

HAND BOOK FOR HEALTH

A guide to help Individuals to connect with their true self through the
medium of health "because you matter !!! "

*By Albert Y
Zacharia Inner
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HAND BOOK FOR HEALTH : ALBERT.Y.ZACHARIA

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VISSION & MISSION

I help Individuals to connect with their true self through the medium of health “**BECAUSE YOU MATTER !!!**”

Hi I'm an Inner Expansion Coach from Kerala on a mission to make healthy habits accessible to everyone by making a massive positive impact in the life of 100 million people by empowering 10,000 coaches to work with 10,000 individuals at a deeper level !!!

Dream Projects:

My vision extends to large-scale community impact:

- **Skill-Based Schools:** Establishing schools in remote villages of Jharkhand, Bihar, and Kerala to empower local communities.
- **Sustainable Development:** Creating opportunities for sustainable development and economic empowerment in underserved regions.
- **The Wellspring:** Developing an agro villageshipe a agro-city in Kerala, similar to Auroville, as a model for sustainable living.

Over the years I Co-founded

- ✚ Strength Stream Corporation (a personalized body guard service & training)
- ✚ Pupils Olympic Association (Bihar & Jharkhand)
- ✚ Pupils Olympic Federation
- ✚ Universal Training & Research Institute
- ✚ UTRI Gurukul World School

AREA OF WORK

- **Autism** - I guide children with autism through energy healing and diet.
- **Reversal of lifestyle disease** (including Diabetes and Cancer) through Natural Diet and Energy Healing
- **Energy Healing**
- **Weight Loss Expert** – without Dieting and heavy workouts
- **Meditation**

I'm a strong believer in the power of positive thinking. I enjoy trying new sports or game (Martial Art) and also meeting new people and making friends.



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For Corona Positive cases

SIRIDHANYA:
(On rotation)

Foxtail Millet	Kodo Millet	Little Millet
A day	A day	A day

KASHAYAS: Following Kashayas to be taken in the given schedule for **four days**

Common name	Scientific name	Time to drink
1. Japanese Mugwort	Artemisia vulgaris	6 am & 3 pm
2. Night Jasmine	Nyctanthes arbor-tristis	9 am & 6 pm
3. Giloy	Tinospora cordifolia	12 pm & 9 pm



Japanese Mugwort



Night Jasmine



Giloy

Home Remedy

Immunity Booster: Kashayas 1) Cynodon Dactylon, 2) Holy Basil, 3) Giloy Leaves

4) Aegle Marmelos Leaves, 5) Pongamia Pinnata, 6) Neem Leaves, 7) Peepul Leaves each 4 days

HEART ATTACK: For an individual, who is still conscious during a heart attack, give them warm water mixed in with a teaspoonful of cayenne pepper.

For an unconscious person, cayenne extract would be most suitable. A few drops of the extract under the tongue would suffice.

Diabetes Mellitus (>250mg/dl) : Mix 2 scoops each of Dhaniya (Coriander) + Methi (Fenugreek) + Haldi (Turmeric) + Jeera (Cumin) with 100ml water, allow it to boil for 5 min & sip while warm. Repeat thrice.



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Flu with fever (Feeling feverish)	
← 3 days →	← 7 to 14 days →
3 Step Flu diet	D.I.P. Diet - Plate 2 (lunch) + Turmeric (3 times/5gm)
	Flu without fever

Fever

1. Water- 400ml. add 3-4 black pepper (kali mirch), 1 clove (laung), 10-12 basil leaves (tulsi), 1 cardamom (eiliachi), 4gm ginger (adrak), giloy stem 2 inch after crushing, 4gm rqw turmeric (haldi). Allow it to boil till water reduces to half. Consume it sipwise while it is warm.

Dosage: 3 times a day Morning, afternoon, evening

2. Cold water Fomentation*



Use a fan to lower temperature

Elevate feet

Apply cold compresses

Give fluids

Have the person lie down

#ADAM

*** Normal water fomentation during winters**

Fever $\geq 102^{\circ}\text{F}$ → Cold Compress → Cold Air



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Home Remedy

COLD : Boil 2 scoops of Tulsi leaves (Holy Basil), + 1 Scoops each of Shunthi (Ginger) + Dalchini (Cinnamon) + Kali Mirch (Black Pepper) + in 100ml of water for 5min. Sip it while warm. Repeat 4 times a day.

FEVER(>102F): Boil 6 scoops of Giloy (Tinospora) + 2 scoops of Tulsi (Holy Basil) in 100ml water for 5min. Sip while warm. Repeat 3-4 times a day.

VIRAL FEVER: Drink Kodo Millet & Little Millet Porridge Common Rue Leaves, Nyctanthus arbor - tristis Leaves Kashayas, each 1 week.

COUGH

COUGH: Boil 4 Scoops of Mulethi (Licorice) root in 100ml of water for 5 min. Sip it while warm. Repeat 3 times a day.

1. Chew 1gm Mulethi stick (Licorice) dipped in honey or Mulethi powder (1 teaspoon) with honey (teaspoon) 3 times a day. Repeat 5-6 times in a day in case of a severe cough.
2. Gargle with warm water with half teaspoon of turmeric powder in it. Do these 3 times a day.
3. Chew raw haldi / turmeric (5gm) 3 times a day preferably empty stomach before a meal. Or mix a teaspoon of powdered haldi / turmeric in a glass of warm water and sip it taking at least 10 minutes.

HEADACHE

1. Boil 2-3 black pepper (kali mirch), ¼ teaspoon of cinnamon (dalchini), 2 cloves (laung) & 1gm ginger (adrak) in 100ml of water. Simmer for 2-5 minutes. Sip slowly while inhaling vapours. Repeat 3-4 times.
2. Massage head at least for 4-10 minutes with fresh aloe vera gel from plant or dry massage incase aloe vera is not available.



