depression, and hypertension are a few common problems caused by thyroid disorders. Thyroid hormones affect the following bodily functions:

- Metabolism (the way your body uses energy)
- Heart rate and breathing
- Digestion
- Body temperature

- Brain development and mental activity
- Skin and bone maintenance
- Fertility

Problems

Thyroid disorders can range from a small, harmless goitre (enlarged gland) that needs no treatment, to life-threatening cancer. However, the most common thyroid problems involve abnormal production of thyroid hormones. Insufficient hormone production leads to hypothyroidism. Too much thyroid hormone results in a condition known as hyperthyroidism.



Causes of hypothyroidism

Hypothyroidism stands for underproduction of thyroid hormones. Causes of hypothyroidism include:

- Hashimoto's thyroiditis, a disorder where the body attacks thyroid tissues
- Removal of the thyroid gland
- Exposure to excessive amounts of iodine.
- Cold and sinus medicines as well as medicine for the heart
- Lithium drug

Symptoms of hypothyroidism

- Cold hands and feet, cold skin, decreased sweating, and heat or cold intolerance
- Constipation, chronic fatigue and lethargy
- Emotional instability, depression, slowed mental activity, and impaired memory
- Weight gain (more than 2 kg) and babies born with small or large birth weight
- Coarse and/or dry skin, acne or psoriasis, and yellowish coloured palms
- Slight swelling around the ankles
- Muscle weakness, cramps, and left handedness, particularly in males

- Heavy and/or painful menstruation
- Thick tongue and puffiness under the eyes
- Diabetes and high cholesterol or triglycerides
- Heart enlargement or palpitations
- Brittle nails
- Joint aches, pain, or stiffness

Causes of hyperthyroidism

All types of hyperthyroidism are due to an overproduction of the thyroid hormones, but the condition can occur in several ways:

- Graves' disease: the production of too much thyroid hormone.
- Toxic adenomas: upsetting the body's chemical balance; some goitres may contain several of these nodules.
- Inflammation of the thyroid, Subacute thyroiditis: causes the gland to release excess hormones, resulting in temporary hyperthyroidism that generally lasts a few weeks, but may persist for months.
- Malfunctions or cancerous growths in the thyroid gland, although rare.

Symptoms of hyperthyroidism

- Sweating
- Shortness of breath
- Weight loss
- Anxiety and excitability
- Thirst
- Muscle weakness
- Insomnia
- High blood pressure
- Racing heart rate
- Hunger

Thyroid Cleanse

To restore the function of the thyroid gland, cleanse the whole digestive system by means of a Colon Cleanse. This is a foundational procedure to open the main channel to eliminate toxins and stop their spreading. This cleanse will improve digestion, nutrient absorption, and toxic elimination. Do the Liver Cleanse followed by a healthy diet regime and an Acidity Cleanse by drinking green fresh juices which dilute toxins in the thyroid gland.

Thyroid Cleanse Juice

This nutritious and well-balanced Thyroid Cleanse juice helps in the treatment of most of the thyroid problems and their symptoms.

Ingredients

- Coriander leaves 100 grams
- Cucumber 200 grams
- Ginger 25 grams
- Lemon 1 medium sized
- Carrot 200 gram

Procedure

Place the ingredients in a juicer and make a glass of juice. Drink this juice empty stomach for a month. This juice is rich in iodine, calcium, and vitamin D, essential nutrients required for thyroid health.

Natural remedies

You can control the functioning of your thyroid by adapting dietary and lifestyle changes. Following are a few natural remedies to improve the function of the thyroid gland.

Ashwagandha

The herb Ashwagandha, also known as Indian ginseng, has properties beneficial for thyroid health. Ashwagandha increases thyroid hormone levels by reducing the production of lipid peroxide in the liver and increased liver antioxidants, while energising thyroid hormone production.

Iodine

Iodine is the most vital ingredient in thyroid gland hormone production. Since the body does not self-manufacture iodine,

it must either be ingested through the diet or through iodine supplements, hence more iodine should be added to salt.

Magnesium

Magnesium plays an important role in thyroid health, especially with regard to iodine metabolism. Many people are deficient in magnesium. Supplements can effectively address severe deficiencies, and once optimal magnesium levels are achieved, you can maintain them through dietary sources, particularly raw nuts, seeds, and green leafy vegetables.

Dos and Don'ts

Pursue a thyroid friendly diet

- For underactive thyroids, selenium rich foods such as shellfish and fish, goat kidneys and liver, mushrooms, onions, sesame and sunflower seeds and wheat germ should be added to the diet.
- Foods that are beneficial for people with overactive thyroids are raw vegetables such as, cauliflower, mustard greens, cabbage, broccoli, beans, watercress, and turnips. Soy and soy products also lower thyroid production.
- Free radicals can induce inflammation in the thyroid gland, potentially impacting its proper functioning. Rich in vitamin C and antioxidants, oranges can neutralise free radicals, protecting your cells from further damage.
- A big reason behind many thyroid problems is vitamin D deficiency. For individuals facing a deficiency, supplementing with vitamin D₃ is typically necessary. Additionally, cultivating a habit of receiving sun exposure for at least 15 to 20 minutes each day is advisable.

Use thyroid friendly, healthy fats

Given that thyroid conditions, at a basic level, are issues that arise within the endocrine (hormonal) system, supplementing the diet with good sources of healthy fats (any of the following) can provide the raw materials needed to encourage the body to repair itself.

- Coconut oil and other coconut products
- Ghee

- Avocados
- Nuts and nut butters
- Lean meats and fish
- Flax seeds

Avoid goitrogens

When it comes to the efficiency of the thyroid gland, you need to avoid some foods that may contain goitrogens. Goitrogens are naturally-occurring thyroid-inhibiting compounds found in several species of plants and vegetables.



Anyone experiencing decreased thyroid function should avoid broccoli, cauliflower, radishes, turnips, cabbage, pearl millet, mustard seeds, peaches, ground nut, and water lettuce.

However, foods containing goitrogens are rich in vitamins and minerals and you cannot cut them completely. So, use them intelligently to minimise their negative impact on thyroid health.

- Goitrogen rich vegetables should be either fermented or roasted/ steamed before use.
- You can also refrigerate the vegetables after gently cooking them and use later.
- Take a diet rich in iodine and selenium.

Benefits of Thyroid Cleanse

- Improved metabolism
- Soft and smooth skin
- Calmness, improved breathing, and speech patterns
- Weight control, ease in menstruation cycles
- Regular heart rhythm
- Increased energy levels, strength, and vigour
- A sense of wellbeing and hope

Frequently Asked Questions

1. Are women more likely than men to have a thyroid imbalance?

Yes, thyroid disorders are more common in women. Female hormones, such as oestrogen, may be a factor in triggering autoimmune conditions including problems with the thyroid.

2. Which is more common: hyperthyroidism or hypothyroidism?

Hypothyroidism is more common than hyperthyroidism. Although the two conditions have different signs and symptoms, sometimes they overlap.

3. Can menopause cause a thyroid disorder?

Thyroid disorders often cause changes in the menstrual cycle and mood. These symptoms are sometimes mistaken for menopause. If a thyroid problem is suspected, a simple blood test can determine whether it is menopause or a thyroid disorder or a combination of both.

4. Is it true that hypothyroidism poses a special danger to newborns and infants?

Lack of thyroid hormones in the system at an early age can lead to the development of cretinism (mental retardation) and dwarfism (stunted growth). If they have hypothyroid, treatment begins immediately. A hypothyroid infant is unusually inactive and quiet, has a poor appetite, and sleeps for long periods of time.

Colon

The intestine (or bowel) is a segment of the alimentary canal, extending from the mouth via stomach to the anus. It consists of two segments, the small intestine and the large intestine.

While the small intestine plays a major role in absorbing nutrients from food, the large intestine plays a comparatively much smaller role. It stores waste, reclaims water, maintains water balance, absorbs certain vitamins (such as vitamin K) and provides for flora-aided (mostly bacterial) fermentation. The colon is a part of the large intestine and the final part of the digestive system.

Structure

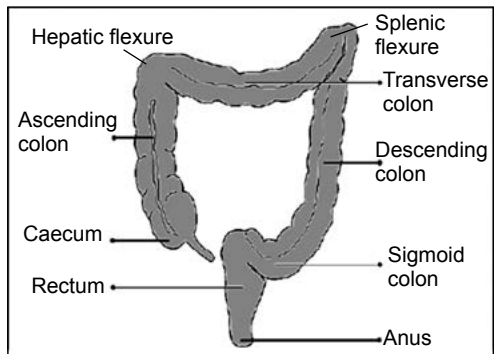
The colon is a five feet long muscular tube that connects the small intestine to the rectum, the holding area for the stool.

The colon is divided into four parts. The ascending colon is the start of the colon, on the right side of the abdomen. It continues upward to a bend called the hepatic flexure.

The transverse colon follows the ascending colon and hepatic flexure, and lies across the upper part of the abdomen. It ends with another bend in the colon called the splenic flexure.

The descending colon follows the transverse colon and splenic flexure and is located on the left side of the abdomen.

The sigmoid colon is the end of the colon and connects to the rectum.



Large intestine

Function

The colon and rectum extract water, salt, vitamins and nutrients from indigestible food, process food that was not digested in the small intestine and eliminate solid waste from the body. The colon reabsorbs fluids and processes waste products for elimination. Partly broken down or digested food moves from the small intestine into

the colon. Digestion continues in the colon as bacteria breaks down some food materials into smaller pieces.

Water and some nutrients are absorbed by the inner lining of the colon (also called epithelium). The liquid waste remaining in the colon turns into semi-solid stool (also called feces). The inner lining of the colon, or mucosa, also makes mucus, so that stool can easily move through the colon and rectum.

As stool moves to the end of the colon, it becomes solid. It leaves the colon and moves into the rectum. When the rectum is full, a signal is sent to the brain to push the stool out of the body through the anus.

Problems

When the colon does not function properly, it begins to absorb toxins instead of eliminating them, thereby causing the following problems:

- headaches
- gas, bloating and constipation
- diverticulitis
- weight gain
- low energy and fatigue, and other chronic illnesses

Causes

The colon plays host to a zoo of bacteria, over a hundred micro-organisms live in the colon. A proper balance of healthy bacteria must be maintained inside the colon to avoid digestive ailments. Unhealthy food habits often harm this balance and cause various stomach problems. These problems can be caused by undigested food, as most food that we eat today are loaded with additives, preservatives and other chemicals, leading to a build up of toxins in the colon, which affect the body.



Junk food - hard on colon

From the air we breathe and the water we drink, to the hundreds of chemicals we come into contact with each day – it all takes its toll on the colon and ultimately, on our overall health.

Symptoms

An obstructed colon can show one or more of the following symptoms:

- Allergies
- Bad breath
- Body odour
- Colitis
- Constipation
- Dark circles below eyes
- Depression
- Diarrhoea
- Fatigue
- Frequent infections (cold/flu)
- Gas and bloating
- Indigestion
- Irritability
- Irritable Bowel Syndrome (IBS)
- Parasites, especially tapeworms
- PMS (Pre-Menstrual Syndrome)
- Skin problems (acne, eczema, etc.)

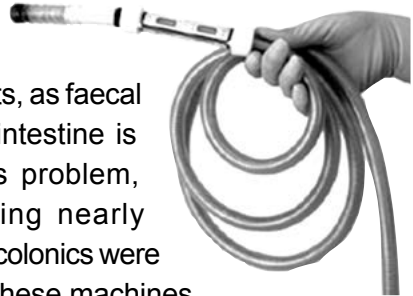
Colon Cleanse

Everybody is not lucky enough to have regular defecation in the morning. The number of bowel movements generally decrease with age. The most common pattern is one bowel movement a day, but this pattern is seen in less than 50% people. Moreover, most people are irregular and sometimes, do not have any bowel movements in a day or the same number of bowel movements every day.

Stool can accumulate anywhere inside the colon and the rectum in the form of a thin film as well as stick to the walls of the colon. They hamper physical efficiency and cause a lot of discomfort, irritability, lethargy, bloating, flatulence and headaches. Cleansing the colon solves these problems and promotes total well being. Some of the techniques used for Colon Cleanse are given below:

Cleanse by Colonic Irrigation

It has been observed that enemas, the traditional method to cleanse the colon, do not give sufficient results, as faecal matter inside the colon and large intestine is hardly cleaned. To overcome this problem, a Colon Cleanse machine costing nearly Rs. 10 lakhs was invented and many colonics were trained. We now have a number of these machines in India. They charge approximately Rs. 2500/- for a single Colon Cleanse session. Most of the patients have found it beneficial.



Procedure

The patient sits down on a special chair, at a 45° incline with legs spread at a 30° angle.

A single use nozzle of nearly one centimetre diameter and five inches length is inserted into the anus using a lubricant.

Carbon filtered and UV ray disinfected water is gently infused into the large bowel to soften and loosen the waste in the colon. This water is supplied at body temperature. Simultaneously, the colonic also uses a massager on the abdomen to loosen hard faecal matter.

Nearly 40 litres of water is pumped in the colon in 45 minutes. The residual faecal matter comes out of the anus along the sides of the

pipe. This process does not clean the small intestine because there is an ileocecal valve between the two intestines, which prevents matter from going back into the small intestine from the large intestine.

It is recommended not to eat heavy food for two hours prior to the session. All patients feel fresh after a cleanse.

Colon Cleanse at home

Colon Cleanse by a colonic is good, but it has two practical difficulties:

- The patient has to leave his/her home and go to a colonic
- Administration fee of nearly Rs. 3500/- per session is rather high

To overcome these problems, we have devised a simple method that can be done in the privacy of your home. This works on Indian as well as European toilets.

Hold a hand jet spray with running water near the anus. Do not insert the spray inside the anus, as the pressure of the water is sufficient for it to enter the large intestine. Soon, it builds up pressure inside and most of the faecal matter, including old accumulated junk inside the colon is thrown out. The resultant freshness is unbelievable.



Colon Cleanse at home

Regarding frequency of this procedure, like all other cleanses, we suggest that you do it once. Subsequently, you can decide the frequency for yourself. It is safe to do it once a week. However, doing it daily may remove some of the beneficial bacteria that help in the digestion of food.

I discussed this process with a reputed doctor who practices Colon Cleanse in Mumbai. I asked him about the ramifications of my experiment. He had the following observations about using a regular jet spray at home:

The water being sprayed inside is not at the same body temperature.

I confirmed that this is hardly inconvenient, in view of the large benefits involved.

He suggested that using regular tap water may transmit infection and damage the walls of the intestine.

I told him that we use tap water for rinsing our mouth after brushing teeth. We also eat salads that have raw vegetables washed in regular water, without suffering ill-effects.

He asked me whether I have experimented it on myself.

I confirmed that I had, whereupon he admitted that doing this type of Colon Cleanse at home is very good for everyone, because it takes only five minutes, involves no cost and is very convenient and safe. He, however, apprehended that this may affect a colonics business.

Enema

Another option is to take an enema, in which a liquid is passed through a tube into the rectum to stimulate bowel movements. Enema can be taken by the patient himself/herself from the comfort of his/her home, preferably without any external help.

Benefits

The secret to beautiful skin is a healthy colon. It rejuvenates our entire system by enhancing anti-oxidant activity in the body, thereby slowing the aging process considerably.

Colon Cleanse is beneficial in restoring good health by:

- Clearing the colon of old hardened waste and harmful toxins
- Reducing the absorption of toxins via healthy mucosa
- Strengthening peristaltic (natural muscular contraction) activity in the colon
- Promoting normal and regular bowel movements
- Providing a favourable environment for bacteria and microflora necessary for digestion
- Reducing fat deposition in the body due to improved hydration
- Improving tissue metabolism (hydration leads to better lipid metabolism)
- Enhancing energy levels and toning the muscles (resulting in overall fitness)

Frequently asked questions

1. I am going for a colonoscopy. Can I go for a Colon Cleanse prior to it?

Of course. Your doctor himself may advise you to undergo for a Colon Cleanse before the test. It will enhance the effectiveness of the colonoscopy. Many people are advised to do the cleanse by alternative therapists, including homeopaths, acupuncturists and herbalists. By detoxifying the system, these therapies tend to be more effective.

2. How can Colon Cleanse help my digestive health?

Colon Cleanse is a gentle internal bath that helps in eliminating stored faecal matter, gas, mucus and toxic substances from the colon. Additional benefits can often be observed in the form of radiant skin, more energy and mental clarity, fewer headaches, improved blood circulation, better immunity and weight loss, among others.

3. Is Colon Cleanse safe?

It is completely safe.

4. Does Colon Cleanse hurt?

The procedure itself does not cause pain. At the start of the procedure, you may experience some uneasiness and a strange sensation and the urge to relieve, but most people get used to it in the first few minutes, and even find the process relaxing and uplifting. You may also use massage, vibration, reflexology and reiki, as well as other modalities to make your treatment comfortable and effective.

5. How many sessions does a person need for this treatment?

It all depends on your condition and on the results of the first Colon Cleanse. If this condition has been building up for years, it is unlikely that it will disappear after a single session. In that case, try it again the next day.

6. Can I lose weight after going Colon Cleanse?

You will definitely lose some weight. Just bear in mind that you lose wastes only, not fat or cellulite.

7. Can I do a Colon Cleanse if I am on my period?

You can do a Colon Cleanse during your period. Infact, doing a cleanse during periods makes 'those' days easier. Please make sure you have a spare tampon or towel to use immediately after the treatment.

8. Can I do a Colon Cleanse if I am pregnant?

It is recommended to do a Colon Cleanse under supervision at any stage of the pregnancy. For more information, please send an email to me and I shall advise precautionary measures on a case-to-case basis.

9. How does the Colon Cleanse compare to an enema?

Colon Cleanse is a much more comfortable experience, where the patient's dignity and privacy is maintained. A single session is said to be equivalent to 10 enemas and does not lead to a habit.

10. Does a Colon Cleanse, cleanses the entire colon or only a part of it.

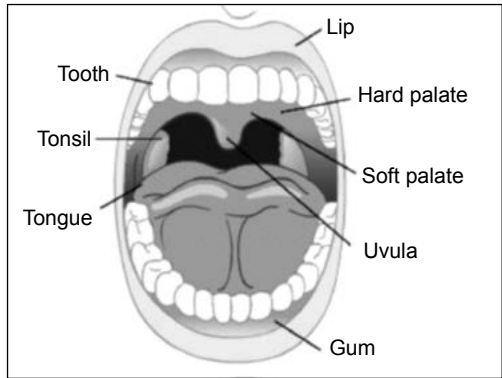
The Houston valve is located between the transverse colon and descending colon. Therefore, mainly sigmoid and descending sections are cleaned. Generally, only these two are affected by constipation.

Mouth

Mouth is a hollow cavity and an anterior part of the alimentary canal. The alimentary canal is responsible for processing the food we eat.

Structure

The part of the mouth in front of the teeth is called the vestibule, while the one behind is the mouth itself. Several sheets of muscle tissue are attached to the inner surface of the jawbone or mandible from the floor of the mouth. The cheeks are sufficiently flexible to allow the mouth to open and close. The palate, a thin sheet of tissue, which



Structure of mouth

separates the mouth from the nasal cavity above, forms the roof of the mouth. At the back, the mouth cavity joins with the pharynx (the cavity connecting the nose, mouth and larynx), while at the front, it produces a range of sounds through the lips. Except the teeth, the entire inner surface of the mouth is lined by a mucous membrane.

Functions

Bounded by lips, cheeks, floor of the mouth and palate, the mouth performs the following functions:

Digestion

The digestion process begins in the mouth. It receives food by ingestion, breaks it into small particles by mastication or chewing and mixes it with saliva. The digestive functions of the mouth include:

- Taste
- Chewing, grinding and mixing of food
- Formation of a bolus
- Swallowing and initiation of digestive processes

Breathing

The mouth is a passageway between the pharynx and the outside body. It can aid in breathing when the nose is blocked or inadequate, for instance, during strenuous exercise, flu, cold, etc.

Speech

The mouth plays a vital part in speech. Alterations in the shape of the tongue and the lips modify sounds produced by the vocal chords in a way that they become recognisable as syllables.

Poison making

We have glands in our mouth that produce venom-like proteins called cytokines. Cytokines are proteins designed to kill microorganisms in our mouth, before food or saliva is swallowed. During the night, the alimentary canal discards all residual waste towards the anus and mouth. This poisonous material is very strong. Long ago, it was a custom amongst kings to make slaves keep 20 gms of rice in their mouth for 20 minutes in the morning. The rice absorbed the toxins in the mouth. Afterwards, they would spit this rice into a bowl and dry it in the sun. This rice was sent to the enemy camps to poison them.

Problems

Several health problems are associated with the mouth and the unhealthy bacteria flourishing inside, including an increased risk of stroke, heart disease, arthritis, diabetes, bronchitis, pneumonia and premature births. However, we will discuss problems specific only to the mouth.

Gingivitis

Gingivitis is an early form of gum disease caused by plaque, a sticky bacterial film that forms on our teeth. These bacteria also carry toxins that cause gum irritation.



Oral thrush

Oral thrush is a fungal infection, which appears as raised creamy spots on the lining of the mouth, lips and throat.

Mouth ulcers

They appear on the insides of lips, cheeks or floor of the mouth, and may occur as a result of aggressive tooth brushing, eating very hot food, food allergy, etc.

Bad breath

The main source of bad breath (or halitosis) is the tongue. When layers of bacteria are embedded on the tongue, it produces foul smelling volatile sulphur compounds. Other possible bad breath causes are dry mouth and food, such as onions and garlic.

Causes

Mouth is home to thousands of bacteria, viruses, fungi, parasites and their toxins. Our immune system is constantly fighting these troublemakers. Excessive stress, poor diet, poor oral hygiene and environmental toxins help these unwanted organisms spread throughout the body leading to secondary infections, chronic inflammation and several other health problems.

Symptoms

Some of the common symptoms of mouth problems are:

- Bad breath
- Discolouration of teeth
- Ulcers in cheeks and gums
- Bleeding gums
- Loose teeth
- Tooth decay

Mouth Cleanse

Mouth Cleanse, also known as Oil Pulling Technique (OPT) is a mouth cleansing method designed to deal with serious oral conditions, such as bad breath and tooth decay. It creates an environment favourable to good health. Even if you have already developed an oral disease, you can reduce and even reverse it.

Before or after a Mouth Cleanse, it is recommended to do a Colon Cleanse. A Colon Cleanse helps in eliminating toxins, faecal matter and plaque from your intestine, which in turn rejuvenates your health and vitality.

Oil pulling technique

Oil pulling technique or Mouth Cleanse is called *kavala graham* in Ayurvedic texts, which can cure a variety of illnesses, ranging from heart disease and digestive troubles to hormonal disorders. The technique is not only curative, but also prevents health problems. The oil pulling technique can also fix loose teeth, which no dentist can do.

In the *Charaka Samhita*, the *Sutra Sthana* chapter says, “By doing oil pulling with sesame oil (तिल तेल), teeth are not affected by cavities and become firmly rooted. Tooth pain and sensitivity to sour items will be healed and one will be able to chew the hardest food items.”



Oil pulling



Ingredients

For a Mouth Cleanse, take sesame oil or any other oil which suits you, such as mustard, sunflower, groundnut oil, etc.. If you are allergic to a particular brand of oil, change the brand or type of oil.

Kachchi ghani
mustard oil



Sesame oil

Procedure

Pour 20 ml of oil in your mouth in the morning, on an empty stomach before drinking any liquid (including water). Swish the oil in your mouth. Remember not to swallow or gargle it. You will notice that the oil begins to get watery as the saliva in your mouth mixes with the oil. Keep swishing. If your jaw muscles get sore while swishing, it means you are putting too much effort into it. Relax the jaw muscles and use your tongue to help move the liquid inside your mouth.

As the end of the session approaches, you may notice that the oil-saliva mixture in your mouth has become thinner and the quantity of liquid has increased. After 20 minutes, spit the oil. Do not be alarmed if the liquid is yellowish. It is due to the removal of toxins from the mouth. Rinse your mouth thoroughly with warm or plain water and brush as usual.

What to expect initially?

Mouth Cleanse may not be a very comfortable exercise to begin with. Initially, when you start pulling, mucus may build at the back of your throat. You may even have to expel the oil and clear the mucus before completing 20 minutes. In such a case, take another spoonful of oil and continue for 20 minutes.

You may also experience a little nausea and may even need to vomit, as your mouth expels toxic waste. These symptoms will subside as you become more comfortable with oil pulling. For some people who have various illnesses manifesting simultaneously, the condition might worsen. This is due to the initial removal of the primary infection that causes secondary infections to dominate temporarily.

After a few days, these secondary infections will disappear and other infections may take its place. Under these circumstances, the affected person should continue the treatment to facilitate rapid healing. A brief worsening of health is an excellent sign of the body healing itself. For example:

- The skin might itch during an infection or inflammation from an injury or wound. The same itching may aggravate during the cure of the wound/injury.
- When a bone breaks due to an accident, the pain is more severe at the time of setting and also, during the process of healing.

Benefits

When you rinse your mouth with oil, it acts as a cleansing agent that removes bacteria and other toxic debris from the teeth and gums. When we expel these harmful substances from our mouth, our overall health improves significantly. Teeth become whiter, breath becomes fresher and the tongue and gums have a healthy pink colour. Even problems, such as tooth decay and bleeding gums are diminished or completely healed.

People who have undergone the Mouth Cleanse have also reported relief from acidity, asthma, bronchitis, cracked feet, eczema, headaches, heart



Whiter teeth after oil pulling

problems, intestinal diseases, joint pains, kidney diseases, lung and liver problems, nose blocks, problems connected with nerves, stomach problems, thrombosis and ulcers, and various other health issues. A Mouth Cleanse also helps overcome chronic skin problems. It is found to be very helpful in treating gynaecological issues as well.

Do's and don'ts

- Brush your teeth and gums for one to two minutes.
- Brush around the edges of gum in a circular motion.
- Use a soft bristle brush and do not brush hard. Remember that nature intended no brushing of teeth. We need it because we eat cooked food.
- Try to use homeopathic or herbal toothpastes, as they are better suited for your oral health.

Conclusion

If, as they say, the way to a woman's heart is through her ears and to a man's heart is through his stomach, then the way to good health is definitely through the mouth. Make it a goal to become 'orally self sufficient' by practicing good mouth and gum cleansing.

Frequently asked questions

1. Who can practice Mouth Cleanse?

Anyone above the age of five years can practice it. Children should use only one teaspoon (5 ml) of oil for pulling. People with artificial dentures should remove them before swishing. Women can practice this therapy during periods as well as pregnancy.

2. What is the best time to practice Mouth Cleanse?

Mouth Cleanse, done in the morning on an empty stomach delivers best results. However, you can do the Mouth Cleanse any time, as per your convenience.

3. How long should one do the Mouth Cleanse?

Initially, you can perform the process for 20 minutes at a time, 2-3 times a day for quick results. However, depending on how you feel after the first session, you can determine the duration of the subsequent sessions.

4. How much time gap is required to eat or drink after a Mouth Cleanse?

After doing a Mouth Cleanse, wash/rinse your mouth and then you can eat or drink right away. No time gap is required.

5. Can we decrease the quantity of oil from 20 ml to 10 ml?

It is possible to get the desired results with 10 ml of oil. You may increase it, if needed. I use 20 ml of mustard oil.

6. Can we do any other work while doing a Mouth Cleanse?

It is advised to do a Mouth Cleanse slowly with your chin up, preferably in a sitting position, to make sure that the oil is pulled through the teeth and touches all portions of the mucous membrane in the oral cavity.

7. What to do if the following problems arise during a Mouth Cleanse?

Oil does not become watery or thin even after 20 minutes of pulling and it feels as it is being absorbed and reducing in quantity.

Under normal circumstances, the mouth will not absorb the oil. If it does so, the reason is lack of adequate salivation, due to lack of fluids in the body. In such a case, you must drink two or three glasses of water, go for a walk for 30 to 45 minutes and then do oil pulling.

Nose block due to accumulation of mucus.

Clean and blow your nose to avoid a nose block.

Sneezing and coughing sensation.

Irritation may cause sneezing or coughing during the Mouth Cleanse. Do it slowly, in a relaxed state, to avoid irritation. Stop and relax if you feel irritation or a sneezing sensation. It will eventually subside. However, if the symptoms continue, you can spit the oil and restart the therapy once the symptoms subside.

Phlegm in the throat comes into the mouth.

If phlegm comes into the mouth, spit it out and do the cleanse with fresh oil again.

8. How long will it take to cure a particular disease?

The duration would depend on the age, state of health, disease, diet and other habits of a person. Chronic diseases may take a few weeks to a month to subside, whereas acute diseases can be cured in 2-4 days.

9. How does a Mouth Cleanse cure/heal diseases?

Mouth Cleanse acts as an analgesic in relieving pain, antibiotic in fighting infection, anabolic in fixing loose teeth, and anti-inflammatory in reducing sensitivity of teeth. It influences the nervous, endocrine and immune systems to achieve balanced health.

10. Are there any allergic reactions? Can regular medication be continued during a Mouth Cleanse?

Normally, there are no reactions. Cleansing is a smooth, gentle and pleasant process. Sometimes, the condition may worsen, before it gets cured. In case the aggravation is not tolerable, you may stop it for a few days and try again later. If you are on any medication, try to gradually taper them as you find improvement through oil pulling. In case of any chronic disease, if it is not possible for you to reduce or stop your regular medicines, Mouth Cleanse may not be effective in curing your chronic disease, but will certainly reduce the side-effects of the drugs.



Sneezing

Hair

Hair is not only good or bad but is mirror to your overall health. At some point in our lives, we all are unhappy with our hair. A person with straight hair wishes for curly ringlets and those with curly hair want stick-straight locks. People with thick and coarse hair desire it to be fine and thinner, while those with fine and thin beg for thick hair. Lucky are the people who have got healthy, thick, dense, and beautiful hair.

Structure

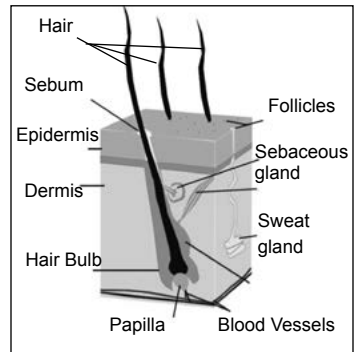
Hair is made of strong, elastic strands of protein called keratin. The roots of hair consist of very small pockets in our skin and scalp known as follicles. These follicles are found together in groups of two to five each.

Every follicle follows its own life cycle, producing about six inches of hair a year for up to four years before falling out. After a short period, the cycle starts all over again.

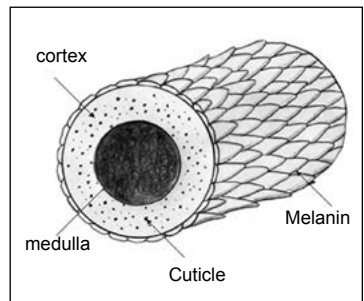
The basal tip of hair on the scalp is known as papilla, a small outgrowth of skin shaped like a doorknob, located at the tip of the follicle. The papilla contains blood vessels that supply nourishment to the hair.

Though hair strands look like singular fibres, each hair is constructed in three different layers: the cuticle, the cortex, and the medulla. When it comes to oily skin or hair, the root source is Sebum.

It is produced by sebaceous glands in the upper layers of your skin. These glands generally accompany hair follicles, aiding in the distribution of the sebum on your skin.



Hair



Structure of hair

Signs of healthy hair

Some of the most common characteristics of healthy hair are:

- Thick and dense
- Fine and silky, not too oily or rough
- Lustre-filled, with a shine and gloss
- Pliable, capable of setting and styling

Functions

Since ages, human hair is considered the epitome of beauty. However, apart from looking beautiful, hair has other functions too:

- Hair provides the most efficient means of protecting its immediate surface. The head is the closest to the radiation of the sun and experiences most of the bumps and falls of childhood to early teenage years.
- The thousands of strands of hair act as shields; prevents germs, bacteria, insects and other undesirable microbes from directly invading the scalp.
- Heat escapes easily through the head. With a full head of hair, the process of heat escape is retarded or gradually slowed down during cold winter months. Conversely, during summer, hair acts like a roof over the head and keeps it cool.

Problems

Some common hair problems are as follows:

Grey hair

For some people, grey hair is a distinguishing characteristic. For others, it is a reminder that they are getting older. Some people start to grey young, as early as their teens. This condition is called premature greying of hair.

Hair loss

The average person loses about 100 hairs each day. Losing excess hair can be a normal part of growing older, but if it falls at a very young age, then it's a problem. The most common type of hair loss in males is male pattern baldness.

Dry hair

Hair needs moisture and a certain amount of oil to keep it healthy. However, nowadays, it is 'in fashion' not to oil the hair.

Greasy hair

Sometimes sebum producing sebaceous glands work overtime and produce too much oil, leading to a condition called seborrhoea or greasy scalp.

Hair damage

Split ends and dry hair are just two of the possible outcomes of over-styling.

Dandruff

It is a common condition that causes the skin on the scalp to flake.

Causes

- Blow drying, straightening, highlighting, use of chemical dyes, and perming.
- Poor nutrition, certain medications, smoking, and certain vitamin deficiencies (particularly vitamin B12) can also turn hair prematurely grey.
- Psychological issues, hormonal imbalances, and problems related to thyroid glands.
- Menopause, PCOS, and other gynaecological disorders, as well as post-delivery.
- Use of birth control pills and medicines containing steroids
- Typhoid, Malaria, Pneumonia, chronic cold, and other such diseases.
- Psoriasis, dermatitis, and other fungal, bacterial, and viral infections.
- Acidity, constipation, indigestion, and other digestive problems
- Air pollution, excessive exposure to sunlight, regular swimming, dyes and dust particles.



Hair Cleanse

An effective hair-care discipline involves cleansing, toning, and conditioning routines carried out with a regularity. The purpose of cleansing is to wash away excess oil on the hair and scalp and clear the hair follicles off the debris of non-exfoliated dead cells. A liver cleanse always improves the quality of hair.

Cleanse with Jojoba

Jojoba is a natural, plant derived liquid wax that can penetrate into your hair pores and hair shaft rapidly, loosening and dissolving oil and waxy encrustation. You can use jojoba oil on its own to clean your scalp and hair, leaving them free to continue their



normal function. Depending on the condition of your scalp and hair, you may need one tablespoon or more of jojoba.

Ingredients and tools

- Jojoba oil and water
- Two containers: small and big

Procedure

1. Warm up jojoba oil to body temperature by using a double boiler.
2. Make a double boiler by placing a smaller container such as a metal or porcelain bowl into a bigger container. Pour hot water into the bigger container, ensuring it does not spill into the smaller bowl.
3. Preheat the metal bowl by pouring hot water into it, discarding the water when the bowl becomes hot.
4. Place jojoba oil into the bowl, cover for a few minutes, and allow it to warm up.
5. Stir the jojoba oil to ensure an even temperature distribution and apply it to the scalp and hair.

6. Cover your scalp and hair with a plastic shower cap. Wrap a very warm towel around the head and wait for half an hour or more to allow the jojoba to penetrate the hair shaft and dissolve build-ups. When the towel cools, reheat it by placing it in hot water, squeeze out excess water, and wrap it around your head again.
7. After half an hour, remove the towel and shower cap. Massage your scalp using gentle, circular motion.
8. Follow up with a mild natural shampoo such as one made of shikakai or ritha. Rinse with warm water and finish with a cool rinse to close the pores.

Cleanse through lemon, green tea and amla

Both amla (Indian gooseberry) and lemon juice are high in vitamin C. Green tea and amla contain tannin, making this cleansing solution astringent. All three ingredients are acidic and possess powerful antioxidant properties.



Ingredients and tools

- Three tablespoons of green tea leaves powder (the seeds or root of the plant are better cleaners)
- Two tablespoons of amla powder
- One tablespoon of lemon juice
- Two litres of boiling hot water
- A steel or porcelain container
- A stick or long-handled spoon for stirring
- Strainer

Procedure

1. Place the powdered ingredients in the container.
2. Pour in boiling hot water and allow steeping for 30 minutes or more, then strain out residues.
3. Add lemon juice and stir to mix.
4. Wash your hair with this mixture for 10 to 15 minutes and then rinse the hair.

Cleanse through amla, shikakai, and ritha

While shikakai is an herbal rejuvenating tonic for the hair, ritha is a natural soap and cleansing agent. Amla is rich in vitamin C and contains the astringent tannin.



Ingredients

- Three tablespoons of amla
- Two tablespoons of shikakai
- One tablespoon of ritha (soapnut)
- Water

Procedure

1. Mix the powder ingredients with water to make a thick paste.
2. Wash your hair with body temperature water.
3. Apply the paste to the entire scalp. Keep it for thirty minutes and then wash.

Cleanse through shikakai

This is quite beneficial for hair that has not been oiled before washing.



Ingredients

- Shikakai powder
- Water

Procedure

1. Put 1 to 2 tablespoons of shikakai powder into a bowl.
2. Pour in warm water and stir until the mixture looks like a watery, muddy tea.
3. Leave the mixture for at least an hour so that the nutrients and phytochemicals seep out in water. Occasionally stir the mixture.
4. Strain out the residues.
5. Pour the remaining liquid into a squeeze bottle (optional).
6. Rinse your hair with clean water. Shake the bottle of shikakai tea until it foams.
7. Divide your hair into vertical rows along the scalp. Starting from the back of the head, apply the tea systematically along

- the length of each row. Squirt the tea on your hair as well.
8. Use a plastic shower cap to cover your head and hair after the tea application is complete.
 9. Let the solution soak for about 10 to 15 minutes. Massage your scalp and wash off the solution with warm water followed by cool water.

Some tips for healthy hair

1. Take one ounce each of arnica and jaborandi and half an ounce of cantharis mother tincture. Mix it in 250 ml of coconut oil or any other carrier oil. Before going to sleep, massage your scalp with this oil by dividing your hair into vertical rows along the scalp. Starting from the back of the head, apply the oil systematically along the length of each row. Don't forget to rinse the bottle before applying. Wash your hair in the morning while taking a shower. Apply it twice or thrice a week.
2. Take a teaspoon each of coconut and castor oil in a small bowl. Squeeze a vitamin E capsule into it. Massage your hair as in step (1) above.
3. Add a teaspoon of wheatgrass in half a cup of water, squeeze a bit of lemon, and drink it empty stomach twice a day for a week.
4. Use a magnetic hair brush. The unique, vibrating action of the magnetic hair brush makes your scalp tingle with increased blood circulation. It activates your sebaceous glands, thus controlling the production of sebum. It not only promotes scalp health but also hair follicle health. They also give a soothing and relaxing effect to the head.
5. Rosemary oil has been found to be very effective in promoting hair growth and slowing hair loss.



Frequently asked questions

1. What causes dandruff? How can I get rid of it?

Dandruff or head shedding is a chronic skin condition caused by the build-up of yeast around the base of hair follicles. Wash your hair regularly and thoroughly. Massage your scalp with coconut oil mixed with arnica, jaborandi, and cantharis.

2. Can dandruff result in hair fall?

Dandruff does not cause hair fall, but when left untreated, your scalp can become itchy and inflamed causing temporary hair loss.

3. Where can I get the ingredients required for a Hair Cleanse?

You can get the ingredients mentioned in this article from your neighbourhood ayurvedic or homeopathic medical shop. You can also speak with our volunteers.

4. How can I prevent hair loss?

You can't prevent all types of hair loss, but you can take steps to help keep your hair healthy and minimize loss.

5. Can less sleep cause hair fall?

Every person requires a certain amount of sleep for their body and mind to function properly. Lack of sleep is known to cause some complications in the normal functioning of the body. It also causes an increase in stress levels which is in turn known to cause hair fall.

6. Can frequent combing and brushing of hair cause excessive hair fall?

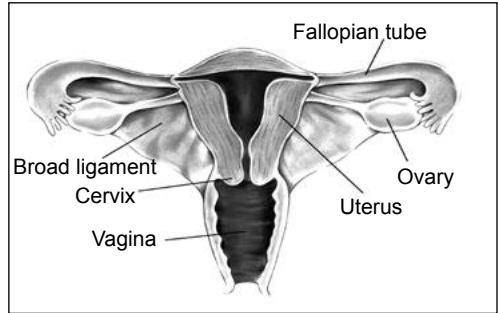
Combing and brushing is a very stimulating experience for your hair roots and your scalp. It can up the blood circulation and effectuate hair growth. However, activities like combing and brushing also involve basically pulling your hair slightly. So, while this is a pleasant activity in short bursts, overdoing this might lead to excessive hair fall.