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3 STEP FLU DIET

Day 1 (Liquid)

<u>Weight of patient (kg)</u>	(glasses of fresh Citrus fruit juice)
10	
	+
<u>Weight (kg)</u>	(glasses of coconut water)
10	

Day 2 (Fluid)

<u>Weight</u>	(glasses of Citrus fruit juice)
20	
	+
<u>Weight</u>	(glasses of coconut water)
20	
	+
Weight x 5	(gm of Tomato + Cucumber)

Day 3 (Solid)

<u>Weight</u>	(glasses of Citrus fruit juice)	
30		
	+	
<u>Weight</u>	(glasses of coconut water)	} Breakfast
30		
Weight x 5	(gm of Tomato + Cucumber)	} Lunch
Normal home cooked food		
		} Dinner

* If the symptom persists then, follow the 3rd day diet for 2 more days. You may go for COVID-19 test on 6th day.



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DIP Diet

Step -I

First thing in the morning

Raw Turmeric (Haldi) 5gm

Breakfast (till 12noon)

4 types of fruit

Weight of patient in kg x 10 = __gm

Step -II

Lunch

**Raw Turmeric
(Haldi) 5gm**

+

**Plate-1
4 types of
raw
vegetables**

Weight of patient in kg x 5 = __gm

Step -III

Dinner

**Raw Turmeric
(Haldi) 5gm**

+

**Plate-1
4 types of
raw
vegetables**

**Plate-2
Std. meal**

Weight of patient in kg x 5 = __gm



Stomach Disorder

**Stomach ache / Vomiting/ Acidity/
uncontrolled loose motion / Indigestion**

3 step Stomach Protocol :

STEP -1

Stop 3 step Flu / DIP diet

Stop eating / drinking

consume only

Coconut water (frequency of stool)

250ml → Adult

100 ml → Children (below 10yrs)

Water consumption as per thirst

STEP -2

Ginger Juice (1 spoon) + Mint Juice (1 spoon) + Water (50ml)



STEP -3

Cold Compress for 20 minutes

- Take multifold towel (width 1 inches) (10inches) length X (7 inches) breadth
- Dip in ice cold water (rinse loosely)
- Apply on abdomen

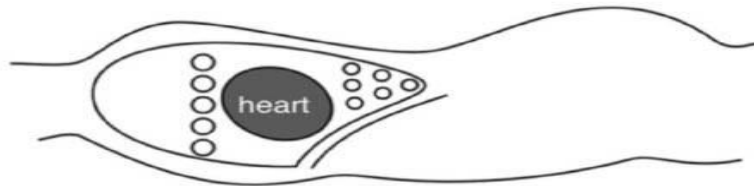
*** Repeat Step II & III once every hour for 3 hour (if pain/discomfort persists)**



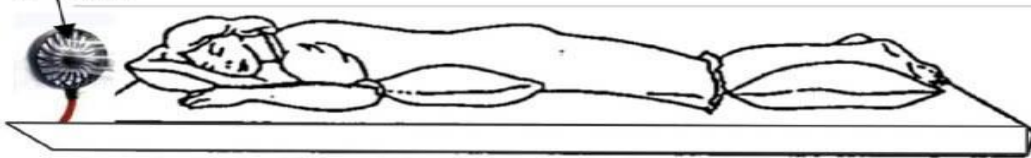
Prone Ventilation



Prone



Fan



**$\text{SPO}_2 \leq 95\%$ / Breathing difficulty,
then use hand-held fan for ≥ 30 min
as shown in the posture below**



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Home Remedy

BODY ACHE / HIGH B.P

1. Dip your feet in hot water for 20 minutes.
2. To maintain the temperature of the water from the bucket and replace it with fresh hot water after every 5 minutes.
3. Cover head with towel soaked in cold water

Nausea

1. Chew 1 green cardamom for immediate relief.
2. Mix 1 teaspoon each of ginger juice and lemon juice and consume it sip by sip 4-5 times a day.

Weakness

1. Consume lemon water with honey 2-3 times a day
2. Consume 2-3 dates

BLOOD THINNER: Boil 2 Scoops of Shunthi (Ginger) with 1 scoops of Lehsun (Garlic) + Haldi (Turmeric) in 100ml water for 5 min. Sip while warm. Take once a day after dinner.

UPPER RESPIRATORY CONGESTION: Take 4 Scoops of Vashlochan (Bamboo Manna), 2 scoops of Pippali (Long Pepper), 1 scoops each of Elaichi (Cardamom) & Dalchini (Cinnamon) mixed with 8 scoops of honey. Repeat 2-3 times a day.

CONSTIPATION: Mix 2 scoops each of Amla (Goose berry) + Haritaki (Chebulic myrobalan) + Vibhitak (Belleric myrobalan) in 50ml water. Drink it thrice a day.

INDIGESTION: Boil 2 scoops of Ajwain (Carrom) and 1 scoop each of Jeera (Cumin) + Methi (Fenugreek) + Kali Mirch (Black Pepper) & 1 scoop of rock salt in 100ml of water for 5min. Sip it while warm. Repeat 3 to 4 times a day.

NAUSEA: Mix 2 scoops each of Pudina (Mint) + Shunthi (Ginger) with half lemon juice + 2 scoops of honey in 50 ml of water. Sip it 2-3 times in a day.



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JOINT PAIN: Take 1 scoop each of Shunthi (Ginger) + Haldi (Turmeric) + Kali Mirch (Black Pepper) with a pinch of black salt. Take this mixture with 50ml water. Massage the joints with warm Sarson Oil (Mustard Oil). Repeat 2 times a day.

DIARRHEA: Mix 2 scoops each of Dalchini (Cinnamon) + Shunthi (Ginger) + Jeera (Cumin) with 2 scoops of honey. Take 3-4 times a day.

SKIN RASHES: Mix 10 scoops of Ghritkumari (Aloe Vera) with 10 drops of water to make a paste apply over the affected area. Repeat 4-5 times a day.

STOMACH ACHE: Take 2 scoops each of Shunthi (Ginger) + Pudina (Mint) and 1 scoop of rock salt with 50ml water. Repeat 3 times a day.

Tooth Ache: Take 2 scoops of Lavanga (Clove) with few drops of water to make a paste and apply on affected tooth with cotton swab.

CUTS & WOUNDS: Mix 10 scoops of Haldi (Turmeric) & Ghritkumari (Aloe Vera) with water to make a paste. Apply liberally over affected area thrice a day.

BURNS: Apply Ghritkumari (Aloe Vera) liberally over affected area 4-5 times a day.

EAR PAIN: Heat 4 scoops of Lehsun (Garlic) in 20ml of Sarson Oil (Mustard Oil), until brown. Strain it, allow it to cool & put this oil into the affected ear. Repeat twice a day.

HYPERTENSION (>150/100MMHG) : Boil 4 scoops of Arjuna (Arjun) & Gudhal (Hibiscus) in 100ml of water for 5 min, sip it while warm. Repeat it twice a day.

IMPOTENCY, LOW SPERM COUNT: Take 2 scoops of each Vashlochan (Bamboo Manna) + Giloy (Tinospora) + Shatavri (Buttermilk Root, Climbing Asparagus), Take this mixture twice a day with 100ml warm water.

FEMALE REPRODUCTIVE HEALTH: Boil 4 Scoops of Shatavri (Buttermilk Root, Climbing Asparagus) with 100ml of water for 5min. Sip it. Repeat twice a day.

TOOTH POWDER: Mix 1 scoop each of Amla (Goose Berry) + Haritaki (Chebulic myrobalan) + Vibhitak (Belleric myrobalan) + Lavanga (Clove) + Pudina (Mint) + Haldi (Turmeric) with 1 scoop of rock salt. Massage your teeth twice a day.



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HEAD WASH: Soak Amla (Goose Berry) + Haritaki (Chebulic myrobalan) + Vibhitak (Belleric myrobalan) overnight and apply to your scalp. Leave it for an half hour. Rinse away with water.

FACE WASH: Mix half scoop of Haldi (Turmeric) with 4 scoops of Ghritkumari (Aloe Vera). Apply on the face. Leave for 5 minutes and then wash.

*Note: All Credit goes to **Dr. Khadar vali, Dr. Biswaroop Roy Chowdhury** and team

SOME HEALTH ASPECTS OF SMALL MILLETS

Small millets like **Foxtail Millet, Browntop Millet, Little Millet, Barnyard Millet** and **Kodo Millet** are a boon given to us by the nature. These are the food grains having medicinal properties. They are infact health capsules. By eating them regularly for 6 months to 2 years everybody can get rid of their diseases. Small millets not only provide nutrients but they removes disease causing elements from our body and purify the body. Thus, they provide us with good health.

The specific diseases prevented by each small Millet:

- 1. FOXTAIL MILLET:** It is good for the strengthening of nerves and mental health. It provides relief from arthritis, Parkinson's disease and epilepsy.
- 2. KODO MILLET:** It helps in purifying blood, improving resistance power and overcoming anemia and diabetes, constipation and good for sound sleep.
- 3. BARNYARD MILLET:** It is good for liver, kidney and endocrinal glands. It helps in reducing cholesterol and jaundice.
- 4. LITTLE MILLET:** It helps in overcoming the problems of ovaries, sperm, PCOD and infertility.
- 5. BROWNTOP MILLET:** It helps in overcoming the problems of ovaries, arthritis, B.P., Thyroid, eyes and obesity.



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How to use them:

Browntop millets have to be soaked for at least 4 hours before cooking while other small millets can be cooked after soaking for 2 hours. They can be soaked overnight also. Don't mix different small millets while cooking. They have to be cooked separately. If we cook them by mixing then we will not get any benefit at all from them. Those who do not have any health issues should use one small millet for 2 days and another for the next two. Like that, these five small millets have to be used one after the other for 10 days. On the 11th day the cycle has to be started again starting with the first millet. Along with them it is better if we take decoctions also.

With small millets we can prepare all types of food items. We can prepare all those items which we make with rice and wheat. Moreover they are very tasty also. We should soak them in 5 to 6 times water for 4 to 5 hours and then make gruel with it and anybody of any age can take it at any time of the day.

Why should we eat small millets

To put a check on glucose with fiber:

The dietary fiber that is there in our food controls the process that releases glucose into blood from our food. This fiber determines whether the glucose should be released in a large quantity at a time or in small quantities over a few hours. At present, percentage of fiber in rice and wheat food items has come down to 0.25% - 0.5%. Therefore, within 15 to 35 minutes after eating these food items they are converted into glucose and join the bloodstream. If we take hundred grams of this food 70 grams of it is converted into glucose and joins the bloodstream at a time. What happens if we eat three or four times a day and apart from that if we have sweets, biscuits, or Burger, pizza or roti made with Maida (cake flour) then glucose enters the bloodstream at a time in large quantities. It also increases the fat content and it causes problems to those who already suffer from diabetes and leads to various diseases.

Food items made with Maida are converted within 10 minutes into glucose and join the bloodstream and the chemicals used to make Maida are harmful to the pancreas. Normally there are only 6 to 7 grams of glucose in our blood (4-5 liters). We know that after we eat food it is digested and ultimately turns into glucose and then glucose is transported to all parts of the body through blood, but if the glucose is transported to any part within a span of 10 minutes or 30 to 40 minutes then it is not good for health. It is more harmful to elders those who suffer from Diabetes and other patients like those who suffer from constipation, fits, piles, triglycerides, high BP, kidney diseases and heart diseases. Therefore we should stay away from food items like Maida which are low or nil in fiber. We should get habituated to take small millets. They release glucose into the blood over a period of 5 to 7 hours in small quantities.



The specialty of small millets:

The speciality of small millets is that they contain natural fiber. When we eat small millets thrice a day we get 25 to 30 grams of fiber necessary for us (Every person needs 38 grams of fiber per day) through grains. We can get the rest of the fiber from vegetables and leafy vegetables. Each and every small millet has the capacity to fulfill some specific needs of the body and they have some specific disease preventing capacity. Though rice and wheat have 0.22 - 1.2% of fiber all of it is only in the superficial layers and it is lost when these food grains are polished. But the fiber in the small millet is there throughout the grains in various layers and therefore it is useful for health and we call them Siri dhanyalu (Rich Millets)

FOXTAIL MILLET: This is a balanced food apart from having 8% of fiber. It has 12% of protein. This is a good food for pregnant women. This is right grain to get rid of the constipation that appears in women during pregnancy. When children suffer from high fever, sometimes they have seizures, which are permanent, sometimes. But foxtail millet has the capacity to drive away these seizures, weakness of the nerves. This is good food for getting rid of convulsions. Foxtail millet all is also useful to get rid of some kinds of skin diseases, mouth cancer, lung cancer, abdominal cancer, Parkinson's disease and asthma (along with kodo millet).