Poly-cystic Ovarian Syndrome (PCOS)

The ovary is an ovum producing reproductive organ. It is often found in pairs, as part of the vertebrate female reproductive system, and helps in developing the secondary sex characteristics in the female body.

Structure

An ovary is black in colour and located along the lateral wall of the uterus in a region called the ovarian fossa. Each ovary is nearly 4 cm x 3 cm x 2 cm in size. Ovaries in females are analogous to testes in males, in a way that both are gonads and endocrine glands.



Female reproductive system

Functions

Ovaries secrete hormones, such as oestrogen, testosterone and progesterone. In women, 50% of the testosterone is produced by the ovaries and adrenal glands, and released directly into the blood stream. Oestrogen is responsible for the appearance of secondary sex characteristics in females at puberty and maturation, as well as for maintenance of reproductive organs. Progesterone prepares the uterus for pregnancy and the mammary glands for lactation. It also functions with oestrogen by promoting menstrual cycle changes in the endometrium.

Problems

The problems associated with an ovary are:

- Ovarian cysts and Poly-cystic Ovarian Syndrome (PCOS)
- Premature ovarian failure
- Ovarian torsion (twisting of the ovary)
- Ovarian cancer

Among these, PCOS is the most common endocrine disorder in women of reproductive age, affecting as many as one out of every seven Indian women. Often, the symptoms begin during the teen years.

In this chapter, we will mainly discuss PCOS and its cure through a cleansing process.

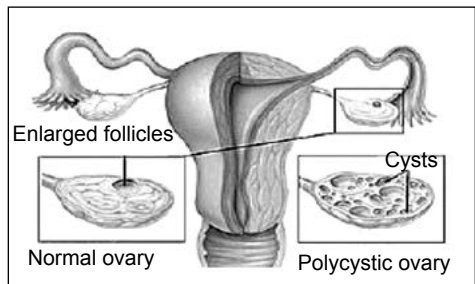
Poly-cystic Ovarian Syndrome (PCOS)

Ovarian cysts are closed, sac-like structures within the ovary, filled with a liquid or semi-solid substance. PCOS is a problem wherein a woman's hormones are out of balance. One hormone change triggers another, which in turn triggers another hormone change and so on. As a result, the sex hormones fall out of balance.

Normally, the ovaries make a tiny amount of male sex hormone, androgen. In PCOS, they start making slightly more androgens than normal.

This may result in acne, lack of ovulation and growth of facial and body hair in excess.

Over time, it can lead to a number of serious health problems, such as infertility, diabetes and heart disease.



An ovary with cysts

Women with PCOS have low-grade inflammation, which may be a cause for insulin resistance. White blood cells produce substances to fight infection. This is known as inflammatory response. When inflammatory response is triggered, white blood cells produce substances that may contribute to insulin resistance and atherosclerosis.

Causes

Women, whose mothers, sisters or grandmothers have had PCOS, are at a higher risk of developing it. Some of the causes are:

- Exposure to excessive amounts of male hormones (androgens) by the developing foetus, may alter proper gene expression. This means that the affected genes will not function properly later in life, causing PCOS during the reproductive years of a woman.
- PCOS is also caused by bad diet, lifestyle and exposure to certain environmental toxins.

Symptoms

Pain in the abdomen or pelvis is the most common symptom of an ovarian cyst, but most cases of PCOS are asymptomatic; symptoms tend to be mild at first. The most common symptoms are:

- Acne
- Weight gain and trouble in losing weight
- Often, women have thicker and darker facial hair growth and more hair on the chest, belly and back
- Thinning of hair on the scalp
- Fewer than nine periods a year. While some women have scanty periods, others may have very heavy bleeding
- Uterus may become bulky and larger than normal
- Recurrent miscarriages, depression and mood disorders

If the cyst has reached a large size, other symptoms may arise as a result of the pressure or distortion of adjacent anatomical structures. These symptoms can include:

- Abdominal fullness or bloating
- Indigestion
- Feeling full after eating only a small amount (early satiety)
- Urinary urgency and urine incontinence
- Difficult bowel movements
- Pain during sexual intercourse

Risks

PCOS, if untreated may cause:

- Infertility
- Menstrual cycle irregularities
- Increased risk of endometrial and breast cancer, due to excessive secretion of oestrogen hormone
- Cardiovascular diseases
- Diabetes and gestational diabetes

PCOS Cleanse

This cleanse will help jump start weight loss, remove unwanted toxins, hormones and chemicals from your body and bring your body into balance. It benefits overall reproductive and general health. You can try any of these ingredients/methods, but do not do them simultaneously.

Cinnamon (दालचीनी)

Cinnamon is a very effective home remedy for PCOS. It can help normalise menstrual cycles and curb sudden hunger pangs, owing to its high fibre content.



Cinnamon

Usage

- While making curd from milk, add 20-25 gms of cinnamon in milk. This curd, during the process of fermentation, absorbs the medicinal properties of cinnamon. Eat a cup of this curd thrice a day for two weeks. Prepare fresh curd every day.
- Add 20-25 gms of cinnamon sticks in half a glass of water. Put it in the freezer, so that water becomes ice. The pressure of the ice squeezes medicine from the cinnamon. Take the ice out after 5-10 hours and let it turn to water. Chew the cinnamon and spit it out when it becomes flavourless. Drink this water empty stomach three times a day. Do it for four days while making fresh medicine every day.

Fenugreek seeds (मेथी के दाने)

Fenugreek promotes glucose metabolism in the body and improves insulin resistance. This, in turn, helps balance hormones.

It may also help lower cholesterol, aid weight loss and promote healthy heart functioning.



Fenugreek

Usage

- Soak three teaspoons (nearly 15 gms) of fenugreek seeds in water for six to eight hours so that they become soft and chewable.
- Have one teaspoon (nearly 5 gms) of the soaked seeds, along with some honey, in the morning on an empty stomach.
- Have one teaspoon of the seeds nearly 10 minutes before lunch and dinner.
- Continue this treatment for four days and notice improvement.

Apple cider vinegar

Apple cider vinegar can regulate menstrual cycles. It is beneficial in dealing with PCOS because it helps control blood sugar and excess production of insulin. Less insulin means less testosterone. It also helps in weight loss and improves overall health.

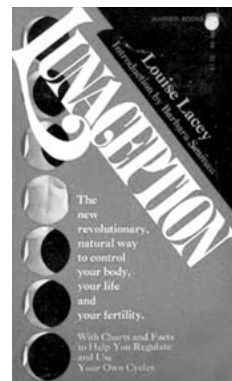


Usage

- Mix 15 ml of apple cider vinegar in a glass of water and drink it. If you are uncomfortable with the taste of vinegar, start with a lower dose of 5 ml and then move onto the standard dose of 15 ml, two or three times a day. If the taste is too strong, mix the apple cider vinegar with orange or any other fruit juice.
- Drink it daily in the morning and before meals. Within four days, you will notice the symptoms of PCOS receding.

Lunaception

According to author Louise Lacey, women's menstrual cycles are naturally wired to be in sync with the moon. In all early societies, before industrialisation and consumption of processed food, women ovulated at the full moon and menstruated at the new moon. While this was nature's default setting, hormonal disruption due to prolonged external stimuli has caused havoc and chaos in women's menstrual cycles:



- Random and uncomfortable periods are the effects of a bad diet and lifestyle that disconnects women from the rhythm of nature. Modern living means that most women abuse their bodies with various chemicals, cosmetics, antibiotics, prescription drugs, pills, extreme emotional stress, over-exercising, refined food and more.
- A key factor in hormonal imbalance is artificial light; it wreaks havoc on their sleep cycles. Their bodies are so sensitive to light patterns that women can regulate release of hormones by managing the light at night.

The concept of manipulating light to regulate menstrual cycles is called lunaception. Lunaception, as the name suggests, follows the pattern of the moon to increase fertility. Sleep in complete darkness, except for three nights in each cycle, i.e., on the 14th, 15th and 16th, when you can use a dim light. By avoiding intercourse on these three days, women can develop regular and healthy menstrual cycles. You will find tremendous improvement after three months of practicing lunaception and notice more energy, easier weight management, less PMS and more.

Procedure

Create a completely dark environment in your bedroom. Seal the edges of curtains around windows, so that no light seeps in. You can also put garbage bags over windows. Also, put a towel under the crack of your door. Once the lights are off, you should not be able to see your hand in front of your face.

- A sleep mask is not a suitable substitute, but it is better than nothing. The body can sense light in the environment through other openings, such as the ears or nose.
- If you visit the bathroom at night, put a red light bulb in the hallway and your bathroom. The red light, just like the firelight used in traditional cultures, will not trigger early ovulation.
- Sleep in complete darkness, except for the three days mentioned above. It is recommended to sleep in complete darkness for one to two months prior to night lighting, to help 'reset' the body.

Benefits

The PCOS Cleanse not only gets rid of unwanted cysts in the ovary, but also:

- Increases the rate of spontaneous ovulation
- Improves the environment of the uterus and prepares it for a healthy conception
- Decreases the possibility of miscarriage
- Prevents diseases, such as diabetes and atherosclerosis

Frequently asked questions

1. Why doesn't PCOS allow me to lose weight?

The answer is insulin resistance. Normally, women with PCOS do not process insulin properly and struggle to lose weight. Even a small weight loss of 5-6 kgs can be helpful in making menstrual periods more regular. Weight loss also has been found to improve cholesterol and insulin levels, and relieve symptoms, such as excess hair growth and acne.

2. What can irregular menstrual periods lead to?

Irregular menstrual periods can lead to infertility and in some women, the development of PCOS.

3. If I have PCOS, will I be able to get pregnant?

PCOS is one of the leading causes of infertility in women. A PCOS Cleanse helps your reproductive organs by making your cycles regular and assisting the ovulation process.

4. How can I cope with the emotional effects of PCOS? I am embarrassed to talk about such problems.

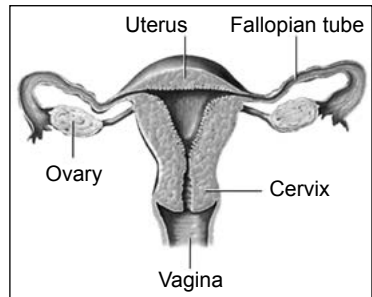
Having PCOS can be difficult, since most women are quite embarrassed by their appearance. Others may worry about not being able to get pregnant. Some women with PCOS might feel depressed. You can discuss it with your mother, sister, husband or friends. Find people who will take your problem seriously. You can also email me if you have any issues to discuss.

Uterus (womb) and Fertility

The uterus is a hollow muscular organ located in the female pelvis, between the bladder and rectum. The ovaries produce eggs that travel through the fallopian tubes. Once the egg has left the ovary, it can be fertilised and it implants itself in the lining of the uterus. The uterus nourishes the developing foetus.

Structure

The uterus or womb is an inverted pear like structure. It is a hollow, muscular organ with thick walls and a glandular lining called the endometrium. In an adult female, the uterus is approximately 7.5 cm (3 inches) long, 5 cm (2 inches) wide and 2.5 cm (1 inch) thick, but it enlarges to 4-5 times in pregnancy. The narrower, lower end of the uterus is the cervix, which projects into the vagina.



Female reproductive system

Functions

The uterus is essential for sexual response by directing blood flow to the pelvis and to the external genitalia, including the ovaries, vagina, labia and clitoris. The reproductive function of the uterus is to accept a fertilised ovum, which has passed through the utero-tubal junction from the fallopian tube.



Baby in the uterus

Problems

The uterus is often affected by a number of problems, such as:

Endometriosis

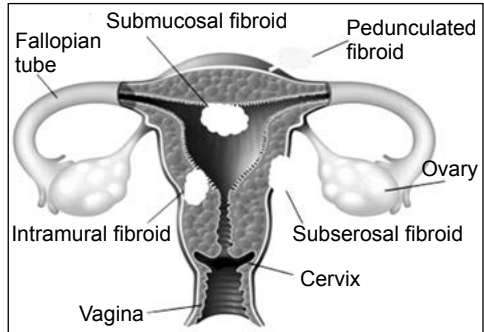
This is a condition, wherein, fragments of the uterus lining (endometrium) migrate into the fallopian tubes, ovaries, vagina or even into the intestine, where, under the influence of oestrogen and progesterone, they mix with the blood every month, irritating and scarring the surrounding tissues. This condition is most common in childless women, between the

age of 30 to 40 years with symptoms, such as:

- heavy periods
- dragging period pains, which tend to get worse toward the end of the period
- difficulty in getting pregnant
- painful intercourse, but severe cases are uncommon

Fibroids

Fibroids are non-cancerous growths in or on walls of the uterus, sometimes on a stalk, and vary in size, from a pea to a large plum. They tend to occur in clusters, rather than singularly. They may



Fibroids in the uterus

take a few or many years to develop. Fibroids are common in women between the age group of 35-40 years. Undesirable infringement on personal privacy during puberty (ages 8-14) leading to fear and trauma can create several kinds of problems in women later in their lives, such as cysts and fibroids. Small fibroids are often asymptomatic, but large fibroids can cause:

- heavy, prolonged periods with clots
- painful intercourse and cystitis, as they press on the bladder and prevent it from emptying properly
- difficulty in getting pregnant, miscarriage or pain during pregnancy

Prolapse of the uterus

This occurs when ligaments and muscles that hold the uterus and vagina in place, become weak or slack with age or as a result of childbirth, forcing the uterus to bulge into the vagina and press on the bladder or rectum. The symptoms are:

- a heavy, uncomfortable feeling in the lower abdomen
- backache
- stress incontinence, difficulty in emptying bladder or straining
- discomfort while passing stool

Retroversion of the uterus

In 20% women, the uterus lies close to the rectum, rather than behind the bladder. This is perfectly natural and has no effect on conception, carrying a baby or giving birth, but a few women may experience:

- backache, especially during periods and
- pain due to deep penetration as the penis strikes an ovary

Fertility issues*

Nowadays, infertility is quite common and every third woman of reproductive age suffers from it to a varying extent. Infertility may occur due to one or many of the above problems of the uterus and/or any of the following:

Absent period	Luteal phase defect
Birth control recovery	Menstrual problems
Blocked fallopian tubes	Miscarriage
Cervical mucous	Ovarian cysts
Ectopic pregnancy	PCOS
Fertility issues in men	Premature ovarian failure
FSH fertility	Stress
IVF preparation	Tubal ligation removal
Low progesterone levels	Unexplained infertility

Who needs a Fertility Cleanse?

If your answer is yes to three or more of the following questions, you will benefit from a Fertility Cleanse.

- Do you experience unexplained fatigue or depression?
- Do you feel congested?
- Do you have a distended stomach?
- Do you experience frequent colds and flu?
- Do you have dark circles under your eyes?

- Do you experience nausea during your periods?
- Do you have long/short periods or complete absence of the same?
- During menses, do you have dark blood, cramps or blood clots?
- Do you have liver spots or itchy skin?
- Do you have acne?
- Do you have less than one bowel movement a day?
- Do you have more than two bowel movements a day?
- Have you been on medication/antibiotics for longer than a week?
- Have you been on birth control pills?
- Are you experiencing hormonal imbalance?

Uterus and Fertility Cleanse

Over the years, toxins are accumulated in the body, many of which get stored in fat tissues of the body, including the uterus and other reproductive organs. Some of these toxins may be due to:

- Old menstrual blood
- Birth-control pills and other medications
- Old faecal matter
- Poor diet
- Drinking and smoking
- Excess hormones
- Pesticides
- Mercury

A Fertility Cleanse is specific to the reproductive system and assists the body in eliminating substances that lead to infertility. This cleanse supports the body's natural ability



Fertility Cleanse - removes stagnant blood

to rid itself off toxins. At the end of each cycle, the uterus must not retain any stale blood. This is the requirement of Mother Nature. Sometimes, it does not happen. Imagine yourself eating fresh cooked vegetables everyday, but mixing it with a portion of week old stale vegetables. As a mother, you are responsible to give the best and a healthy environment to your baby. Therefore, if the uterus is not completely cleansed after every cycle, it may not have the best environment to house a new embryo.

Fertility Cleanse supports the body in preparation for conception, by cleansing the uterus and liver. It encourages the liver to cleanse toxins and excess hormones from the body. It supports the uterus in eliminating old stagnant blood and increasing circulation to the uterus.

The following uterus cleansing techniques have been found to be effective in enhancing fertility, by improving the health of the uterus:

Cleanse using marigold flower

The marigold flower has been used as a tonic for hundreds of years. The species, *Calendula officinalis*, is known to provide extraordinary support to digestive and reproductive systems, as it contains essential oils, rubber raisins, proteins, sugar, phytosterons, salicylic acid, enzymes and various salts.

Ingredient

Marigold flowers (मेंदा) 1 kg

Preparation

Gently pull apart the petals of marigold flowers, lay them outside or in a dry area in your house. When they have dried, store them in a mason jar. You can rub them between your fingers to check for moisture.



Marigold flower

Usage

- Add four tablespoons of dried marigold petals in 250 ml of boiling water and let it steep for 15 to 20 minutes. Drink this tea four times a day for 2-3 days. Repeat this process before your menstrual cycle begins. The lower portion of your stomach will feel soft and light.
- You can also fill a glass jar with fresh flowers (or 1/4th full with dried flower petals) and cover it with water. Cap and place it in the sun for five to six hours. Drink it after it cools down. This method, though time consuming, has been widely used since ancient times.

Precaution: Breast feeding mothers should avoid the use of marigold flowers for the first four months of breast feeding.

Cleanse using Castor oil pack

Castor oil packs are beneficial for menstrual problems. Apply the pack on the lower part of abdomen to relieve menstrual pain and other difficulties.

Ingredients and tools

- High quality castor oil
- A glass container
- Flannel
- Wrap around pack or plastic wrap
- A hot water bottle or heating pad
- Old clothes, towels and sheets, as safeguard against castor oil stains



Castor oil

Preparation

- Cut a large piece of flannel (a soft, warm, light cotton fabric or cotton with another fibre, thickly napped on one side and used for sleepwear, undergarments, sheets, etc.) and fold it into thirds to make three layers.
- Thoroughly soak the flannel in castor oil. Carefully fold the flannel and place it in a one litre mason jar. Add a tablespoon of castor oil at regular intervals (every 20 minutes or so) to give it time to saturate. Shake the jar while adding more oil so that it reaches all parts of the cloth. Ideally, this should be done the day before the cleanse, to give it time to evenly soak. Keep the jar to store the flannel between uses (it can be used nearly 10 times).

Procedure

- Carefully remove and unfold the cloth soaked with castor oil.
- While lying on an old towel or sheet, place the cloth on the lower abdomen.
- Cover it with plastic (such as a plastic trash bag) or with the wrap around pack and place



Castor oil pack

the heating pack on top of it. A hot water bottle or heating pad can be used, but hot water bottles may need to be reheated several times.

- Lie on your back, keep your feet elevated and relax. Practice deep breathing, reading a book, meditating or praying (or whatever you find relaxing) during this time.
- After some time, remove the pack and return the flannel to the glass container. Store it in the fridge.
- Wait for 5 to 10 minutes. Uterus and Fertility Cleanse is inconvenient to do and the process is time consuming. Have patience to get good results.
- Use a bathing soap or a mix of baking soda and luke warm water to remove any castor oil left on the skin.
- Relax and rest. Drink enough water and buttermilk, and stay hydrated during and after the cleanse.

Precautions: Don't use it if you are pregnant, breast feeding or menstruating. Don't apply it over bruised skin.

Do's and don'ts

Drink plenty of water, tea and coconut water for good blood flow, as well as to eliminate urine, stool and uterine lining, all of which are important for a Fertility Cleanse. Remember to take rest during your menstrual cycle. In many communities, ladies do not cook during their periods. They are made to rest the whole day and not do any work. It might seem orthodox, but, the earlier generations understood the importance of rest for proper functioning of the uterus during menstrual cycles. Your body has to work hard during your periods, so this is one of the times you will not actively do other work.

Uterine massage improves the uterus health by removing the stale blood which hasn't come out during the menstrual cycle. This involves placing a hand on the woman's lower abdomen and stimulating the uterus by repetitive massaging or squeezing movements. (Contact Yvonne Ahire, Vasai, Mumbai for more information)

Benefits

The focus of the Fertility Cleanse is to prepare the body for conception. The Fertility Cleanse:

- helps the uterus clean out old blood and clots
- supports the body's ability to reduce inflammation in reproductive organs

- increases circulation to the reproductive system
- works with the menstrual cycle for optimal cleansing
- helps the body get rid of excess hormones and toxins
- promotes fertility by supporting female reproductive health
- maintains a balanced and calm mood
- maintains regularity of menstrual cycles
- supports healthy, regular ovulation and egg production
- promotes healthy libido and sexual desire
- above all, helps in conceiving a normal, healthy baby

Frequently asked questions

1. What should I eat during a Fertility Cleanse?

You don't require any dramatic dietary changes. However, I do feel that if you remove the toxins from your body, but continue to eat junk food, your efforts will be not as effective as desired. You should try to add fresh vegetable juices and plenty of raw nuts, fruits and vegetables as part of your daily diet, irrespective of the cleanse that you are doing.

2. Can I take vitamin supplements while doing the Fertility Cleanse?

During the Fertility Cleanse, it is best not to take any supplements.

3. I am on birth control pills. Can I do the Fertility Cleanse?

It is advisable not to do the Fertility Cleanse without appropriate consultation, while on birth control pills or hormonal medications. For more details, you can email your specific problem to me.

4. How do I know that the Fertility Cleanse is working?

A Fertility Cleanse will help every woman. Some women are more sensitive than others and feel a lot of benefit, while others will feel less, but will definitely benefit from the cleanse.

5. Will the Fertility Cleanse help me get my periods back?

There could be many reasons for not menstruating, such as hormonal imbalance, stress and nutritional deficiencies. Fertility Cleanse is the first step towards getting your period back, with additional steps to be followed, such as diet changes, stress reduction, etc..

6. How many times can I do the Fertility Cleanse? I am trying to conceive.

Do it a couple of times in a month, if you are trying to conceive. It is recommended to take a month off before trying to conceive,

because the marigold used for the cleanse are not meant to be taken while trying to conceive. The cycle following the cleanse would be a good time to start trying to conceive again.

7. Are there any side-effects of a Fertility Cleanse?

There are no overly strong cleansing reactions of the Fertility Cleanse, except for some minor mood swings.

8. Can I go to work as usual while doing a Fertility Cleanse?

Yes, while doing a Fertility Cleanse, you can continue going to work and do all your day-to-day activities as usual.

9. If I don't have a period, when should I start my Fertility Cleanse?

If you do not have a period due to PCOS or other reasons, then you can choose any date at your convenience.

10. What is the best time of the day to do a Fertility Cleanse?

The Fertility Cleanse ingredients are best taken at two different times of the day - morning and evening.

11. Can I use the castor oil pack after the marigold cleansing method?

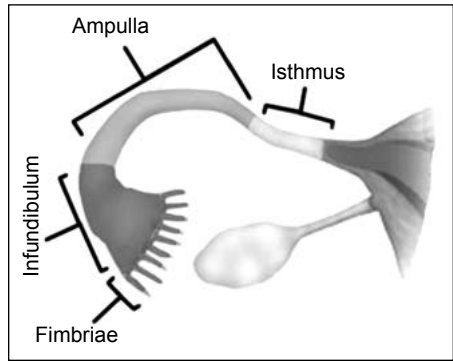
Yes, the therapeutic castor oil packs can be used at any time except during pregnancy or periods.

Fallopian Tubes

The fallopian tubes (or uterine tubes) are muscular 'J-shaped' tubes, found in the female reproductive tract. Each side of the uterus has a fallopian tube that extends from it and reaches the ovary on the corresponding side. They are one of the main components of the female reproductive system and they must work properly to ensure fertility.

Structure

The fallopian tubes are uterine appendages that exit the uterus through an area referred to as the cornua, which forms a connection between the endometrial and peritoneal cavities. Each uterine tube is approximately 10 cm in length and 1 cm in diameter. The distal portion of the uterine tube ends in an orientation encircling the ovary.



Fallopian tube

A uterine tube contains three parts. The first segment, closest to the uterus, is called the isthmus. The second segment is the ampulla, which becomes more dilated in diameter and is the most common site for fertilisation. The final segment, located farthest from the uterus, is the infundibulum. The infundibulum gives rise to the fimbriae, fingerlike projections responsible for picking up the egg released by the ovary.

Functions

The main function of the fallopian tubes is to assist in the transfer of the ovum from the ovary to the uterus in the following manner:

Ovulation

Every month, inside the ovaries, a group of eggs start growing in small, fluid-filled sacs called follicles. Eventually, one of the eggs, through the process of ovulation, erupts from the follicle. This usually happens two weeks before the subsequent period.

Hormones

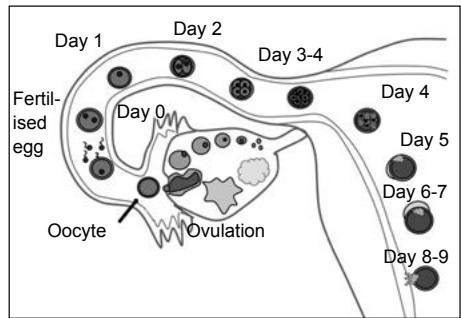
After the egg leaves the follicle, the follicle develops into the corpus luteum. The corpus luteum releases a hormone that helps thicken the lining of a woman's uterus, and prepare it to receive the egg.

Release of egg

After the egg is released, it moves into the fallopian tube and stays there for nearly 24 hours, waiting for a sperm to fertilise it.

Fertilisation

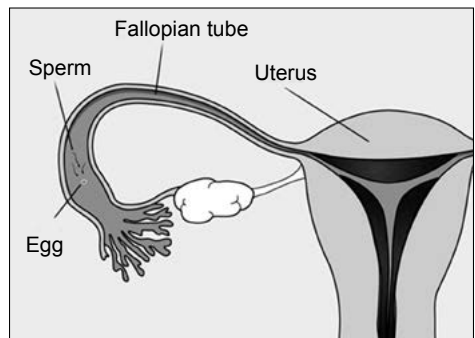
If one sperm does make its way into any of the fallopian tubes and burrows into the egg, fertilisation occurs. The egg then does not allow any other sperm to enter. At the instant of fertilisation, the baby's genes and sex are set. If the sperm has a Y chromosome, the baby will be a boy. If it has an X chromosome, the baby will be a girl. If no sperm fertilises the egg, it moves through the uterus and disintegrates.



Fertilisation

Implantation

The egg stays in the fallopian tube for nearly 3-4 days. But, within 24 hours of being fertilised, it starts dividing rapidly into many cells and continues to divide as it moves slowly through the fallopian tube to the uterus. It then attaches



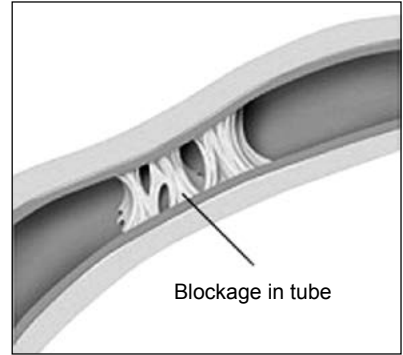
Implantation

itself to the lining of the uterus. This is called implantation.

Problems

Fallopian tubes provide a safe passage to the eggs from the ovaries to the uterus. Nearly 20% of female infertility issues are related to a blocked or damaged fallopian tube, due to any of the following reasons:

- Pelvic Inflammatory Disease
- Endometriosis
- Scar tissue, adhesions and damaged tube ends (fimbriae)
- Blocked tubes since birth (congenital tubal obstruction)
- Intentional tying or clipping to prevent pregnancy
- Accidental damage, following other surgery



Blockage in fallopian tube

Symptoms

Symptoms of fallopian tube problems may include:

- General pain in the pelvic area
- Irregular periods with varying number of days between each period
- Absent or sudden stopping of periods
- Very long menstrual cycle (35 days or more) or too short (less than 21 days)
- Very painful period
- Repeated miscarriages
- Milky white discharge from nipples, unrelated to pregnancy
- Changing skin, which often includes increased acne, change in libido, etc.
- Pain during or following intercourse

Fallopian Tube Cleanse

A Fallopian Tube Cleanse helps cleanse the entire reproductive system, and increases circulation to the reproductive organs. Cleansing helps eliminate toxic compounds that increase chances of inflammation, often responsible for scarring of the fallopian tube.

Your Fallopian Tube Cleanse should begin with a Fertility Cleanse. It creates a 'clean slate' and helps the body respond and utilise other natural remedies better (for details, see Uterus and Fertility Cleanse on page 159 onwards).

Self fertility massage

Self fertility massage is a series of massage techniques that support reproductive health, menstrual cycles, and fertility.

One of the greatest benefits of the massage is its ability to break adhesions. Adhesions comprise scar tissues. These adhesions cause the fallopian tubes to become blocked, stick together or stick to other parts of the reproductive organs or other internal tissues of the body. Self fertility massage helps break these adhesions gently and increases circulation to detoxify and restore optimal functionality of the reproductive organs, including the fallopian tubes. Massage provides a great non-intrusive cure for women with blocked fallopian tubes.

This massage can be performed for 15 minutes every day. Before beginning, make sure your bladder is empty. Avoid the massage, if you suspect that you are pregnant or if you are menstruating. Stop the self massage if you experience pain or feel uncomfortable. Self massage should be performed 3-4 times a day for nearly two weeks to obtain good results:

- Before you begin, warm up your hands and apply a massage oil, such as almond or olive oil.
- Locate the uterus, between the pubic bone and the navel.
- Use your fingers to gently apply a little pressure across the top edge of your uterus.
- By using moderate to deep pressure, find areas of your pelvic region that feel tight and gently massage in circular motions all the way around your lower abdominal area. Always massage in a clockwise manner.

- Use your intuition to massage the areas that feel tense. Take a deep breath and try to relax your pelvic area by visualising your ovaries, fallopian tubes and uterus full of positive healing energy and light. Open your mouth and relax your jaw.



Self massage for fertility

Relaxing your jaw helps relax and release accumulated stress in your pelvis.

- Finish by gently pressing up and down. Continue this 'up and down' motion for at least 10-20 counts.

Benefits

Self massage helps in cases of pain from endometriosis, twisted fallopian tubes, ovulation pain and other concerns. All the reproductive organs are positively affected by this



Twisted fallopian tube

massage because it increases blood flow to the ovaries supplying the eggs, with oxygen rich blood. Additionally, the massage helps in digestion and eliminates toxins from the body.

Even excess hormones, that may cause damage, are flushed out. It is also essential that feces are moved out of the human system regularly to reduce fecal pressure on the reproductive organs.

Self massage benefits the fallopian tube health as follows:

- Helps the body clear blocked fallopian tubes
- Helps break scar tissue
- Increased circulation aids in tissue elimination
- Helps reduce inflammation
- Helps the body loosen tight or twisted muscles

Ovary massage

The ovarian massage helps draw oxygenated blood to your ovaries and release congestion by improving circulation to this area including the fallopian tubes. The process is as follows:



- Begin by warming up your hands.
- Take a deep breath and relax your jaw and pelvic area by placing a pillow under your knees.
- Visualise a beautiful white light surrounding you, helping you relax, and release all mental and emotional worries.
- Locate the areas on both left and right sides 3" from the middle line and 4" down from the navel.
- Massage left and right side, in a clockwise motion, deeply applying an increased pressure and then release your fingertips. If you feel pain or discomfort, do not apply too much pressure.
- Finish by taking a deep breath.
- Visualise your ovaries and fallopian tubes completely healthy and clear of any scarring or blockage.

Frequently asked questions

1. How do blocked fallopian tubes cause infertility?

Every month, when ovulation occurs, an egg is released from one of the ovaries. The egg travels from the ovary, through the tubes, into the uterus. The sperms need to swim their way from the cervix, through the uterus and the fallopian tubes, to reach the egg. Fertilisation usually takes place while the egg is traveling through the tube. If one or both fallopian tubes are blocked, the egg cannot reach the uterus, and the sperm cannot reach the egg, preventing fertilisation and pregnancy. It's also possible for the tube to be blocked only partially increasing the risk of a tubal pregnancy, or ectopic pregnancy.

2. Can I get pregnant with one functional fallopian tube?

You might have only one fallopian tube if you've had pelvic surgery due to an infection or a tumor, or a past ectopic pregnancy. Occasionally, some women are born with only one tube. However, you may still be able to get pregnant with one functional fallopian tube.

3. What is endometriosis?

It is a condition, wherein the tissue that forms the lining of the uterus (the endometrium) is outside the uterus instead of inside.

4. How will I know if my tubes are healed and unblocked, or not?

Hopefully by then, you would already be pregnant with a healthy baby, and will not need any testing!

5. Can natural therapies for blocked fallopian tubes heal twisted fallopian tubes, or tubes stuck to other organs or tissues? What about fallopian tubes that have been blocked for many years?

Severely damaged fallopian tubes need special care. The longer the fallopian tissues have been damaged, the longer it may take to get them to function naturally again. It really depends on the extent of damage, and duration of the issue. Your efforts and subsequent improvement in your system, will help you determine this.

6. Is it possible to naturally regrow the fimbriae and cilia once it has been damaged by scar tissue?

There are no known home remedies that are proven to regrow either the fimbriae or cilia, but it will not hurt to look into options that reduce scar tissue formation, promote circulation and protect cellular health (antioxidants).

7. Why don't you suggest using herbal tampons for blocked fallopian tubes?

I find that the risk of infection due to use of such herbal tampons is greater than its benefits. Many of the herbs used in herbal tampons are just as effective when taken orally. Additionally, herbal tampons are expensive as compared to other natural options.

Vagina

The vagina is an elastic, muscular canal with a soft, flexible lining that provides lubrication and sensation. It connects the uterus to the outside world. It receives the penis during sexual intercourse and also serves as a conduit for menstrual flow from the uterus. The hymen is a thin membrane of tissue inside the vaginal opening. It may be torn or ruptured by sexual activity or exercise.

Functions

The vagina has several biological functions, such as:

Sexual activity

The concentration of nerve endings that lie close to the entrance of a vagina (the lower third) can provide pleasurable sensations during sexual activity, if stimulated in a way that a woman enjoys. An erogenous zone, commonly referred to as the G-Spot (Gräfenberg Spot), is located at the anterior wall of the vagina, nearly 5 cm from the vaginal entrance. Women experience intense pleasure and ejaculate, if appropriately stimulated.

Fertilisation

The walls of the vagina are composed of soft elastic folds of mucous membrane, which stretch or contract (with support from pelvic muscles) to the size of the inserted penis or any other object, stimulating the penis and helping the male experience an orgasm and ejaculate, thus enabling fertilisation.

Childbirth

During childbirth, the baby passes through the vagina, also known as the birth canal. The vagina provides a channel to deliver the new born from the uterus to its independent life, outside the mother's body.

Uterine secretions

The vagina provides a path for menstrual blood and tissue to leave the body. In modern societies, several products, such as tampons, menstrual cups and sanitary napkins, are used to absorb or capture these fluids. However, sometimes these products may cause infection, inflammation, allergies, or other problems.

Problems

The vagina can suffer from various problems, such as vaginitis, vaginismus, vaginal warts, trichomoniasis, bacterial vaginosis, unwanted white or yellow discharge, herpes, gonorrhoea, and bladder infections.

Apart from the above, there are numerous other vaginal problems, such as blood discharge, brown discharge after periods, cysts and abscesses in the vaginal area, discharge due to excessive use of soap, dark marks and other worrisome spots, discharge during intercourse, dry vagina, excessive vaginal lubrication, heavy vaginal discharge, itchiness around clitoris after sex, itchiness around the vagina and adjoining area, light bleeding, milky sticky discharge, odour around intimate areas and the front passage, pink-brown discharge, smelly green discharge, sore area inside the lips of the vagina and other genital areas, thick discharge, urine incontinence, vaginal discharge with soreness, vaginal pain caused by vitamin B12 deficiency, vaginal discharge due to the use of pills, yellow discharge instead of a period, and more. However, most of these problems are cured through Liver, Kidney, Fat, and Acidity Cleanses, depending on a case-to-case basis.

For more details please visit: <https://www.thetempleofhealing.org>.

Vagina Cleanse

The vagina is 'self-cleansing'. It is normal for women of reproductive age to experience vaginal discharge. However, this cleanse cannot treat all problems of the vagina, such as infections or a loose vagina, among other issues. Regular Vagina Cleanse through douching protects you from these infections and most other problems.

Vagina Cleanse through douching

Douching is the process of externally washing or cleaning the vagina with water or other mixtures of fluids. Douching has a limited role in treating vaginitis and other infections but it prevents most problems, if done properly and regularly. Usually, douches are pre-packaged mixes of



water and vinegar, baking soda or iodine. The mixtures usually come in a bottle and can be squirted into the vagina through a tube or nozzle. Women can buy these products from any medical or grocery store and mix them to make their own douching mixtures when needed.

Vaginal washes

White vinegar

White vinegar neutralises odours. You may add half a cup of white vinegar and salt to your bath tub and allow your lower body to soak in it for a few minutes. This will help restore pH levels of the vagina and eliminate odours. For better results, use lukewarm water instead of cold water. If a bath tub is not available, take a small towel and soak it in a mild solution of apple cider vinegar. Put it on the outer part of the vagina for 5 to 10 minutes.

Apple cider vinegar

Apple cider vinegar is naturally antibacterial and is found in most ready-to-use douches. Taking a bath with water mixed with apple cider vinegar is one of the simplest ways to get rid of vaginal odour. Fill a bathtub with warm water, add some apple cider vinegar, and have a nice soak for about half an hour. If a bathtub is not available, take a small towel and soak it in a mild solution

of apple cider vinegar. Put it on the outer part of the vagina for 5 to 10 minutes, same as the procedure using white vinegar.

Alum (फिटकरी)

Alum is a transparent salt-like substance loaded with anti-bacterial and antifungal qualities. Take a quarter teaspoon of alum powder, mix it in a cup of water and wash the vagina 2 to 3 times a day. It is very beneficial for curing leucorrhoea, bacterial and fungal infections, itching in the vaginal area, and other issues.

Triphala (त्रिफला)

For making this intimate wash at home, take 20 grams of triphala powder and boil it in 500 ml of water. Close the stove when only a quarter of the water is left, filter it, and let it cool. Once cooled, use it to wash your vagina. It helps to cure leucorrhoea, yeast infections, and smelly vaginal discharge.

Neem leaves (नीम के पत्ते)

Neem leaves have antibacterial and antifungal properties that help protect the soft skin of vagina. Fresh neem leaves, when kept adjacent to the vaginal area inside the undergarments for about 20 minutes, help in eliminat-



ing toxins and gives a freshness to the body. You can also make a paste of these leaves and apply it to the vaginal area for 20 minutes before a bath to freshen the smooth skin of the vaginal area.

Coconut oil (नारियल का तेल)

Coconut oil has moisturizing and antibacterial properties. Massage your vagina using coconut oil for five minutes before going to sleep. Coconut oil has antimicrobial and antibacterial properties that may help fight yeast and other vaginal infections.

Natural remedies

Fenugreek (मेथी)

Those who experience foul vaginal odour can consume fenugreek in its natural form. Soak a teaspoon of fenugreek seeds in one glass of water before going to bed and drink it the next morning on an empty stomach. You can also use fenugreek seeds to make herbal tea and have it twice a day.

Garlic (लहसुन)

Garlic is a natural antibiotic. It can help cure vaginal infections as well as vaginal odour. Garlic may be consumed raw or in cooked form. A peeled and sliced garlic clove, kept inside the vagina for 10 to 15 minutes, cleanses it thoroughly.

Frequently asked questions

1. Is it okay to douche during periods?

A period is a release of blood from a girl's uterus, out through her vagina. This process also cleanses your vagina. Hence, there is no need to use douches during your periods or to maintain vaginal hygiene.

2. Why do my private parts itch at night? Will a Vagina Cleanse help me get rid of this problem?

Itchy skin at night is common because this is when you experience changes to your body temperature and increase in blood flow to your skin. Your skin also loses water at night, making it extra dry and prone to itching. A coconut oil massage will help you get rid of this problem. Apply it for a week before going to sleep and see the results.

3. My gynaecologists say that a vagina is self-cleansing and does not require douching. In his/her opinion, it does more harm than good!