KODO MILLET: This is good to purify the blood and for the efficient functioning of bone marrow and to get rid of asthma and kidney problems and problems related to prostate, blood cancer and cancers of intestine, thyroid, throat, pancreas or liver. It is also helpful for those diabetic patients who develop gangrene after getting injured on legs. They are also helpful for the recovery of patients who have suffered from dengue, typhoid or viral fevers and became weak.

LITTLE MILLET: They help in curing the diseases of the reproductive systems in both males and females. It also reduces PCOD in females. In males sperm count can be increased by taking little millet. They also aid in cleaning up lymph nodal system and in the control of the cancer of brain, throat, blood, thyroid and pancreas.

BARNYARD MILLET: This is good for thyroid and pancreas. They help in getting rid of diabetes and in cleaning up liver it is and gallbladder. They also help in reducing jaundice and help in strengthening liver. After getting rid of cancer, jaundice they are also helpful in reducing the cancer of ovaries, uterus.

BROWNTOP MILLET: They are helpful in the treatment of Fissures, fistula, ulcer and the cancer of brain, blood, breast, bones, stomach, intestine and skin.



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The reasons for the type-2 diabetes in our country:

Nearly 10 crore people are suffering from diabetes. The main reason for this is lack of fiber in their staple food. Taking cool drinks, liquor, meat lacking in fiber and packaged food is also a reason for the widespread prevalence of diabetes. This disease is also caused by mental stress, wrong lifestyle, anxiety resulting from the ups and downs in business, failure in love, usage of high doses of antibiotics etc. that cause the malfunctioning of pancreas. If a person suffers from Diabetes then there is a potential for 10 more diseases. Diabetes causes harm to the eyes, hurts bones, brain, kidneys and the reproductive system.

10 principles of getting rid of diabetes:

Long term diseases take away happiness from our life. With good food we should have a grip on our own health. Unpolished small millets provide us with energy. Through them our body is energized. With this body becomes disease free and develops strength.

1. We should take small millets that are having 8 to 12.5% fiber as a staple food. We should use only a single small millet for breakfast, lunch and dinner. Likewise we should eat all the five small millets one per day. Correct understanding about the small millets has to be developed among the children right from the beginning.
2. One should walk for 50 to 70 minutes per day.
3. One should take leafy vegetables and organic food as far as possible.
4. We should increase the intake of drumsticks and drumstick leaves, fenugreek and fenugreek leaves, bitter gourd, ladies finger and guava. We should take the decoction of guava and mango leaves in the morning.
5. We should stop taking milk directly. We can take it in the form of curd and buttermilk. We should keep away from eating packaged food.
6. One should also desist from using maida and food items made with maida and refined oil. We should either use raw unrefined oil or organic cold pressed oil.
7. We should control anxiety and emotions.
8. One should use very less amounts of rice, wheat and maida or it is even better if they are completely avoided.
9. We should also desist from using high fructose corn syrup and readymade food items using white sugar.
10. One should not be complacent that type-2 Diabetes is a very common disease. We should follow methods that keep this disease away and if we get this disease then we should take proper food and fight the disease with proper lifestyle. Instead of going for taking FBS and PPBS tests, one should take HbA1c test once in 4 months or 6 months and properly assess diabetes in a scientific way.



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INSECTICIDES:

The need to increase food production is growing along with the increase in population. Therefore, the use of chemical fertilizers and insecticides and pesticides to control pests and diseases is rapidly increasing. Because of lack of discretion in the usage of these chemicals, problems are on the rise. Environment is becoming more and more poisonous.

GENETICALLY MODIFIED CROPS:

Genetically modified Maize crop is a very important reason for the spread of cancer. The chemical and pharmaceutical companies that developed genetically modified Soya beans also developed genetically modified maize. The fat content of this Maize is more. Generally there is one milligram of fat for every 100 grams of maize. The genetically modified Maize is fed to animals and poultry. Poisonous Chemicals are entering the human body through dairy products, meat, pork, chicken, eggs and other food products, thus affecting health of the human beings. Baking industry is using animal fat for preparing biscuits, cakes etc. Vegetables are also laden with these poisonous chemicals.

Adulterated cooking oil is another main reason for the spread of cancer. Refining of petroleum yields many by products. Among these by-products, those which have more than C8 units are used as fuel. Those with less number of units are becoming available as mineral oil. By mixing synthetic chemicals, oil resembling sunflower oil or coconut oil is being packed and sold in the market. Through these adulterated cooking oil poisonous chemicals are entering human body. Therefore, it is necessary to develop food production and food refining processes without the use of chemicals.

FOODS THAT SHOULD BE AVOIDED: RICE, WHEAT, SUGAR, NON-VEGETARIAN FOOD AND MILK.

Those who have successfully overcome cancer or those who are taking treatment for cancer or those who do not want to be affected by cancer should not take rice, wheat, sugar and meat. They should not take milk. Through them chemicals enter our body and this chemical gradually accumulates and bio-concentration develops and leads to cancer.



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Which Treatment For Which Cancer:

TRACHEA CANCER: Rice of Foxtail millet for two days and Little millet for two days and three other millets one on each day should be taken.

BONE CANCER: Patients of bone cancer should take Browntop millet for two days and little millet for two days and kodo millet for two days and the rest of the two small millets should be taken on two days. They can be eaten buy cooking as rice or as gruel.

BRAIN CANCER: Kodo millet for two days, little millet for two days, Browntop millet for two days and the rest of the two millets one on each day.

BLOOD CANCER: Kodo millet for two days, Foxtail millet for two days, rest of the three millets one on each day.

KIDNEY AND PROSTATE CANCER: Barnyard millet for two days, kodo millet for two days and brown top millet for two days and the other two small millets one on each day.

BREAST CANCER: Browntop millet for two days, kodo millet for two days and the other three millets one on each day.

MOUTH CANCER: Foxtail millets for two days, little millet for two days and the rest of them one on each day.