Yes, health experts say douching is not effective. But instead of believing in your doctor, believe in yourself and do it. Besides making themselves feel fresher, women say, douching helps them get rid of unpleasant odours, washes away menstrual blood after their period, protects them from sexually transmitted diseases, and prevents pregnancy after intercourse.

4. What type of underwear should I consider to help reduce infections?

Wearing cotton underwear that aren't too tight may reduce the risk of a yeast infection. However, avoid wearing underwear at home.

5. Why does my vagina hurt when I have sex?

If your vagina hurts when you have sex, it may be due to an infection or underlying medical condition, such as vaginismus (spasming of vaginal muscles due to a fear of being hurt or prior trauma), endometriosis or pelvic inflammatory disease.

Conceive Naturally in 100 Days!

If a husband and wife have been thoroughly examined and do not have any major problems related to the reproductive organs, then Cleansing Therapy guarantees that infertile couple can conceive naturally within 100 days. It is necessary for both the husband and wife to do a Liver Cleanse and Kidney Cleanse one or two months before planning to conceive. They are also advised to do the Lungs Cleanse, Ovary and PCOS Cleanse; Uterus and Fertility Cleanse, Fallopian Tube Cleanse, and Vagina Cleanse, at least twice, to conceive naturally.

Ovaries in a woman and testis in a man, clitoris in a woman and penis in a man, fallopian tube in a woman and appendix testis in a man, uterus and upper vagina in a woman and prostatic utricle in a man are homologues. Hence, both the husband and wife should follow the above referred cleanses. These cleanses help a man produce healthy semen and sperm and help a woman produce healthy eggs. The above cleanses will not only help woman conceive but also keep her 'Murphy Boy', baby of dreams, healthy during pregnancy. The following testimonial of Amrit Kumar Ojha, a resident of Pakur, Jharkhand, India, proves that even couples who have lost all hopes of conceiving can become proud parents by following Cleansing Therapy.

"April 14, 2019

I am Amrit Kumar Ojha... I am 40 years old and a resident of Pakur district of Jharkhand. In 2012, my marriage was solemnized with Monica. She was from the neighbourhood district of Dumka. After a year of blissful married life, when Monica could not conceive, I took her to a doctor in Bhagalpur (Bihar). We were told that Monica's fallopian tube was blocked and she needed a surgery to remove the blockage. I was scared that if the surgery was not successful, Monica's chances of getting pregnant would be completely robbed. She will be deprived of motherhood, something every woman deserves. So, we decided not to undergo the surgery.

The doctor started a non-invasive treatment to open the blocked tube by giving her injections that costed us around Rs 10,000 per visit. Not only was the treatment expensive, but seeing the pain Monica went through during the course of the treatment used to bring tears to my eyes. The whole process was emotionally draining for her. After every visit to the doctor, she would stay lying on the

bed for days, crying nonstop. We wasted two precious years of our lives and spent thousands of rupees with no result. Finally, we were fed up and stopped the treatment in 2015.

It was the auspicious day of Diwali. People were celebrating the homecoming of Lord Sri Ram after 14 years of exile. लेकिन जिसके

घर के चिराग का ही पता न हो, वो दिवाली के दिये भला क्या जलाता. My friends were bursting crackers. When they asked me to join, I refused saying, 'I don't like crackers', which was only partly true. A friend said, 'बच्चा पैदा कर ले, पटाखों से प्यार हो जायेगा' (have a child, you will start loving the firecrackers).

I could not sleep properly for days. I would shudder just imagining what my wife was going through! Desperate to have a baby, we consulted doctors in Kolkata and tried homeopathic medicines. But nothing worked.

It was month of November 2017, when the days were bright and pleasant because of the low heat from the sun, we finally had a ray of hope in our lives. I give tuitions for sustenance. One of my students, Shubhra Jyoti Sarkar, who was aware of Cleansing Therapy propagated by Dr Piyush Saxena, advised me to talk to Dr Saxena. In December 2017, my wife spoke with Dr Saxena. After learning about our history, he assured her, and said, 'Just do as I say for three months. You will get a positive result.'

Monica completely trusted Dr. Saxena. For a moment, I thought, Dr. Saxena resides in Mumbai. Without a personal meeting, without any medical examination or medicine, would it be possible for Monica to conceive just by cleansing? We had knocked on every door and had returned disappointed. But Dr Saxena was assuring us of a guaranteed cure and had no personal or professional interest attached. We religiously followed his cleansing schedule



Amrit Kumar, Krishna and Monica Jha.

as advised. Both of us did the Liver Cleanse, Kidney Cleanse, Acidity Cleanse, et cetera. Meanwhile, Monica also did the Ovary and PCOS Cleanse, Uterus and Fertility Cleanse, Fallopian Tube Cleanse, and Vagina Cleanse. During this period, Dr Saxena used to be in regular touch with us and strictly advised us not to go for any diagnostic test. He was quite happy with the progress and advised us to meditate regularly.

On February 13, 2018, the day of Maha Shivratri, Monica was meditating in a seated position. I saw a glowing, divine spark on her face. Her body was trembling. I got scared and was about to get up to help her when she suddenly stood up. One month passed. On March 15, 2018, we conducted a home test for pregnancy as Monica had missed her cycles. The guest for whom we had been waiting for six years was preparing to come to our home. Monica was pregnant. For the next seven to eight months, we continued doing as Dr Saxena advised us to do. He didn't suggest any restrictions. We used to eat and drink as usual. Monica used to do her household chores regularly. We neither consulted any doctor nor did any tests. During the entire pregnancy, we just kept doing the necessary cleansing as per the doctor's instructions.

On November 22, 2018, Monica gave birth to a beautiful, healthy baby, our Murphy Boy! You can't imagine how happy I felt when the clerk at the billing counter of the hospital called me 'Father of the Baby of Monica!' There was no stopping the tears rolling down my eyes. Mere words cannot explain the flood of emotions I felt at this moment! Words like joy, elation, hope, and even sobering responsibility do not begin to fully describe how this moment changed me. It was the moment of my life. I, Amrit Ojha, was now the father of Monica's baby and this was possible thanks to Cleansing Therapy... naturally!"

Readers can contact Mr. Ojha (Mobile. 9304829235 / 9113100412) and his wife Monica (Mobile 7739081278) to know more. For more guidance, call Dr Faatima Shaikh (9768078628), Mumbai or Mrs. Shivani Uniyal (703969966), Delhi.

Dosage – frequency, quantity etc.

'Cleansing Therapy – Cure Yourself', as the name suggests, is a self-healing technique! It does not advise you to 'do this and don't do that'. We all know that it is easy to preach, but very difficult to implement on oneself! For example, we all know that eating something every two to three hours is best for our health. But it is almost impossible to implement it. Therefore, our therapy does not advocate any kind of abstinence and an attempt has been made to make it as simple and easy as possible.

After reading the initial chapters of this book, you must have realized that you do not need any doctor's



Cure Yourself - be healthy

advice or supervision to do the given cleanses. Needless to say, this is easier said than done. Many questions are bound to arise in your mind. For example, what should be the appropriate dosage of the ingredients used for a cleanse? What if the ingredients are fake or adulterated? What should be the frequency of the cleanses? And if more than one cleanse has to be done, what should be the order?

In allopathy, all patients are treated equally. There is a tradition of determining a maximum effective dose of medicines based on the results of clinical trials. But these doses are not determined based on the patient and his/her disease, but on the basis of the disease and side-effects of the medicine. This is why allopathy medicines are usually advised to be taken after food so that the side-effects are reduced.

In Cleansing Therapy, we recommend taking medicinal ingredients on an empty stomach or before eating, so that they are absorbed well. Similarly, the dose should also be higher for a patient weighing 70 kg as compared to a patient weighing 50 kg. In the Liver Cleanse chapter, we have suggested the maximum dosage considering the average weight of the patient as 70 kg. But

if the patient's weight is less, then the dose needs to be reduced in the same proportion. This has been done keeping in mind the size of the patient's liver. The doses for people whose weight is above average has not been increased because although their weight is more than average, the weight of the liver has its limitations, and it cannot weigh much more than that of a person of average weight. The weight of the liver increases due to the accumulation of toxins.

Body composition and metabolism differs from person to person. Hence, the effects of cleansing are different as well. For instance, during a Kidney Cleanse, while some people have found benefits by consuming one glass of corn silk decoction, many have to consume up to six glasses. The same applies to the decoction made from parsley, coriander, or watermelon seeds.

As Cleansing therapists, we believe that no one knows your body better than you. Hence, there is no better doctor than you for you. Therefore, consider the dosage mentioned in the book as mere guidelines and adjust its quantity and the frequency of cleanses as per your need.

The truth is that instead of discussing dosages, it is more important to focus on staying healthy. The presence of social media, internet, and many search engines has made research so easy that we all can do PhDs on a disease. But does your health improve just by acquiring immense information about the disease and its symptoms? Wouldn't it be better to get rid of the disease by getting a little information about its treatment instead of googling irrelevant topics? It is up to you to decide what you want to do: a PhD on the disease or gain a real solution.

There are two types of people who read this book. Those who read it, collect more information through the internet, consider the advantages and disadvantages, meet educated people to discuss about it, and finally decide to do a Liver Cleanse. But the decision keeps getting postponed indefinitely. Others are those who do a liver cleanse soon after learning that the ingredients used would not cause any harm. And rest assured, they have experienced miraculous benefits. Now, you need to determine the category you wish to join.

Instead of going into the details of the cleanse, take a quick decision, and do a Liver Cleanse. Believe me, other than a Liver Cleanse, there is no other treatment in the world that can transform your health in just 18 hours. Everyone experiences a significant improvement in their overall health, body functions, and energy levels. I guarantee visible and noticeable results which will increase your confidence in Cleansing Therapy.

Many people want to do a cleanse, but they waste a lot of time searching for original, organic, edible or 'pure products'. Here, I would like to reiterate that the ingredients used in this therapy are quite cheap. Their sales are limited and the possibility of adulteration or fake products is comparatively less.

Zapper, Pulsar, Colloidal Silver Maker, and Clarkia Tincture used for a Parasite Cleanse are not easily available. Until these are available, forget the Parasite Cleanse for the time being and try those cleanses whose ingredients are easily available. It would be better if you do a Liver Cleanse in the meantime. In case of any doubt, you can contact our volunteers located in your city or directly contact me for advice.

With a second Liver Cleanse, your goal is to remove as many toxins as possible from the body. But this will be possible only when most of your organs are functioning well. Therefore, if possible, do Kidney, Acidity and Parasite Cleanse before the second Liver Cleanse.

If you suspect any contradiction in the dosage or frequency of consumption of the ingredients/medicinal substances, you can choose one as per your convenience and need. You will get good results in either situation.

Do not give too much importance to the order in which you do the cleanse. Start with a cleanse with easily available ingredients. I have the following suggestions regarding the frequency of cleanses:

S No.	Cleanse	Frequency
1.	Kidney Cleanse	twice a month
2.	Acidity Cleanse*	twice a month
3.	Parasite Cleanse#	once every six months
4.	Liver Cleanse**	every two weeks/six months
5.	Joint Cleanse	once in five years
6.	Fat Cleanse#	once in six months (maximum)
7.	Colon Cleanse	once a month
8.	Mouth Cleanse	once a week
9.	Ovary and PCOS Cleanse	once a month
10.	Uterus and Fertility Cleanse	once a month
11.	Fallopian tube Cleanse	once a month
12.	Vagina Cleanse	twice a month
13.	Anger Cleanse#	twice a month
14.	Body Order Cleanse#	once a month
15.	Breast Cleanse#	once a month
16.	Depression Cleanse#	twice a month
17.	Ear Cleanse#	once a month
18.	Eye Cleanse#	twice a month
19.	Hair Cleanse	twice a month
20.	Lung Cleanse	twice a month
21.	Nose Cleanse#	twice a month
22.	Pancreas Cleanse#	twice a month
23.	Prostate Cleanse#	twice a month
24.	Skin Cleanse#	twice a month
25.	Throat Cleanse#	twice a month
26.	Thyroid Cleanse	twice a month
27.	Tooth Cleanse#	twice a month
28.	Virility Cleanse#	twice a month

These cleanses are not included in this book. To know more about these cleanses, visit our websites www.thetempleofhealing.org and www.drpiyushsaxena.com.

* Do the Acidity Cleanse for seven days the first time, then do it twice a month for one day each.

** Do this at an interval of two weeks until the stones are completely removed. Then do it once in six months.

A Bittersweet Journey: Some happy aspects some sad ones!

The Cleansing Therapy was started in public interest, as a noble cause and purpose that goes beyond individual or organisational interests. It represents a compelling and morally significant objective that inspires individuals and groups to work toward the greater good.

We all know that increasingly expensive medical facilities are beyond the reach of a large section of the country's population. My aim was to provide affordable treatment to everyone through natural ingredients available at home and around. Till 2018, everything was going well. People were getting cured, praising the therapy and blessing us. The 'Swasth Bharat Mission' of Temple of Healing was moving forward smoothly. During that time, some people found a business opportunity in it. They started helping people to do the cleanses, especially Liver Cleanse, on a commercial basis.

Many people wanted to do the cleanses under someone's supervision. Some people were helping them in doing the cleanses under their supervision and they were charging a fee for their services. It was a beneficial deal for both the sides and I found no fault in it. But, there is an old saying in Hindi , 'माया महा ठगिनी हम जानी (greed knows no bounds)'. As the number of people doing these cleanses increased, so did the greed of those who were working on it as a business model. Genuine products play a big role in the success of Cleansing Therapy. But to earn more profit, these people started compromising with the quality of the products used in Cleansing Therapy. They started buying drums of extra virgin olive oil in place of imported bottles of 250/500 ml. Drums are indeed far cheaper when compared to 250/500 ml bottles of the oil. However, when these drums are opened and kept for a long time, the cleansing properties of the extra virgin olive oil diminishes. Many a time, it starts causing harm instead of benefit.

It has also been come to our knowledge that some gentlemen are getting the cleansing done by virgin olive oil or any other oil in the name of extra virgin olive oil. Through this fraud, they earn

some more money, but at what cost? During or after the process of cleanse, patients start experiencing symptoms like vomiting, nausea, headache and weakness etc.

Something similar has been happening with corn silk also. Corn silk obtained from naturally ripened corn in the field is best suitable for the Kidney Cleanse. Corn silk obtained from Chinese corn, baby corn or raw corn give less than the expected results.

It breaks my heart to see how the reputation of Cleansing Therapy is being tarnished by some selfish elements. If good quality ingredients are not used, the respective cleanses may not give desired effect. In such cases, it would not be fair to blame Cleansing Therapy for not getting good results. The fault lies with sub-standard products.

Hence, we at Temple of Healing, request you all to make sure of the quality of the products while purchasing it. Do not buy repacked extra virgin olive oil. It is difficult to assess its quality, type etc. The quality of corn silk available on online platforms too is not trustworthy.

Why imported, original sealed and packed extra virgin olive oil for Liver Cleanse?

Accumulation of LDL or bad cholesterol (harmful fat) in liver, gall bladder etc. is normal. This bad cholesterol gets deposited in the form of stones in the gall bladder. Only the best quality extra virgin olive oil, with original seal and pack, has the property to remove this LDL cholesterol from our body.

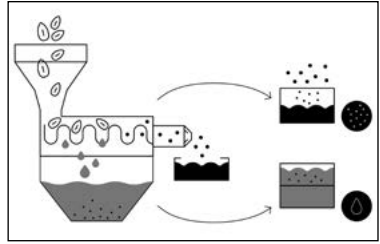
Extra virgin olive oil is extracted from the selected olive fruits whose trees are planted in places having a specific temperature and environment. Generally, European countries like Italy, Spain and Tunisia are considered suitable for the plantation of these olive trees.

The fruits from these olive trees are plucked in a special way. For this, a special type of vibrating equipment is fitted in Tractors. With the help of this equipment, the trunks of the olive trees are tightly held and shaken. (<https://youtu.be/IY4rlykgY4k?si=VWFBufVPEqbTMuzT>).

Due to the vibration, ripe fruits start falling down. A few people are made to stand beneath the olive tree holding a big net. When the trunk of the tree is shaken



using a tractor, the ripe olive fruits do not fall on the ground but fall on this net. After this, these fruits are turned over into a trolley without using hands. Thereafter, they are sent to the nearest oil pressing mill and the oil is extracted using cold press technique.



Cold press technique

In cold pressed technique, oil is extracted by simply crushing the seeds through pressure without using any heat. As a result, the taste, aroma, nutritional and medicinal value of the oil remains intact.

Immediately after this, oil is filled in bottles or drums and is packed using double seal packing so that the oil does not come in contact with air and its properties remains flawless.

Even if this oil, made in Italy, Spain or Tunisia, takes up to three months to reach India its properties remain the same until its seal is opened. For Liver Cleanse, use this oil immediately after opening the bottle as its medicinal properties keep on reducing gradually when it comes in contact with air. Due to this reason only, repackaged extra virgin olive oil does not yield the expected results.

It is noteworthy that Liver Cleanse is not done as a ritual or in compliance with. There are many motives behind doing a cleanse – removal of as much toxins as possible from the body, removal of stones from the gall bladder, reducing LDL cholesterol, and rejuvenating the self! When the objectives are so important, there should be no laxity in the selection of ingredients. Therefore, for Liver Cleanse, use only extra virgin olive oil with original seal and pack.

If you have any difficulty in identifying and assessing the quality of the ingredients, email us at www.thetempleofhealing.org or contact our volunteers.

Cleansing Therapy Camps

Cleansing Therapy is a cure-yourself method. It was my aim that people can do it themselves and live a healthy life, without any traditional medical intervention. Despite all my efforts, many people wanted to do it only under someone's guidance or personal supervision, especially Liver Cleanse. It was not possible for our volunteers to reach each patient individually and supervise them during the cleansing process.

In the beginning of 2019, we, at the Temple of Healing, decided to organise a free camp for those who wanted to do a cleanse only under supervision. A few experienced volunteers were entrusted with this responsibility and the first camp was successfully held in March 2021. Today, under the supervision of our volunteers, these camps are being organised across the country for durations of two days/one night, three days/two nights, and four days/three nights on a regular basis. A large number of people are participating in these camps and doing cleanses such that kidney, acidity, liver, parasite, colon, hair, mouth, nose, lungs, uterus, ovary/PCOS, fallopian tube, vagina, among others under able supervision of our volunteers.

You can also organise Cleansing Therapy camps on your own or in collaboration with other existing organisers. Camps can be held anywhere in the country as well as abroad. I try to be a part of these camps.



Cleansing Therapy Camp, Khopoli, Maharashtra

I do not charge any fee. I bear my own travelling expenses. Dr Yashpal Gupta and Dr Fatima Shaikh are aware of my schedules.

Many a times, camp organizers advise participants to purchase ingredients/products for future use. Participants often ask my opinion in this regard. Here, I would like to make it clear that I have nothing to do with the buying and selling of products. Participants must take this decision themselves.

I am thankful to the following organisers of Cleansing Therapy Camps:

S. No.	Name	Mobile	City
1.	Dr Yashpal Gupta	8800695356	Ghaziabad
2.	Dr Faatima Shaikh	9768078628	Mumbai
3.	Dr Manishi Johri	8169258477	Mumbai
4.	Dr. Amaresh Kumar Sharma	9082920289	Mumbai
5.	Sri Shankar Nayak	9967537350	Mumbai
6.	Dr. Sarabjit Singh	7906029187	Dehradun
7.	Shri Abhay Singh	9552211099	Jalgaon
8.	Ms Shweta Jaju	9860260760	Mumbai
9.	Shri Sudhindra Kumar	9334701368	Gaya
10.	Ms Parimala Narasimham	9849875775	Hyderabad
11.	Smt Sangeeta Prasad	9871776427	Noida
12.	Shri Bhupendra Singh	8810229073	Delhi
13.	Shri Mahendra Singh	8800714856	Delhi

Cleansing Therapy

On its way to become a recognised alternative therapy

Congrats...! The prayers and selfless efforts of our volunteers and the people who believe in Cleansing Therapy, are now paying off! We, at the Temple of Healing, are happy to inform you that the Cleansing Therapy is soon going to take a long leap.

An application was made to the Ministry of Health & Family Welfare, New Delhi, dated March, 27, 2019 to include Cleansing Therapy in the list of recognized medical disciplines. Our proposal has been processed by the Department of Health Research of the Ministry.