THYROID/PANCREAS CANCER: Kodo millet for two days, little millet for two days and browntop millet for two days. The rest of the two millets one on each day.

ABDOMINAL CANCER: Browntop millet for two days, foxtail millet for browntop millet for two days and the rest of the millets one on each day

SKIN CANCER: Skin cancer is one of the most dangerous cancers. browntop millet for two days, foxtail millet two days and the other three millets one on each day.



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SIRIDHANYAS AND KASHAYAS ARE THE BEST REMEDIES FOR DISEASES

Sl. No.	Ailment / Disease To be taken in empty stomach every morning	Kashayas (200 ml.)	Siridhanyas to be eaten
1.	Dialysis	Nyctanthus arbor – tristis Coriander Boerhavia Diffusa Bryophyllum Leaves Phyllanthus Amarus	Little - 2 days Kodo - 2 days Foxtail - 1 day Barnyard - 1 day Browntop - 1 day
2.	Diabetes	Giloy Leaves (Tinospora Cordifolia) Mint Leaves / Fenugreek Leaves, Drum Stick Leaves Black Plum, Tindooria Leaves	Foxtail - 2 days Little - 2 days Kodo - 2 days Barnyard - 2 days Browntop - 2 days
3.	Thyroid PCOD Fibroid Hormone Imbalance	Aegle Marmelos Leaves / Pongamia Pinnata / Tamarind Leaves / Drumstick Leaves / Sour Spinach / Piper Betel Leaves / Neem Leaves / Peepul Leaves	Little - 3 days Foxtail - 1 day Kodo - 1 day Barnyard - 1 day Browntop - 1 day
4.	B.P.	Aegle Marmelos Leaves Holy Basil Coriander Leaves Cactus grandiflorus Rauvolfia Serpentine Leaves	Foxtail - 2 days Little - 2 days Kodo - 2 days Barnyard - 2 days Browntop - 2 days
Take in empty stomach early morning 3 Spoons of Coconut oil / Sesame oil / Safflower oil each one week			
5.	Infertility	Peepul Leaves Neem Leaves Drum Stick Leaves Betel Leaves (Remove the stalk)	Foxtail - 2 days Little - 2 days Kodo - 2 days Barnyard - 2 days Browntop - 2 days
6.	Increase Platelets Dengue	Papaya Leaves / Drum Stick Leaves / Tamarind Leaves / Nyctanthus arbor - tristis / Common Rue / Wood Apple Leaves / Giloy Leaves	Little - 2 days Kodo - 2 days Foxtail - 1 day Barnyard - 1 day Browntop - 1 day
7.	HIV	Giloy Leaves Cynodon Dactylon Beal Leaves Niger Seeds to be eaten	Kodo - 3 days Browntop - 1 day Foxtail - 1 day, Little - 1 day Barnyard - 1 day

Note : 1. Sometimes Mother's Milk may reduce when they eat Foxtail Millets. 2. Sour spinach, Lemon, Mango, Goose berry, Citreon, Pickles are recommended for Lactating Mothers. Each day one type of pickles to be used.



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Anyone who suffers from kidney failure and kidney stones...

Anyone who suffers from kidney failure and kidney stones should take barnyard millet for 2 days, kodo millet for 2 days and little millet for two days and foxtail millet on one day and brown top millet on one day. We should prepare rice and eat these five types of small millets in a cyclic manner. One should take only one millet in one day. They should not be mixed and used. The same millet should be used for breakfast, lunch and dinner.

THREE TYPES OF GRUEL: In advanced cases of the disease the gruel prepared with barnyard millet should be taken for one week and then kodo millet for one week and little millet for one week. Those undergoing dialysis or those who have excessive creatinine or bun should take gruel instead of rice. This way, it is generally comes under control.

HOW TO PREPARE GRUEL: One cup of millet rice should be soaked in 6 cups of water for 5 to 6 hours and the gruel can be prepared with the same water. Anybody of any age can take this at any time.

THREE TYPES OF DECOCTIONS:

1. Bryophyllum decoction for one week,
2. Red Hogweed (Boerhavia diffusa Linn.) decoction for the next week and
3. Coriander decoction in the third week should be taken one after another and they should be taken in a cyclic manner. They should be taken every day in the morning and evening half an hour prior to taking meals. But depending on the need one can take thrice today. If the decoction is too bitter then some amount of jaggery made from toddy palm can be added. Milk or oil or sugar should not be added. The millets should not be mixed and used. You have to prepare this every time afresh.

Foods that are not to be taken

Food items made of rice, wheat, maida, sugar and milk should not be eaten. Curd and buttermilk can be taken. Don't use refined packet oil. you can use raw unrefined oil. Don't take non-vegetarian foods and chocolate. Don't take coffee or tea. You can take herbal tea. Don't use plastic bottles. It is good to use water for drinking and cooking after keeping it for 6 hours in copper vessels.



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A herbicide present in Soyabean leads to Cancer. Steroids are being injected to increase the weight of goat, sheep, chicken and pigs.

Gluten present in wheat may affect the absorption of micro nutrients like zinc in the small intestine.

Dill leaves (Sabsige Soppu), garlic and the white part of Castor fruit can improve breast milk production when taken in the right quantity.

- ✦ Daily walk, meditation and 8 hours sleep in the night is a must.
- ✦ If all these are followed strictly, then the problem can be controlled in 6 weeks. Those who have more creatinine count may take more time to become normal.
- ✦ Allopathic medicine should not be stopped suddenly. One should keep consulting Allopathic doctor and periodical lab tests should be conducted and depending on the changes in the body, allopathic medicines can be gradually reduced.
- ✦ Even after the disease is cured, by continuing to eat small millets and taking decoctions one can become completely healthy and be happy.

Do we get any diseases by taking milk?

The steroids that are there in milk are not those that are there in our body. By drinking milk the steroids and hormones which the body has to secrete at different times lose their way and that is the reason why the girls are maturing at the tender age of 8 years. The hormonal imbalance is happening in many other ways. Already there are many experiments on this.

Coming to the question of the eggs of the birds, they are not our food. There are more fat and proteins in them. There is a danger of diseases to our digestive system because of the concentrated fats and proteins. In the artificially made eggs are more which is harmful to health. Pulses have more protein than eggs. If we take a fistful of black gram, horse gram, Bengal gram and peanuts every week then we do not need eggs.