It is noteworthy that apart from allopathy, the government has so far recognized only five other medical discipline to be practiced. These are- Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy. After getting a go-ahead signal from the government, we, the Cleansing Therapist, can officially practice it.

Furthermore, a degree course on Cleansing Therapy may be a reality in near future. Two other healing techniques, electro - homeopathy and acupressure, which are under consideration for recognition for long, may be also find a positive node from the ministry.

The ministry has asked us to submit a detailed proposal for consideration and recognition of the therapy.

(Refer next page)

No. U-11018/03/2021-HR(ASM)/8102029

Government of India
Ministry of Health and Family Welfare
(Department of Health Research)

2nd Floor, IRCS Building,
1, Red Cross Road, New Delhi-110001
Dated, the 14th August, 2023

To
Dr. Piyush Saxena,
Temple of Healing,
5/1202 NRI Complex,
Nerul West,
Navi Mumbai-400706.

Subject: Proposal for Recognition of 'Cleansing Therapy'.

Sir,

This has reference to your proposal for recognition of 'Cleansing Therapy'.

2. The proposal was discussed, among other issues, in the meeting of the Inter-Departmental Committee (IDC), which was held on 04.08.2023. However, the committee noted that the proposal has not been explained and justified under each of the seven criteria, being followed by the committee for appraising any proposal seeking recognition for any modes of healthcare. Copy these criteria was provided by you.

3. In view of the above, you will be required to submit a detailed proposal, with supporting documents as well as justifying the proposal under each of the seven criteria, to facilitate a meaningful and an in-depth examination of the proposal by the IDC, where representatives of your organisation will be invited to present your case before the committee and to answer various queries that may be raised by the committee.

4. Further, you will also be required to submit – both in hard and soft copies (Pen drives) - '25' sets of your proposal with supporting documents, for circulation among all committee members well before the meeting.

Yours faithfully,



(B. Senapati)
Director

Copy to : The Chairperson, Inter-Departmental Committee.

The Temple of Healing: Other Activities

- Apart from making video series on various topics of Cleansing Therapy, such as Liver Cleanse, Kidney Cleanse, Joint Cleanse, and others, the Temple of Healing has produced videos on Mobile Radiation, Acupressure, Astrology, PLR (Past Life Regression), lives of saints, and on Dr Piyush Saxena's adventurous foreign expeditions. So far, we have made travelogue videos on Dr Saxena's visits to relatively unexplored places, such as Antarctica, Mountain Kailasha, Pakistan, and North Korea.
- The Gynaecology Video Series is a unique initiative of the Temple of Healing with the aim to make women aware of their personal health. The series consists of videos on various gynaecological subjects, such as introduction to the female reproductive organs and related issues, prevention of gynaecological problems, and easy-to-follow remedial measures, among others. The major attraction of this series is a video on a delivery performed at home, without the help of a doctor or midwife; an 'organic baby' in modern Mumbai, a baby born and brought up in a natural way.
- 'Mysteries of Life': this book highlights new dimensions between life and death, chronic phobia, chronic relationship issues, chronic diseases resulting from unwanted instances from previous births, and their medicine-free cures. (https://www.drpiyushsaxena.com/assets/pdf/Book_Mysteries_of_Life_EN.pdf)
- We regularly organise residential workshops on 'Cleansing Therapy' and 'PLR'.
- A campaign to simplify the adoption processes so that India's three crore orphans can find parents and become part of a family.

(See next page)

India's Orphans Long for Parents: Who is to blame?

According to the 118th report of the Rajya Sabha Parliamentary Committee, which reviews guardianship and adoption laws, UNICEF estimates the number of orphans in India to be 3.1 crore. The Diplomat newspaper highlights that there are 2.75 crore infertile couples in India. Unfortunately, only 4,000 adoptions take place every year. Out of ten thousand orphans, not even two are being adopted.

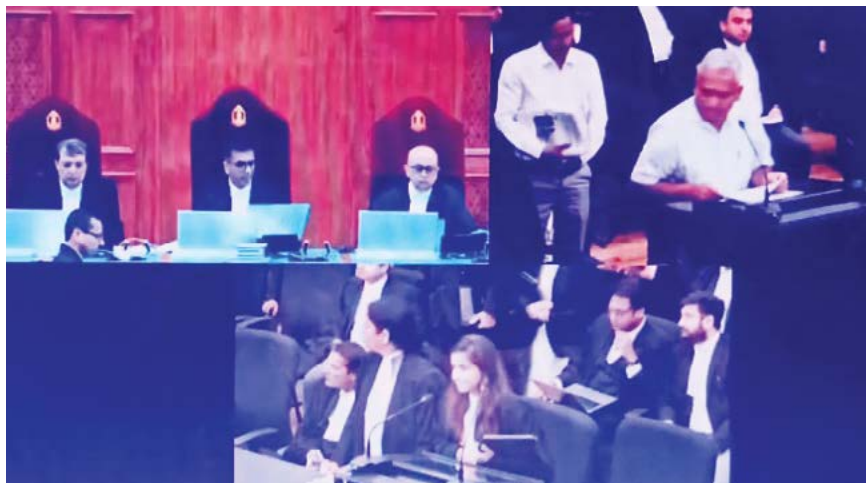


The big question is: who is to blame? Who is responsible for this scenario? Is it the government with its policies, or is it us, the citizens, who struggle to effectively communicate the challenges faced by both infertile couples and orphans to the authorities?

The Temple of Healing has filed a Public Interest Litigation (1003/2021) in the honourable Supreme Court of India, New Delhi, for simplification of the adoption procedure. Dr Piyush Saxena, the Secretary, has appeared ten times before the honourable Chief Justice, Supreme Court of India, during the hearing of this PIL.

Recognizing the significance of this PIL, the honourable Chief Justice of India has requested the Government of India to take action, stating, "Dr Saxena's suggestions are worthy of consideration and the government should schedule his meeting with a top official of the Ministry". (See page no. 199)

The major obstacle in the adoption process is stringent guidelines. While the intention is to create a foolproof system to safeguard children from exploitation or abuse, the reality is far from idealistic. If so, does this rule apply while issuing a driving licence? Does the



Dr piyush Saxena, petitioner in person, presenting the facts related to orphan's in front of honourable chief justice of India Dr D Y Chandrachud, honourable justice J B Pardiwala and honourable justice Manoj Mishra, at court no 01 of honourable Supreme court of India, New Delhi

government ensure that all drivers and vehicles are 'foolproof' against accidents? The only foolproof solution to prevent accidents is to stop vehicular movement. Similarly, if food poisoning is prevalent, then people should be forbidden from eating outside or even at home. Extreme precautionary measures do not guarantee that an accident will not happen.

Consider a few events from the past 25 years. In 1996-97, credit cards were valid only in India and Nepal. It was assumed that credit cards with international validity will give rise to mass capital exodus. But this did not happen, and today, most credit cards have are internationally valid.

A few years ago, it was necessary to get a copy of every certificate attested by a gazetted officer. But self-certification of documents has replaced this tedious process.

Launched in 2014, the world's biggest financial inclusion programme, Pradhan Mantri Jan Dhan Yojana, has successfully created over 50 crore Jan Dhan accounts. Despite initial concerns about potential fraudulent transactions, naysayers were proven wrong.

In the past, obtaining a passport was a cumbersome and time-consuming task, often taking three to six months for processing. However, the process has since been simplified, and today, a common man can obtain a passport in 10 to 15 days.

In 2014, a proposal was introduced to form a committee for the assessment and issuance of gender certificates to eunuchs in every district, an idea deemed completely impractical. In 2020, this proposal was replaced by a modest declaration by the transgender person.

However, despite the need for effective measures, adoption processes in India have faced significant restrictions due to concerns about potential abuse, exploitation, and trafficking of children. This has led to a virtual halt in adoption activities. The question arises: do our orphans not deserve the warmth of a family, with a loving mother and a caring father? Do the infertile couples not deserve the joy of having a child, a beacon of hope in their lives?

Amidst this glooming scenario, the Hindu Adoption and Maintenance Act (HAMA) 1956, is the North Star. Under this act, adoptions can be made amongst Hindus by transferring a child without the need to approach Central Adoption Resource Authority (CARA) in normal circumstances. Here, a child is given to the adoptive parents from the biological parents/guardians by means of a simple transfer of the child from one family to another, a deed of adoption, or a duly registered deed of adoption at the sub-registrar's office, or a deed of adoption by order of a District Magistrate.

Read more to learn about this simple adoption procedure (adoptions under HAMA, 1956) on <https://adoptbaby.in> . Also, read the following for more clarity:

- i) The Hon'ble Supreme Court Order, 20.11.2023, page 12.
- ii) Section 2 and 16 of HAMA 1956.
- iii) Adoption Regulations Section 56(i) and 56(iii) of the J J Act, 2015
- iv) Suggestion of ASG (page 145) and more.

For more queries, send an email to adoptbaby445@gmail.com.

ITEM NO.31

COURT NO.2

SECTION PIL-W

S U P R E M E C O U R T O F I N D I A
R E C O R D O F P R O C E E D I N G S

Writ Petition(s)(Civil) No(s).1003/2021

THE TEMPLE OF HEALING

Petitioner(s)

VERSUS

UNION OF INDIA

Respondent(s)

(WITH IA No. 111814/2021 - PERMISSION TO APPEAR AND ARGUE IN PERSON)

Date : 26-08-2022 This petition was called on for hearing today.

CORAM :

HON'BLE DR. JUSTICE D.Y. CHANDRACHUD
HON'BLE MR. JUSTICE A.S. BOPANNA
HON'BLE MR. JUSTICE J.B. PARDIWALA

For Petitioner(s) Dr. Piyush Saxena, Petitioner-in-person

For Respondent(s) Mr. K.M. Nataraj, ASG
Mr. Rajat Nair, Adv.
Mr. Anirudh Sharma, Adv.
Mr. Sharath Nambiar, Adv.
Mr. Anuj Srinivas Udupa, Adv.
Mr. Nakul Chengappa K.K., Adv.
Mr. Chitransh Sharma, Adv.
Ms. Swati Ghildiyal, Adv.
Mr. Vishal Verma, Adv.
Mr. Navanjay Mahapatra, Adv.
Mr. G.S. Makker, AOR
Mr. A.K. Sharma, AOR

UPON hearing the counsel the Court made the following
O R D E R

1 These proceedings under Article 32 of the Constitution highlight the deficiencies in the process which has been formulated for adoptions in the country.



The request of the petitioner is that the adoption procedure may be simplified by taking steps on the ground.

- 3 We have heard Dr Piyush Saxena, who appears in person.
- 4 Mr K M Nataraj, Additional Solicitor General, states that the Union Government is seized of the issue and would require six weeks' time to consult all stake holders so that the process can be simplified.
- 5 Since the petitioner has concrete suggestions in that regard, we request the Secretary in the Ministry of Women and Child Department to depute a sufficiently senior and responsible officer to hold a meeting with the petitioner so that the suggestions which are made by the petitioner can be duly considered. A multi-stakeholder consultation shall also be carried out. This exercise shall be completed within a period of four weeks. Thereafter, the Court shall be apprised on affidavit of the steps, which have been taken by the Union Government for simplifying the procedure for adoption, while, at the same time, ensuring that all relevant concerns and the public interest in protecting the welfare and safety of children are duly taken care of.
- 6 List the petition on 30 September 2022.

(SANJAY KUMAR-I)
DEPUTY REGISTRAR

(SAROJ KUMARI GAUR)
COURT MASTER



थेरेपी को नहीं आजमाया होता, तो आज मैं डांस नहीं कर रही होती

उम्मीद

बॉलीवुड में लोकप्रिय हो रही क्लींजिंग थेरेपी, स्वस्थ रहो, मस्त रहो : सेठ

ब्यूरो | मुंबई

भोजपुरी फिल्मों में अपने आइटम डांस के लिए मशहूर और डांसिंग क्वीन, दिल जीतेगी देसी गर्ल, बिग-बॉस-2 वगैरह से चर्चा में आई अभिनेत्री संभावना सेठ से आप सभी परिचित होंगे। लेकिन, इस सच से नहीं कि कोई आठ साल पहले, 2006 में उनके डॉक्टर ने उन्हें एक्टिंग और डांस छोड़कर कोई दूसरा प्रोफेशन चुन लेने की सलाह दी थी क्योंकि अस्सी से अधिक चीजों से एलर्जी तो उन्हें थी ही, रियूमेटॉइड, आर्थराइटिस की जन्मजात समस्या के कारण वो स्टैरॉयड पर थीं। इसी दौरान एक अनजान-सी अल्टरनेट थेरेपी 'क्लींजिंग थेरेपी' के प्रणेता डॉ. पीयूष सक्सेना से उनकी मुलाकत हुई, 'डॉ. सक्सेना मेरे लिए भगवान बनकर आए थे। अगर मैंने उनकी क्लींजिंग थेरेपी को नहीं आजमाया होता, तो आज मैं डांस नहीं कर रही होती।' कुछ ऐसा ही अनुभव अभिनेत्री, समाजसेवी



संभावना सेठ

और कांग्रेसी नेता कुनिका सदानंद का भी है। उन्हें भी इतनी चीजों से एलर्जी थी कि 'क्या खाएं, क्या न खाएं' समझ में नहीं आता था। कुनिका मानती हैं कि क्लींजिंग थेरेपी उनके लिए वरदान साबित हुई। क्लींज करके वो न सिर्फ अपनी लाइलाज एलर्जी की समस्या से छुटकारा पा सकीं, बल्कि पिछले 6 साल से बिना दवा व अस्थमा के पंप के सामान्य जीवन जी रही हैं।

शरीर के विभिन्न अंगों की सफाई

क्लींजिंग थेरेपी में शरीर के विभिन्न अंगों- लिवर, किडनी, जोड़ों आदि की जरूरत के मुताबिक क्लींज यानी सफाई की जाती है। इनमें सबसे अहम है लिवर क्लींज जिसे मास्टर क्लींज भी कहते हैं। निर्देशानुसार इसे करते रहने से आपकी अनेक शारीरिक समस्याएं दूर हो जाती हैं। लिवर क्लींज के लिए एक्स्ट्रा वर्जिन ऑलिव ऑइल और एप्सम साल्ट का सेवन करना पड़ता है। किडनी क्लींज यानी किडनी की सफाई महज थुड़े (मकई) के सुनहरे बाल या पारसली की पत्तियों या फिर तरबूज के बीजों का काढ़ा बनाकर पीने से हो जाती है। शरीर को स्वस्थ रखने के आवश्यक दो दर्जन से भी ज्यादा क्लींजिंग थेरेपीज का जिक्र डॉ. सक्सेना की वेबसाइट पर है। डॉ. सक्सेना का दावा है कि उनकी इन क्लींजिंग थेरेपीज को आजमाकर शरीर की 90 फीसदी समस्याओं का 100 फीसदी इलाज संभव है। अभिनेता राहुल रॉय, आशुतोष राणा, राजेन्द्र गुप्ता वगैरह इस थेरेपी से प्रभावित हैं। एंजियो प्लास्टी करा चुके कॉमेडियन राजू श्रीवास्तव भी इस थेरेपी को आजमा चुके हैं। उनका कहना है कि डॉ. सक्सेना की इस यूनिक स्टीडी को हम सबको आजमाना चाहिए। बहरहाल, सवाल ये उठता है कि जब ये थेरेपी इतनी कारगर है तो प्रचलित क्यों नहीं हो पायी है? इसके जवाब में डॉ. सक्सेना कहते हैं कि किसी भी नयी थेरेपी पर लोग आसानी से नहीं विश्वास करते। फिर अल्टरनेटिव मेडिसिन-पद्धतियों के पास प्रसार-प्रचार के लिए पैसा कहाँ है?

क्लींजिंग
थेरेपी है
क्या

डॉ. पीयूष सक्सेना बढ़ते प्रदूषण, पैरासाइट और बिगड़ी लाइफ स्टाइल वगैरह को ही तमाम बीमारियों की जड़ मानते हैं। इनके चलते शरीर में टॉक्सिन्स जमा होते रहते हैं, जिन से शरीर के अंग सही ढंग से काम नहीं कर पाते और हम बीमार हो जाते हैं। अगर इन टॉक्सिन्स को शरीर से बाहर निकाल दिया जाए, तो समस्या का इलाज हो जाता है। शरीर से टॉक्सिन्स बाहर निकालने की ये प्रक्रिया ही क्लींजिंग थेरेपी है। इसे समय-समय पर आजमाते रहने से हम स्वस्थ बने रह सकते हैं। बस समय-समय पर क्लींज भर करते रहें। इससे आप रोगग्रस्त होने से बचे रहेंगे। इसीलिए तो मैंने अपनी क्लींजिंग थेरेपी को स्लोगन दिया है- "खाओ, पियो मस्त रहो, क्लींज करो स्वस्थ रहो।"



Kunickaa Sadanand

Actor, Activist, Politician

Bollywood..... just the mention of the word creates excitement and curiosity in people. Unfortunately not many people are interested in the reality behind the glamour. Being part of the film industry for the past 30 years, I know the pain and hard work that goes hand in glove with fame. Even though I am talking about pain, I really wish I could wish it away. Attributing it to my exercise regimen and emotionally challenging profession, I started shirking from exercise, especially on days when I was not feeling too good emotionally or physically. In the year 1997, I could see my clothes size getting bigger and I got into the vicious circle of 'you feel fat - you stress - you eat - you feel fat and you actually become fat'. After putting on weight, I started suffering from water retention. To top it, someone suggested an allergy test and I discovered I was allergic to about 40 things. It was 2007.

I had reconciled to a life of being overweight with numerous restricting allergies, terrible itching all over my body, sinus and mild asthma (because of allergies), red patches on my skin, body pain and thyroid. I would start my day with anti-allergy tablets and what not. Then, I discovered Dr Piyush's treatment, from my friend Sambhavna Seth. I saw her after a gap of more than six months and was shocked at her weight loss. I congratulated her. She asked me about a red patch on my neck and I said jokingly, "Oh this is a sign of my royal blood." She didn't find it amusing and I knew in my heart how untrue that statement was. She took it upon herself to explain the treatment formulated by Dr Piyush to me and its benefits. At first, it sounded completely impractical and gross. But, I am glad I did it! Today, I feel I have embarked on a new journey, with a new zest for life and an endeavour to help more people with this wonderful and magical treatment. Not only have I stopped taking pain killers and anti-allergy tablets, but my digestion has improved by a hundred times. My hypothyroidism is under control and I don't feel exhausted anymore. Dr Piyush and his cleansing treatments are a blessing for mankind. I recommend it to everyone.

About the Author

Dr Piyush Saxena was born in 1958 to Justice Krishna Narayan, a retired judge from High Court Allahabad and late Shanta Saxena.

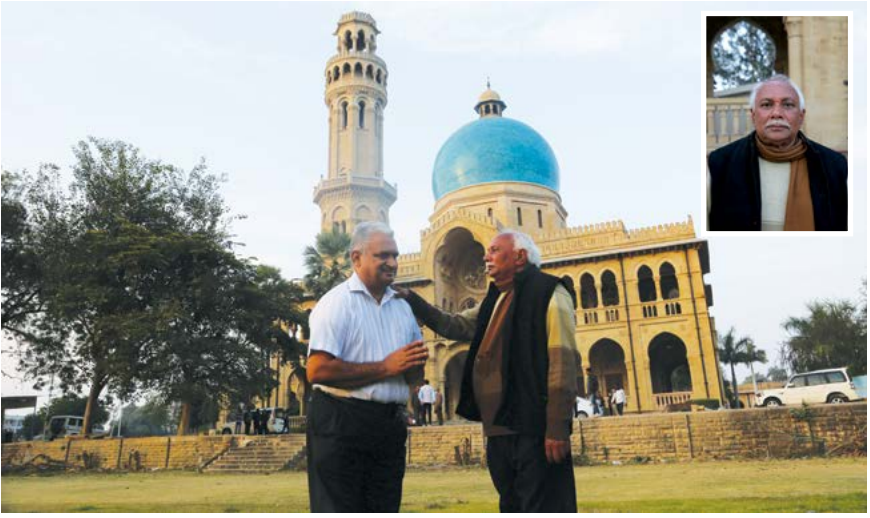
He is a man of many talents - corporate professional, naturopath, wellness counsellor, cleansing therapist, past life regression therapist, activist, avid traveller, thinker, poet, painter, writer, film director, producer, actor, magician and above all, a considerate human being.



Dr Piyush Saxena with his parents

His wife, Shubha, is a teacher, and his son Prakhar has completed software engineering from USA (he also works there) and daughter, Priyanshi deals with curators, sales and acquisition of art works.

Dr Saxena did BSc (Physics) and MA (Modern History) from Allahabad University. Later, he completed his PhD in Naturopathy from USA. His professional life started with Bank of India, where he worked from 1981 to 1995 in Uttar Pradesh. Thereafter, he joined Reliance Industries Limited, where he currently works as a Senior Vice President (Corporate Affairs) at Nariman Point, Mumbai.

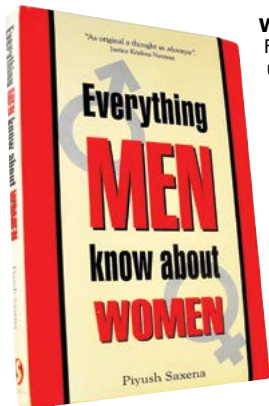


Dr Piyush Saxena with Prof. (Dr.) Mata Amber Tiwari, mentor and former professor of mathematics at Allahabad University

Over the past 18 years, he has attempted to unlock the mysteries of nature and communicated the truth about them, and has published three books.



A campaign for adoption of orphans of India. Dr. Piyush Saxena along with 24 orphans visited Dr. Vidyasagar, former Governor, State of Maharashtra at Rajbhavan, Mumbai.

**When it comes to women, men draw a blank**

For ages the fairer sex has been an enigma to men and unraveling the mystery called "woman" has been a quest that many have, mostly foolhardily, attempted. Or not.

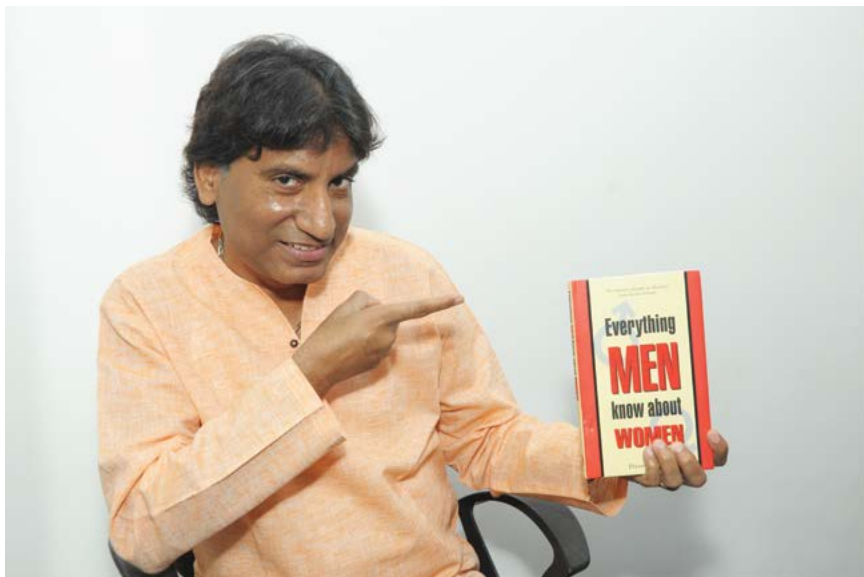
Apparently, working on the premise that the universal male urge to figure out women could lead to a universal male urge to loosen purse strings, Piyush Saxena launched *Everything Men Know About Women* — a book of pristine white sheets with not a printed word.

Mr Saxena's book, which hit select outlets in the city a week before Valentine's Day and costs Rs 295, has evoked a mixed response from Bangaloreans. Some have panned it, calling the "book" a sly businessman's attempt to make a fast buck, whereas others have embraced the publication and loved the unique concept. Many are merely amused by the cheekiness of the enterprising author. Incidentally, Mr Saxena handles corporate affairs at Reliance Industries in Mumbai. Rajan Das, General Manager of Crosswords book store, says his colleagues are closely watching customers

who may be potential purchasers so that they can be warned about the "contents or the lack of it".

The book and its review as published in the Deccan Herald, Bangalore.

Book 1 - 'Everything Men Know About Women' (2005): It has been recognised for its unique conceptual understanding. It became a part of coffee table books in many homes.



Comedian Late Raju Srivastav's humorous satire on 'Everything Men know about Women. To see the video visit : <http://www.menknowwomen.com>

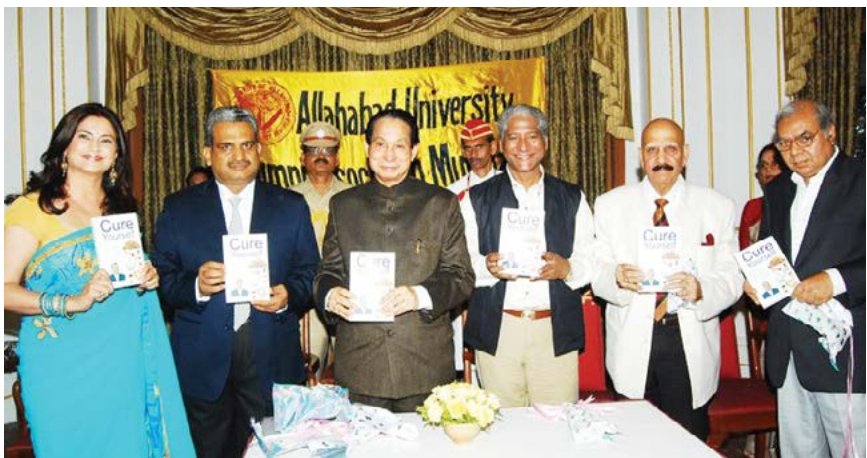


Walk the Talk, at JIO Talk...

Dr Saxena delivering a lecture on Cleansing Therapy at Reliance Corporate Park, Navi Mumbai

Book 2 - 'Cure Yourself' (2008): The book is based on the Cleansing Therapy promoted by Dr Saxena.

'Cleansing Therapy - Cure Yourself', second edition (2016) – In this edition, he has added Fat, Colon, Mouth, PCOS, Uterus and Fertility, Fallopian tube and Vagina Cleanses. On his website, you can find 28 cleanses that cover all the major systems of our body.



Dr Saxena with His Excellency S C Jamir (Centre), Governor of Maharashtra, Actors Kunickaa Sadanand and Rajendra Gupta and Industrialist Mohd Zakauallah, during the release of 'Cure Yourself' at Raj Bhavan, Mumbai

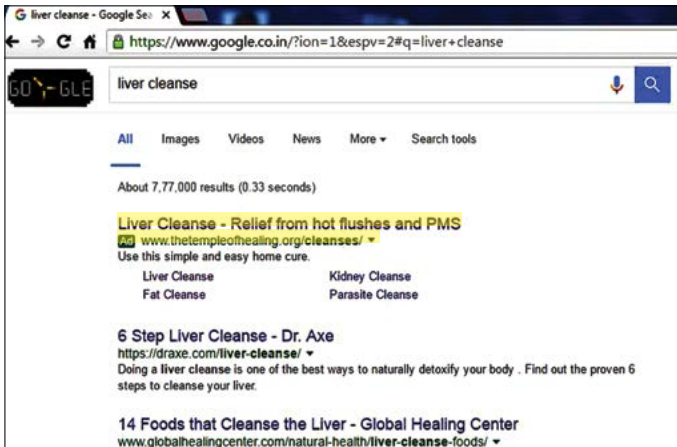


Dr Saxena delivering a lecture at RBI Central Office, Mumbai

His articles on health, wellness and social issues have been featured in various well known Indian publications, such as Health & Nutrition, Dainik Bhaskar, Rajasthan Patrika, Women's Era, Navbharat, etc. He has also appeared on numerous radio and TV programs. He frequently delivers lectures on Cleansing Therapy to promote wellbeing of the general public throughout India.



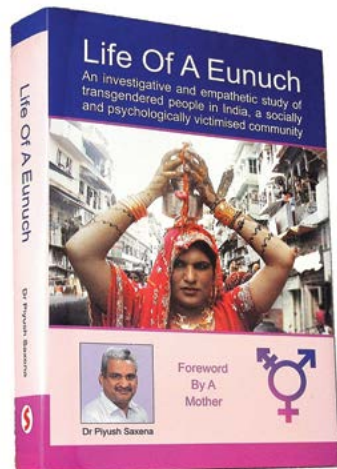
Delivering a lecture at NACEN, Vadodara



Screen shot of google search showing our website prominently

He is also the Founder Secretary of the Temple of Healing (TOH), founded to promote Cleansing Therapy and wellbeing of human kind. His trust, the Temple of Healing, is a recipient of a Google Ad Grants award of 10,000 USD per month. The Google Ad Grants program supports registered nonprofit organisations that share Google's philosophy of community service to help the world in areas such as science and technology, education, global public health, the environment, youth advocacy and the arts. As a result, the website appears among the top results on Google search.

Book 3 - 'Life Of A Eunuch' (2011): It is a 540+ pages book that covers various aspects of eunuchs secretive lives, such as their history, lifestyle, festivals and celebrations, living with gurus, means of livelihood, prostitution, crime, trade of eunuchs, private gatherings, death rituals and gender identity. The book also explores subjects, such as ambiguous genitalia, sex change surgeries and castration, in both text and photographic representations.

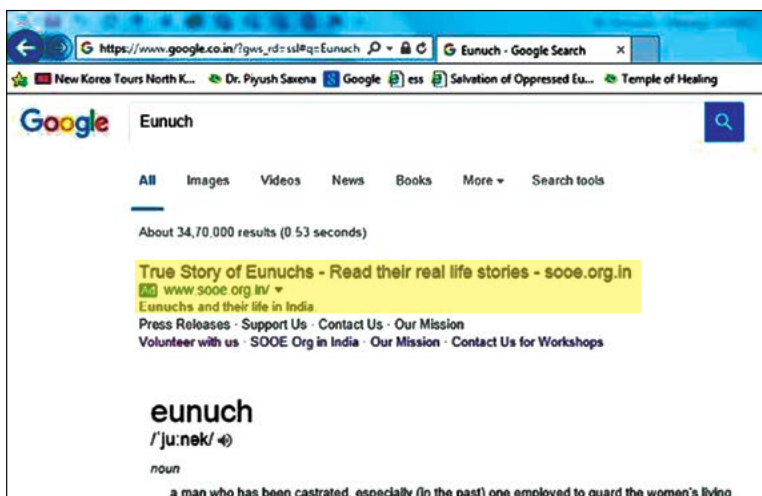




Dr Saxena with members of the eunuch community

He has made a documentary film *...Aur Neha Nahin Bik Payee*, highlighting the tradition of bonded labour in eunuch community, their rituals, traditions and other aspects.

Dr Saxena is also the Founder Chairperson of **Salvation of Oppressed Eunuchs (SOOE)**, an NGO working for the cause of eunuchs and helping to integrate them into mainstream society. His trust SOOE is also a recipient of a Google Ad Grants award of 10,000 USD per month, as a result the site appears frequently on top in google search result.



google search result for <http://www.sooe.org.in>



Dr Piyush Saxena presenting the cause of transgender community in front of Hon'ble HE Ramesh Bais, Governor, Maharashtra and Ex. Chairman of the Parliamentary Standing Committee on Social Justice and Empowerment.

He has also filed a PIL (No. 01/12) in the High Court, Bombay which led to the following benefits to eunuchs:

- The subject of eunuchs was assigned to the Ministry of Social Justice & Empowerment (MoSJE).
- Lenient issuance of voter cards to eunuchs.
- Notification of Sex Re-assignment Surgery in Govt. hospitals by the Union Ministry of Health.
- A notification from the MoSJE seeking complaints from chela eunuchs against exploitation by Gurus, a step towards abolition of the century old *Jeti* tradition (a form of bonded labour).

Book 4 - Hindi edition of the bestseller, *Cleansing Therapy - Cure Yourself* (अपना इलाज अपने हाथ) is his fourth published book. All his articles, videos and books are available for free on his websites, drpiyushsaxena.com or thetempleofhealing.org.

Dr Saxena has a Master's degree in Reiki. He has also delved into PLR through hypnosis, and uses it to help people cure chronic problems related to health, fears, phobias or relationships. He has done more than 250 PLR sessions so far and all of his clients have reported considerable improvements. He has a long list of inquisitive patients, who often consult him about their problems as well as that of their family and friends.

'Mysteries of life' (जीवन के रहस्य) is his fifth published book. It unveils the secrets of life. In this book, he has discussed esoteric topics like life, death and soul in simple language.

The process of Past Life Regression (PLR) has also been explained in detail and any person can master the art of PLR therapy after reading this book and due practice, without going to any teacher or guide. It is noteworthy that this technique helps in curing chronic fear, chronic relationship issues, chronic diseases and many more.

To get a soft copy of this book, click the following link-

https://www.drpiyushsaxena.com/assets/pdf/Book_Mysteries_of_Life_EN.pdf
and <https://www.mol.org.in>

Mysteries of Life

(Past Life Regression)



Dr Piyush Saxena

In order to promote his aforementioned activities more intensely and more effectively Dr Saxena contested the Lok Sabha elections 2024 as an independent candidate from 25 Thane Constituency of Maharashtra.(See the serial no. 17)



निवडणूक निर्णय अधिकारी

२५- ठाणे लोकसभा मतदार संघ यांचे कार्यालय

पत्ता- जिल्हाधिकारी कार्यालय, पहिला मजला, जिल्हाधिकारी कार्यालय, ठाणे, जि. ठाणे, पिन कोड - ४००६०१

दूरध्वनी क्रमांक- ०२२-२५३४५१३२

ई मेल आयडी- thancro2५@gmail.com

क्र. लोकसभा निवडणूक/२५ ठाणे/ २०२४/२०३

दिनांक- ३०/०५/२०२४

प्रति,

१. श्री.नरेश गणपत म्हस्के, २०७, आनंदनगर, कोपरी ठाणे (प)	१३. श्री.इरफान इब्राहिम शेख, रूम नं. ६०१/ए, कावरी बिल्डिंग, पंचगंगा रोड, दुसरी राबोडी, रूस्तमजी, ठाणे ४००६०१
२. श्री.राजन बाबुराव विचारे, १०३, डॉ. अल्मेडा अपार्टमेंट, जी.बी.रोड, चरई, ठाणे	१४. श्री.खानासाब रसूलसाब मुल्ला, घर क्रमांक १५२, पो. तळोखेड, ता. निलंगा, जि. लातूर ४१३५२१
३. श्री.संतोष भिकाजी भालेराव, सदनिका क्र.२, सोहम किर्नी ए को. ऑप. हौ. सोसायटी, खारीगाव नाका, कळवा (प), ठाणे	१५. अॅड. गुरुदेव नरसिंह सुर्यवंशी, रूम नं. ११७६, तुर्म स्टार, शिवशक्ती नगर, ठाणे बेलापूर रोड, नवी मुंबई
४. श्री. उतम किसनराव तिरपुडे, फ्लॅट नं. २००३, ए विंग, कासा अल्टीमा, टीसीएस, आय थिंक टेकनो कॅम्पस जवळ, पाचपाखाडी, ता. ठाणे, जि. ठाणे ४००६१०	१६. श्री. चंद्रकांत विठ्ठल सोनवणे, शिवछत्रपती चारड, पंचशिल निवर्मंडळ, माता रमाबाई आंबेडकर नं. २, भांडूप (प) मुंबई ४०००७८
५. श्री. झा सुभाष चंद्र, अ. ६०१, वामा बिल्डिंग, संघवी नगर, मिरा-भाईंदर रोड, (पूर्व) ठाणे ४०११०७	१७. डॉ. पियूष के. सक्सेना, ५/१२०२, एनआरआय कॉम्प्लेक्स, सोबुड, नवी मुंबई ४००७०६
६. श्री. भंवरलाल खेतमल मेहता, ४०४, वितराग टॉवर, ६० फिट रोड, देवचंद नगर, भाईंदर (प), ठाणे ४०११०१	१८. श्री. प्रमोद आनंदराव धुमाळ, ब्लॉक नं. १०४, टॉवर २ बी, साई रतन टॉवर, डो - माटे जवळ, विरार (पु), ता. वसई, जि. पालघर
७. श्री. मुकेश केलासनाथ तिवारी, शिवशक्ती नगर, बिल्डिंग नं. २३, च्या मागे कोपरी कॉलनी, ठाणे (पूर्व), जि. ठाणे ४००६०३	१९. श्री. मल्लिकार्जुन सायबान्ना पुजारी, रूम नं. ७११, एस. एस. - ३, सेक्टर - ६, मस्किंद जवळ, कोपरखेरणे, नवी मुंबई ४००७०९
८. श्री. राजेंद्र रामचंद्र संखे, बी - ३१०३, आलिक्रिया द वेटेन, निळकंठ वृद्धस्, मानपाडा, ठाणे (पश्चिम) ४००६१०	२०. श्री. राजीव कांडोबा भोसले, घर नं. ६२३, लक्ष्मी चाळ, हिंदुस्तान टाईम्स प्रेस जवळ, नामदेव नगर, ऐरोली, नवी मुंबई
९. श्री. राहुल जगबीरसिंह मेहराणीया, एस. एस. 11, सिडको कॉलनी, रूम नं. १५, विठ्ठल मंदिर जवळ, सेक्टर- १६, कोपरखेरणे, नवी मुंबई	२१. श्री. सावळे दत्तात्रय सिताराम, एस ५२, रूम नं. ७३२ सेक्टर ७, कोपरखेरणे, नवी मुंबई ४००७०९
१०. श्री. विजय ज्ञानोबा घाटे, शाऊ सुमूर्ती बिल्डिंग, रूम नं. ३०५, ३ रा मजला, महात्मा फुले नगर, मिनातारई टाकरे गार्डनच्या मागे, कोरस रोड, ठाणे (प) ४००६०६	२२. श्री. सिध्दांत छबन शिरसाट, ब- ४०१, साई तेज अपार्टमेंट, ब्लॉकम कॉन्व्हेंट शाळेजवळ, दिपाली पार्क रोड, बालिवली, बदलापूर (प)
११. श्री.म.सल्लिमा मुक्ता वसानी, मिरारोड (पूर्व), ठाणे ४०११०७	२३. श्री. सुरेंद्रकुमार के. जैन, ए/३०४, सी व्हीवू को. ऑप. हौ. सोसायटी लि. आरएनपी पाके, भाईंदर (पूर्व)
१२. श्री.म. अर्चना दिनेकर गायकवाड, राजवाडी, पो. हातनुर, ता. सेलु, जि. परभणी	२४. श्री. संजय मनोहर मोरे, ०३ माला, रू. नं. ३०५ तानिया रोड, तानिया टाऊन, राज नगर, आचोले गाव, नालासोपारा (पूर्व), ता. वसई, जि. पालघर

विषय :- लोकसभा सार्वत्रिक निवडणूक-२०२४

निवडणूक निर्णय अधिकारी यांचे स्तरावरील सुविधा केंद्र

उपरोक्त विषयान्वये कळविण्यात येते की, २५ - ठाणे लोकसभा मतदारसंघाच्या निवडणूकीसाठी आपण निवडणूक लढविणारे उमेदवार आहात. निवडणूक कर्तव्यावरील ज्या मतदारांनी नमुना नं. १२ फॉर्म भरलेला आहे. अशा मतदाराचे मतदान या ठिकाणी पोस्टल बॅलेटद्वारे होणार आहे. सदर मतदान प्रशिक्षण केंद्र, जिल्हा कोशल्य विकास, रोजगार व उद्योगाजकता विकास केंद्र, जिल्हाधिकारी कार्यालय परिसर, कोर्ट नाका ठाणे ४००६०१ येथे दिनांक १७/०५/२०२४ ते १९/०५/२०२४ रोजी सकाळी ०९.०० ते सायं ०५.०० वाजता होणार आहे. तरी आपले प्रतिनिधींना त्या ठिकाणी हजर ठेवणेस विनंती आहे.

(मनिषा ज्ञानभावे)
निवडणूक निर्णय अधिकारी,
२५ - ठाणे लोकसभा मतदार संघ



Real to reel: with Aruna Irani and Manoj Tiwari in a movie

An independent and progressive film director, he has also performed in many TV serials, movies and dramas. He has performed in *Ramleela* and also recited poems at *Kavi-Sammelan*.