In the olden days, humans were vegetarians. With the beginning of hunting, they turned to non-vegetarians. In foreign countries whenever there are surgeries or even for other patients doctors used to advise them to have meat soup. Meat does not digest easily. Our doctors, who are imitating Western trends, are going one step ahead and are recommending that patients can even eat meat. But, actually the patients should eat easily digestible food. In the past eighty years because of the rapid spread of allopathic medicine, we have forgotten Ayurvedic methods.

Note: The information provided in this book is for mere understanding only, but not as alternative to doctor's prescription. The publisher cannot accept any legal responsibility for the information, opinions and ill effects of the recipes provided in this book.

Content Credit: Dr. Khadar Vali



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Law of Mind

68 Seconds of Pure Thought

A block of 17 seconds generates an energy expansion which results in the creation of a mini miracle. Every extra block of 17 seconds expands it further.

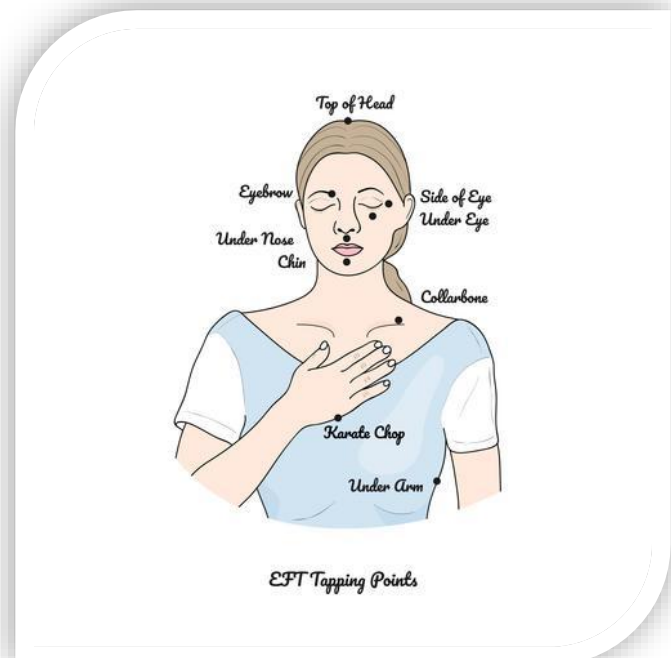
PURE THOUGHT	MANIFESTS
17 Seconds	Mini Miracle
34 Seconds	Medium Miracle
51 Seconds	Large Miracle
68 Seconds	Major Miracle

The above table shows the power of our thoughts. How we can attract something in our life by just focusing upon that.

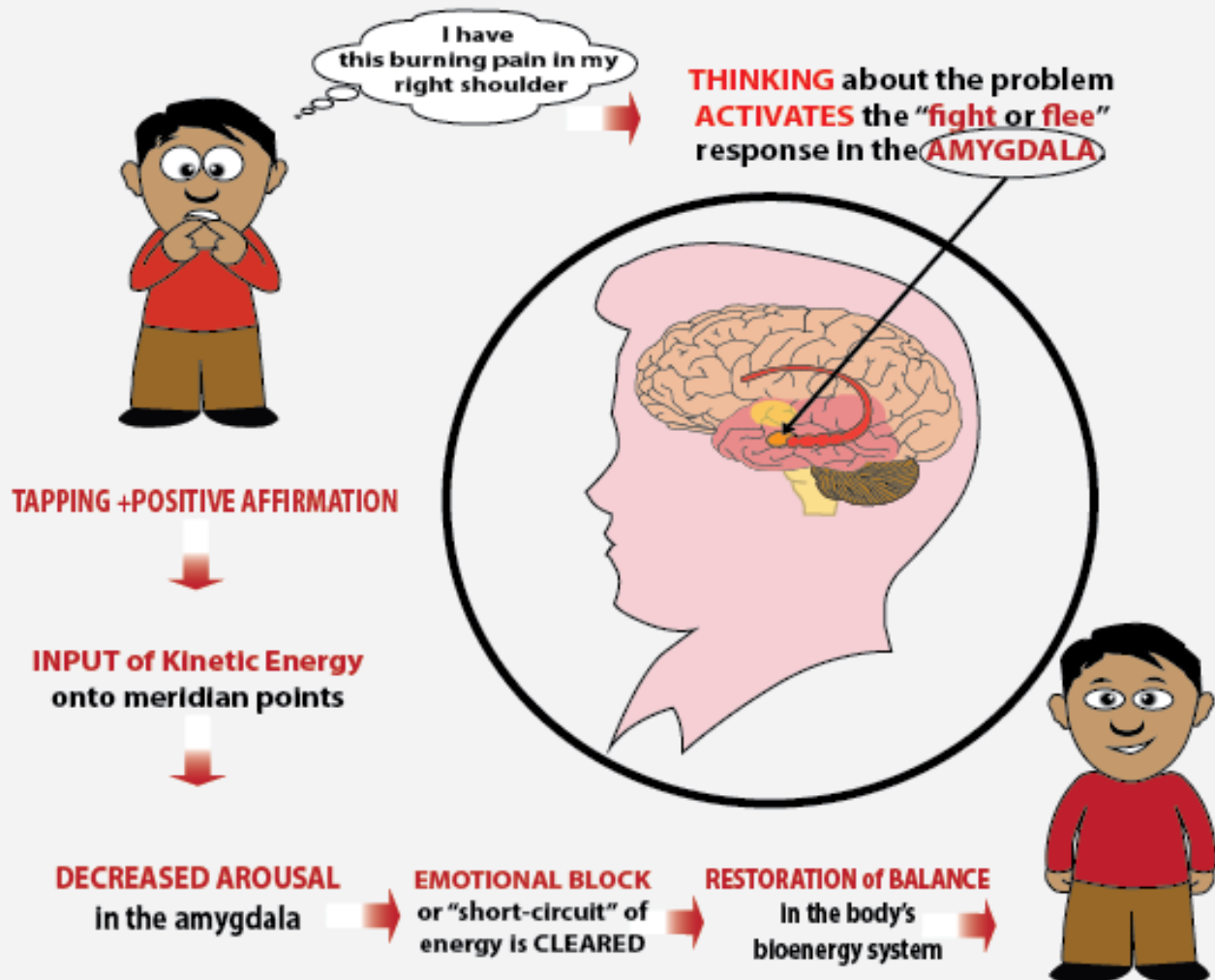
Every extra 17 seconds block increases energy to 10 times higher. Focus only on one thought at a time!