He enjoys the company of children and performs magic shows at birthday parties and schools/colleges, and also for mature audiences,



Performing as Parasuram in Ramleela in Mumbai



Reciting a poem in a Kavi-Sammelan

providing relief and entertainment to them from their monotonous routines. Dr Saxena does not charge any fee for any of the above activities. He does them purely for his own pleasure.

He is a teetotalter, non-vegetarian, fond of eating, enjoys cooking and specialises in north Indian delicacies.



Performing a magic show at Modern School, Lucknow



Daily morning session of Squash

He had won Chess (1977) and Bridge (1978) tournaments in Amaranatha Jha hostel in his university days in Allahabad. He also won Runner's Up in the open category of Men's Squash Championship at Reliance Industries Limited in 2012. He is fond of adventure sports, such as sky diving, paragliding, white water rafting, trekking and hiking.



**Have yourself a Merry Little Christmas!
Dr. Piyush Saxena, as Santa Claus, entertaining the kids.**

Dr Saxena is fond of travelling. He believes that travelling is a part of education.

He has travelled to all continents. He has visited USA, UK, Russia, France, Germany, Switzerland, Italy, Japan, Egypt, Australia, Belgium, Brazil, Argentina, Chile, Uruguay, Falkland Islands, Netherland, Hong Kong, Singapore, Thailand, Malaysia, Dubai, China, South Africa, Botswana, Kenya, Tanzania, Sri Lanka and North Korea (DPRK).



**Seeking the blessings of His Excellency,
Late Dr A P J Abdul Kalam**



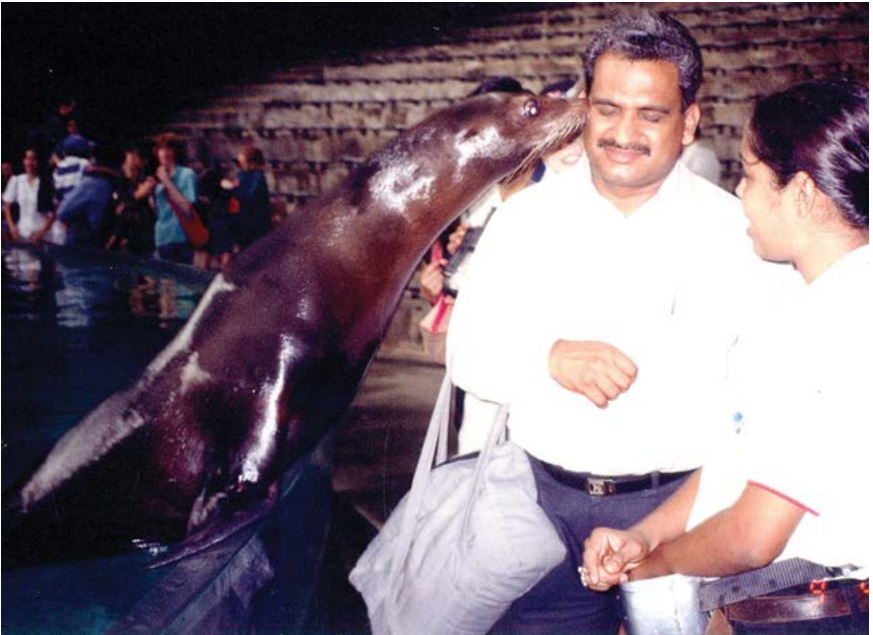
At Mt. Kailasha, the abode Lord Shiva



En route to Antarctica



Playing with a Cheetah in Botswana



A seal greets Dr Saxena in Australia



Dancing with Japanese children to an Indian tune in Tokyo



Free fall while skydiving in San Francisco, USA



At Yuri Gagarin Cosmonaut Training Center, Moscow



At Kumsusan Palace of the Sun in Pyongyang, North Korea

Cleansing Therapy - Video Series



**An introduction to Cleansing Therapy-
A miraculous therapy that gave new life to the author.**



**Kidney Cleanse - Effective treatment for back pain, fatigue,
bone problems, blood pressure disorders etc.**



Kidney Cleanse Decoction- Cleanse the kidneys with the decoction of corn silk, parsley, watermelon seeds and coriander leaves.



Acidity Cleanse- Permanent solution for acid reflux, heartburn, acidity, loss of appetite, constipation etc.



Parasite Cleanse - Parasites are a factor in every illness, Parasite Cleanse- a natural way of protecting yourselves from parasites and diseases



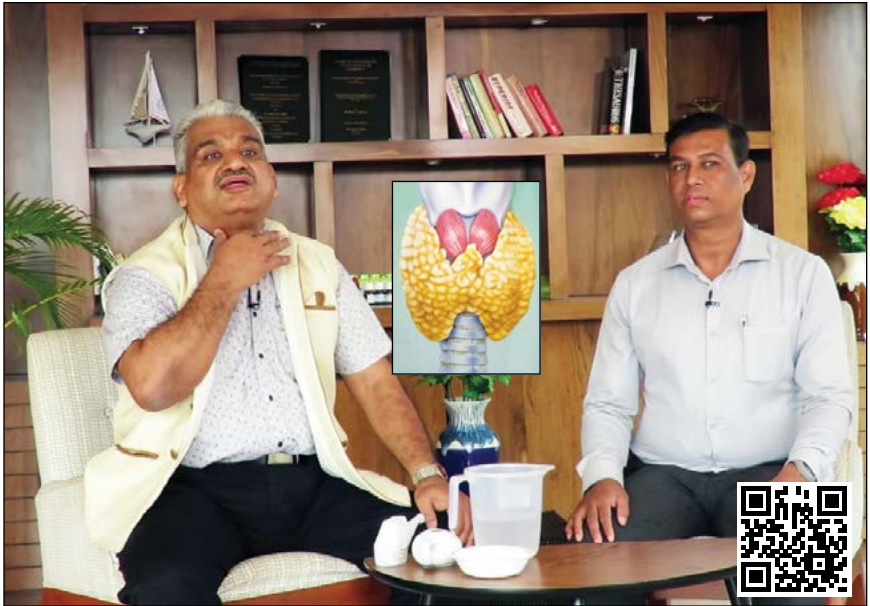
Liver Cleanse- Rejuvenate thyself, remove Gallstones and control Cholesterol



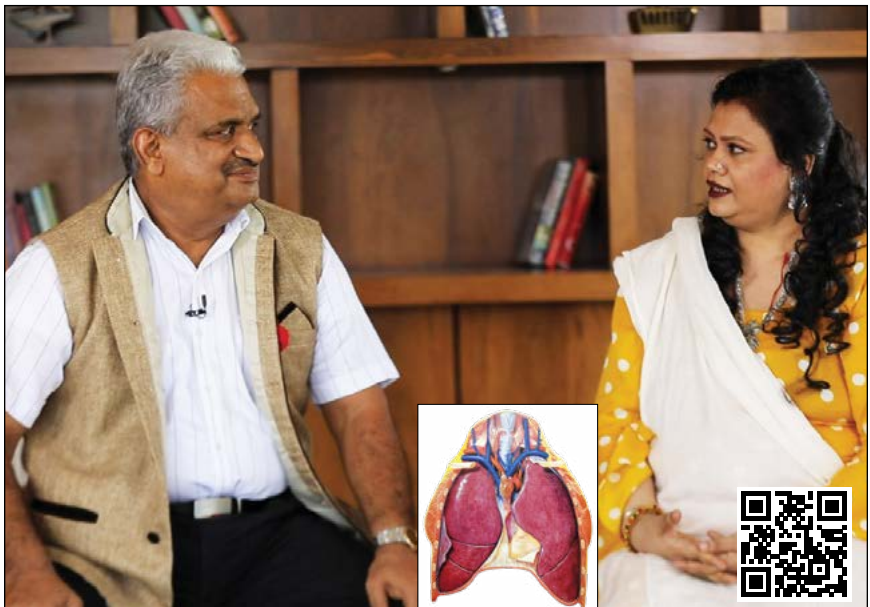
Joint Cleanse- One-and-a-half-month treatment, costs only Rs 2000, provides 50 percent permanent relief from joint pain.



Fat cleanse- Lose weight up to 8 kg in just one month



Thyroid Cleanse - Natural cure for hyper and hypothyroidism



Lung cleanse- Increases lung capacity, provides relief from cough, asthma etc.

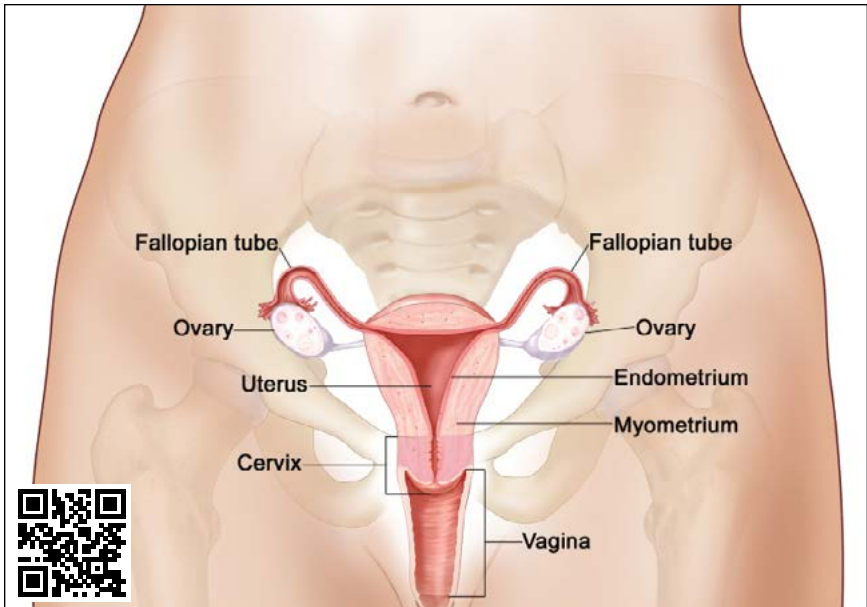


Mouth cleanse- Exercise to remove toxins accumulated in the mouth



Mud Therapy - remove toxins from the body with the healing power of soil, stay healthy! Packed with anti-oxidants, the carefully selected mud draws out the body's toxins and supplies it with minerals and other nutrients.

A video series on Gynaecological Diseases



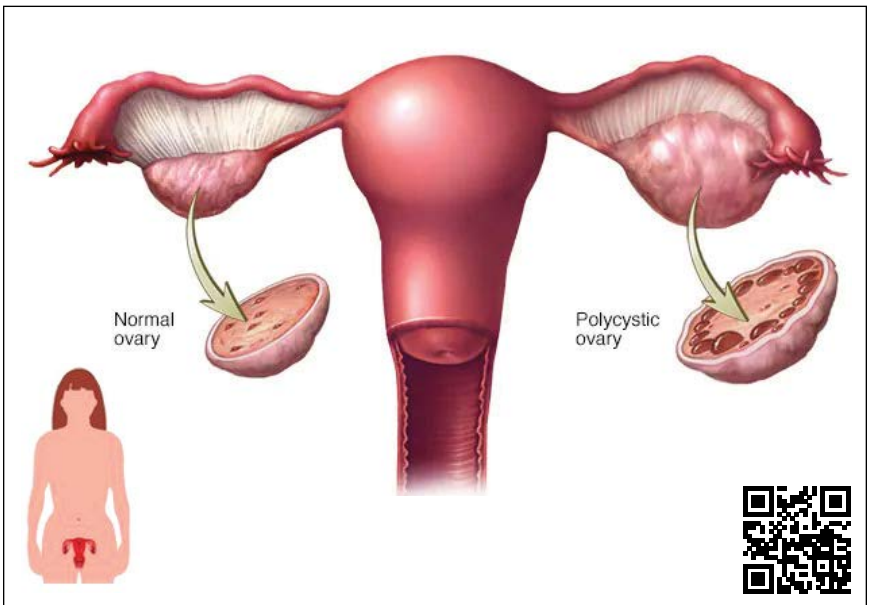
An introduction to female reproductive organs: Leave aside the village belle, city diva's too are unaware of their gynaecological issues.



Regular and irregular periods: Let's call it what it is, period!



**A Healthy menstrual Cycle:
There's nothing impure about your periods!**



**Ovary and PCOS Cleanse:
Protects you from facial hair, acne, menstrual disorders and ovarian cancer!**



**Amenorrhea or absence of periods:
Not a disease but symptom of so many disorders.**



**Sanitary pads and Tampons:
Expensive and disadvantages outweigh the benefits. Old is gold,
go for traditional methods.**



Vagina Cleanse:
Get rid of infection, pain during sex and burning sensation during urination

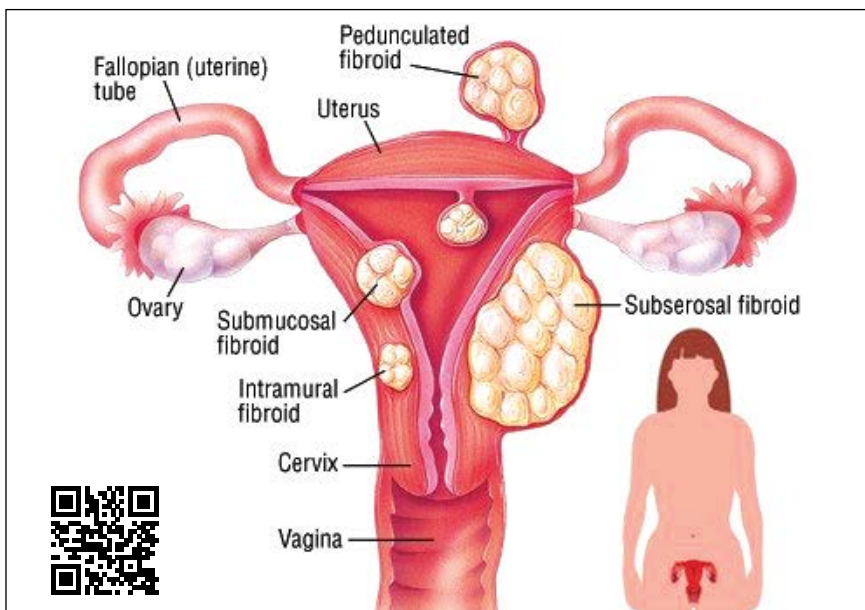


'Home Delivery':
A home birth, without help of any nurse , doctor or midwife; that too not in a Tribble area but in our own 'Aapli' Mumbai



Uterus and Fertility Cleanse:

A boon to childless couples. Attain the parenthood by conceiving naturally, in 100 days!



Hysterectomy and Fibroids:

Cure fibroids naturally, avoid hysterectomy (removal of uterus) and its side effects.

Videos on other topics



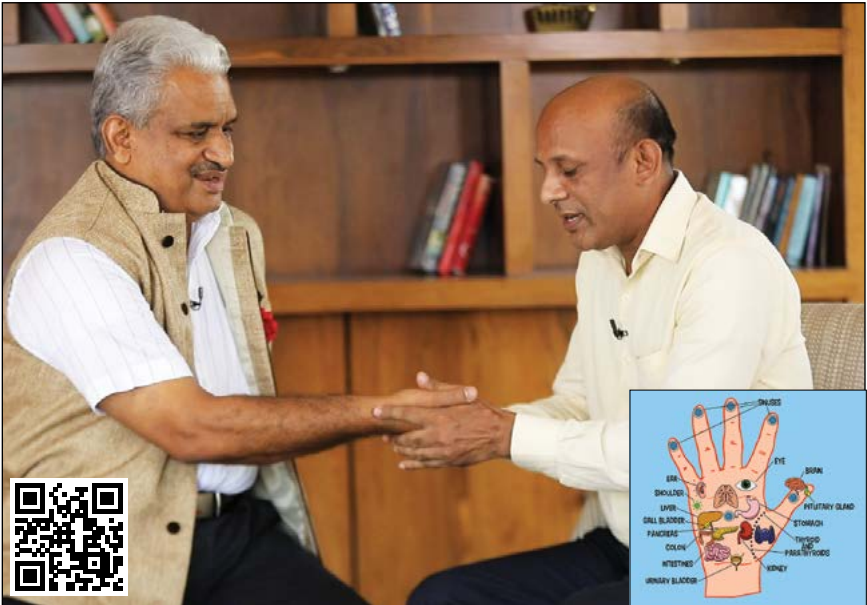
Sea salt, a treasure trove of immense nutrients. The composition is exactly like the salt present in the womb during pregnancy. Use it and provide the required quantity of vitamins and minerals to all the vital organs of your body.



**Past Life Regression:
Resolving Chronic Health Problems, Chronic Fears and Relationship Issues.**



Mobile Radiation:
Cow dung cakes can protect you from this cause of cancer!



Acupressure:
An alternative therapy in which manual pressure is used to stimulate specific points on the body considered to be lines of energy.



**My North Korea Trip:
The pinnacle of adventure, a fearless and enjoyable visit to a
“George Orwellian” state.**



**My visit to Pakistan:
Partition was bad. But whatever is past is past. We have only to look to the future.**



**Frequently asked questions:
Answers to All Your Queries!**



**Be a volunteer:
An opportunity to practise and develop your social skills**

Award & Recognition

S.No. TOH/2022/PLR/

Temple of Healing

Google Ad Grant Awardee

A non-profit NGO (Regn. No.E-6136, Thane), exempted u/s 80-G of IT Act
5/1202 NRI Complex Nerul (W), Navi Mumbai 400706
www.thetempleofhealing.org www.drpiyushsaxena.com cureyourselfindia@gmail.com

This is to certify that Mr./Ms. _____, attended the seminar on "Mysteries of Life" to learn Past Life Regression through Hypnotism from 09-02-2022 to 13-02-2022 at Gangasagar, near Kolkata. He/She actively participated and his enthusiasm has been commendable.

He/She may, henceforth, voluntarily practice Past Life Regression as part of the Cleansing Therapy to help desirous patients for cure of chronic ailments, chronic fears and chronic relationship issues.



Granted at Kolkata

This 13th day of February, of the year 2022

Dr Piyush Saxena
Propagator Therapist

We don't charge any fee. We don't accept any donation. We don't promote any product.

Temple of Healing has so far provided certificates of recognition to more than 6000 people. If you have helped five or more people to do the Liver Cleanse, then you also deserve this honour. To get this certificate and be a volunteer for the Cleansing Therapy contact -

Dr. Manishi Johari

Mob.: 9819418648 E-mail : drmanishijohari@gmail.com

You can also contact us on-

E-mail:

cureyourselfindia@gmail.com, adoptbaby445@gmail.com

YouTube:

<https://www.youtube.com/c/CureYourself>

FaceBook:

<https://www.facebook.com/groups/537370616725095/>

Instagram:

<https://instagram.com/cureyourselfindia>

WebSites:

<https://www.thetempleofhealing.org>

<https://www.menknowwomen.com>

<https://www.sooe.org.in>

<https://www.drpiyushsaxena.com>

<https://www.adoptbaby.in>

<https://www.mol.org.in>

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Sunita Bhurat
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Mahendra Singh
Bhardwaj
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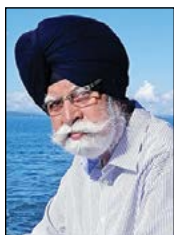
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Bawa Singh
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Bhagalpur, Bihar



Madhu Singh
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Laxman Singh
8619452121
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8320967438/7817850180
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9829093461
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7986416950
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Several Bollywood celebrities, top bureaucrats and corporate professionals claim to owe their good health to Liver Cleanse and Cleansing Therapy. After experiencing its healing powers, a few celebrities even created a 7-episode talk show called *Apna Ilaaj Apne Haath* (available on [YouTube](#)) for the public at large.

Including those described in this book, Dr Piyush Saxena's website contains complete information on 28 different cleanses. Due to the website's (www.thetempleofhealing.org) popularity, Google has awarded Dr Saxena an Ad grant of 10,000 USD per month for its promotion (page 208). In addition, the Indian Council for Medical Research (ICMR) has recommended the therapy for further evaluation to Ministry of Ayush (page 193).

Dr Saxena neither charges any fee, nor promotes any product, nor accepts any donation.



Dr Saxena (second from left) at the launch of the talk show *Apna Ilaaj Apne Haath* on TV, along with actors Kunickaa Sadanand (page 202), Ashutosh Rana, Rakesh Bedi, Sambhavna Seth (page 201), Rahul Roy, Raju Srivastav and Rajendra Gupta.



Temple of Healing

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