DIFFERENT WAYS TO DEVELOP ALPHA BRAINWAVE

Emotional freedom technique (EFT) is an alternative treatment for physical pain and emotional distress. It's also referred to as tapping or psychological acupressure. People who use this technique of tapping the body can create a balance in your energy system and treat pain



How EFT Tapping Works



HO'OPONOPONO: Hawaiian Healing System

A Miracle Formula

I Am Sorry

(I have no idea, what in me helped in co-creating this)

Please Forgive Me

(For creating it knowingly or unknowingly)

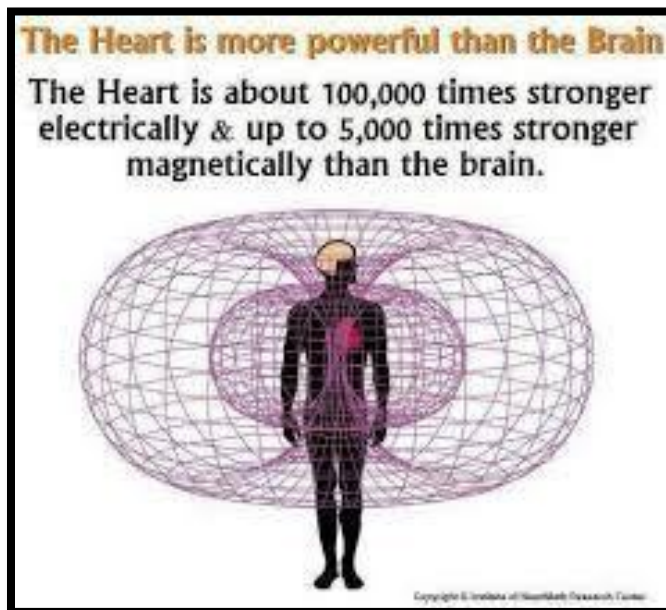
Thank You

(For taking care of me and solving this for me)

I Love You

(Unconditionally for everything)

HEART BRAIN COHERENCE TECHNIQUE AND MEDITATION



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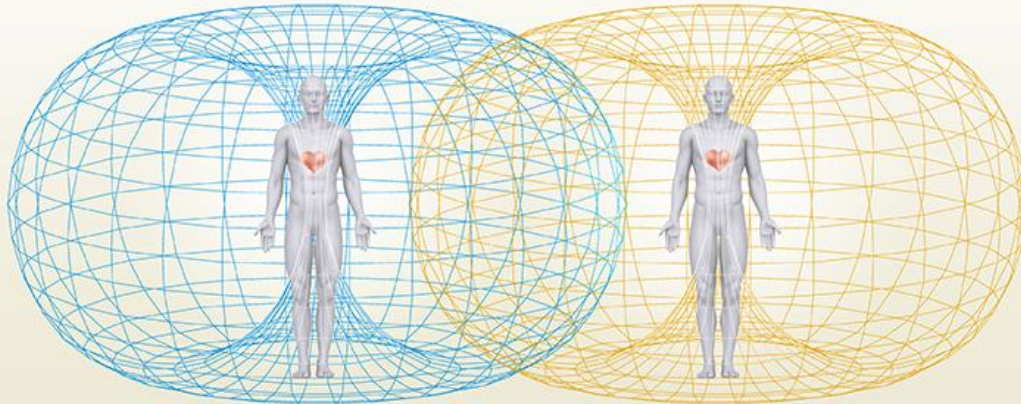
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Magnetic Field of the Heart

Our thoughts and emotions affect the heart's magnetic field, which energetically affects those in our environment whether or not we are conscious of it.



HeartMath® Institute

The Quick Coherence® Technique



Helps you:

- Reduce stress right in the moment.
- Feel positive, focused and calm – and energized.
- Perform at your best.
- Access creativity, intuition and higher-level decision-making.



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HeartMath® Institute

The Quick Coherence® Technique

Step 1:
Heart-Focused Breathing

Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area. Breathe a little slower and deeper than usual.



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Step 2: Heart Breathing

Breathe slowly and deeply. Imagine the air entering and leaving through the heart area, or the center of your chest.




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Step 3: Heart Feeling

Remember a time when you felt good inside, and try to re-experience that feeling. Focus on this good feeling as you continue to breathe through the area of your heart.

global coherence INITIATIVE

HeartMath® Institute

Heart Coherence™ Technique

Step 4:
Breathe the feelings of compassion and care going out from your heart.



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TRANSFORMING SELF-DOUBT WITH LOFTY QUESTIONS?

What are Lofty Questions?

Lofty questions is a concept introduced to by Christie Marie Sheldon from Mind Valley. Christie is an energy shifter whom I have listens to over the years.

Lofty questions are positively phrased questions that encourage helpful answers, insights or solutions. Basically **an empowering question-and-affirmation method** designed to ask the sub-conscious to get creative in finding ways to address the focus point of the question. Potentially opening up some pretty amazing insights and shifts in focus which in turn creates different life experiences.

Lofty questions are posed by you and are answered by you.

And an example of a lofty question is, “why am I always happy and positive?”

Your brain loves to answer questions. Give it a good question and you’ll get a wonderful answer. Give your brain a poor question and you’ll get an answer that keeps you stuck.

Lofty Questions about You

- Why am I surrounded by joy and happiness at all times?
- Why am I always able to learn positively from any experience?
- Why am I always the person that amazes the world?

You could make this more specific by changing it to “amazes my partner”, “amazes my boss” or “amazes my clients”.

- Why do I always use what is happening in my life to become a better person?

What I love about this question is how it helps you identify the positive benefits from negative situations that may have occurred in your life.

- Why do I always do the right thing for my mind, body, spirit, and relationships?

Lofty Questions about Relationships

- Why am I always surrounded by love and incredible people that I feel a deep bond with?
- Why am I always surrounded by people that love, support and respect me at all times?

If you’re single:

- Why am I always so good at attracting the perfect person for me?



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Lofty Questions for Money and Abundance

- Why do I always have more than enough money to pay my bills, save for the future, and have some leftover for fun activities?
- Why am I always so good at making, keeping and multiplying money?

Lofty Question for Productivity

- Why am I always able to do so much during the day?

Lofty Question for Health

- Why am I always so good at looking after my health and knowing exactly what my body needs from me?

Lofty Questions for Achieving Goals

- Why do my goals and dreams always come to me so quickly, easily and effortlessly?
- Why do I always take effective action to achieve the life of my dreams?

This question can help guide you to live the life of your dreams. It also counteracts the common negative question that is “why can’t I live the life of my dreams?”

Lofty Questions for Guidance

- Why am I always so brilliant, so clever, and so able to develop creative ideas through my intuition or through something greater than myself?
- Why does the universe always guide and look after me?
- Why does the universe always give me more than enough health, vitality, and energy to reach my goals?

To Conclude

So I encourage you to ask these lofty questions regularly. Use the most relevant to you right now. Feel free to change them. The best questions are the ones unique to you. Just remember the 4 keys to creating lofty questions. To recap, these are:

- Keep them positive
- Start with the word “Why”
- Include “always” or “at all times”
- Be in a relaxed, meditative state when you ask these lofty questions

I hope you enjoyed learning about lofty questions. Take the time now to create your own empowering questions. Then use your lofty questions regularly and consistently. The results will surprise you!

To dive deeper into Lofty Questions and learn directly from Christie Marie Sheldon.



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My Profile

I'm **Albert Y Zacharia**, an **INNER EXPENSION COACH**. I was born with lots of health issues during my childhood days, I tried many systems of treatments, but it's done not improve my health.

Then I started to follow the principal of naturopathy along with Energy healing, yoga and meditation and I stopped all my medications and my physical condition got improved.

That was the turning point of my life; I started to realize the power of our body innate ability to heal itself. Our body has the "Intelligence" and Knowledge to heal ourselves. Our only duty is to support our body and not to interfere with its natural healing process.

I wanted to know more about the Science behind this. So I started Studied and get trained under traditional Acharyas and started to practice it. I could realise the happiness and satisfaction when I was able to guide and cure patient. Since 2010 I'm a fulltime health coach. I'm practicing as a Health Coach through India through online.

Personal Philosophy:

My motto, "Because You Matter," underscores my belief in the inherent worth of every individual. I'm passionate about connecting people with their true selves through the medium of health, fostering positive thinking, and embracing new experiences, including martial arts and connecting with others.

Mission Statement

To empower individuals to connect with their true selves through holistic health practices, fostering well-being, and creating sustainable communities, ultimately impacting millions of lives.

Vision Statement

A world where individuals embrace their innate healing capacity, living vibrant, fulfilling lives in harmony with themselves, their communities, and the environment.

Core Values

- **Holistic Well-being:** Integrating physical, mental, emotional, and spiritual health for optimal living.
- **Empowerment:** Equipping individuals with the knowledge and tools to take control of their health and well-being.
- **Sustainability:** Promoting practices that support individual health, environmental preservation, and community resilience.



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- **Integrity:** Adhering to the highest ethical standards in all interactions and practices.
- **Compassion:** Approaching every individual with empathy, understanding, and respect.
- **Innovation:** Continuously exploring and developing innovative approaches to health and well-being.
- **Community:** Building strong, supportive communities that foster collective well-being.
- **Excellence:** Striving for the highest standards of quality in all programs and services.
- **Personal Growth:** Facilitating inner expansion and self-discovery as a pathway to holistic health.

How do I help?

Through my Integrated Program "**ULTRA HEALTH MASTERY**"

I help Individuals to connect with their true self through the medium of health "because you matter !!! "

My program is all about transformation

- + Individual Coaching
- + Group Coaching
- + Hybrid Coaching
- + Free Coaching
- + Free Master Classes

Ultra Health Mastery - I also help Work Professionals and Business Owners to reset their Health in less than 25 days without going to a gym using our Health Reset Formula.

Here's what you're going to discover:

Module 1. How to turn your body into a fat-burning machine, through an easy 10 minutes morning routine.

Module 2. A rapid 4 minutes exercise routine designed to rapidly increase Strength, Muscle, Endurance and Longevity. No matter how old you are today. (No gym Membership Required)



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Module 3. A Simple 5 minute shower routine that will boost your metabolic rate, so you're naturally burning fat throughout the day.

Module 4. The 5 Biggest Myths about Fitness and Health.

Module 5. The 4 Pillars of complete and balanced Wellness.

This single concept is the key to crafting a ripped, healthy body that will last a lifetime. **BOOK A FREE SESSION NOW !!!**

One of My Dream project “**The Wellspring**” an **Agro City** at Kerala similar to Auroville at Pondicherry.

OBJECTIVES:

1. To build up an agricultural village to enable the people to protect their health, and to increase their life expectancy by leading a happy and satisfactory life through healthy food habits.
2. To attain the above aim to start a study Centre and a training Centre with the help of experts in the field of modern medicine, living natural and nutrition science.
3. To inculcate the idea that “Food itself is medicine” among people and make them to practice it in their life.
4. To campaign for balanced nutritional food for protecting health, for increased life expectancy and to start publication and publish books in this regard.
5. To take lead for propagating the benefits of Agro forestry among people and to establish such system.
6. To attain the above aims, to start a model agricultural based social life Centre with the joint family concepts and to enable inmates to lead a community life.
7. To establish such Centre’s and to acquire required land suitable for farming having water availability and to build up a Kerala model in the pattern of KIBBUTZ and MOSSAVU of Israel.
8. The Centre shall establish soil clinic and laboratory to test soil and also medical clinic and laboratories for the benefits of inmates.
9. To give basic education with moral values to give training in life skills and training in crafts and traditional, ecofriendly small and agriculture based industry for the inmates.
10. To provide residence for aged persons and couples those who feel loneliness and separation in the family and provide them entertainment, health care system to lead an enjoyable life in the rest of their life.



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