

Old Age- Causes & Prevention

Author- Sanford Bennett- a book written in year 1911, he says “I move we Adjourn”

My intention is that Mr. Sanford Bennett’s health research should be known by many people, so I hereby describe in short his book contents: - By Sanjay G. M.

GENERAL

- Dead cells removed by contraction & relaxation. It improves elasticity & controls ageing.
- For Cold & Fever – Fasting with only water, up to 3 days.
- Deep Breathing
- SUN
- Eat Food: - Slow & chew properly.
- Exercise slowly & concentrate on target muscle
- 15 minutes before meal 1 glass of water.
- Internal cleaning by “ The cascade by Turrell Hygrenic (एनीमा)
- External cleaning- Before bath, friction back by Turkish towel & front by horse hair mittens & take tepid (Body temp water) bath with borax.
- Leg expose veins cure by friction up & down.
- Hair- wash by shaving gel, dry proper & put olive oil, SUN, Hot & cold water or cloth use quickly alternately 10 times. Pull hair by fingers & alternately massage throughout scalp.
For hair itching or germs, use carbolic acid in bath water. Brush comb well front & back and from side to side.
- Reduce obese abdomen- Tense muscle then place palms, press down firmly rub fat back & forth without slip of hands. Vary process by striking abdomen like raising the head.

Erasing Wrinkle, Face & Throat

The only sure method of erasing wrinkle lines of face is by friction, with palms of the hands with exercise for the muscles of the face & neck.

- Face massage by palms & tips with one hand hold 2 fingertip stretch by 1 tip & front other hand tip to palm of hand massage- friction, rubbed for face & neck.
- Use eggs white apply by saving brush keep for around 5 minutes. Ring wash warm water, apply few drops of oil.
- Muscle round chin
 - 1) Rest the chin upon palms of hand, press firmly & rub underlying muscle vigorously.
 - 2) To contracted upward when teeth firmly set, Muscles massage with palm with change positions.

JAW Massage along edge of jaw bone using heel of hand.

For muscle of cheeks – 4 muscle each side att. To check bones, below eyes. Contract these muscles at will forming a bunch on cheek bones “For muscle extending the jaw bones act of chewing when contract upward”

- For cheeks: - Up both mouth corner towards eyes. Now drop the chin at most extend. Now with this tension open & close the jaws, same time steadily palms massage.
- Eye- surrounding eye press firmly rub underlying muscle. Change positions.
- Muscles of throat – 1st place pillow under shoulders, in laying position. Throwing head backward as far as possible, alternate back & forward.
2nd – Lying on side place thumb on throat under chin, throw head back, then bring head forward chin to chest. Keep thumb repeat 10 times to both side.
- The neck- Lying on back, clasp hand firmly back of head, raise head up to clear pillow, then press head it backward. Same time keep strong forward resistance with arms 5 times to 25.
- Side of neck- lying on side. Turn the chin towards upper shoulder as far as possible, head back to position 5 times to 50 both side.

Position for Anti- Aging of whole body.

- Liver :-

- 1) Lying on back, fingers of both hand press upward. Right- under lower rib at hip. Press & relax 20 movement to 100.
- 2) Lying on right side, bend knees, by left hand fingers massage under rib. Do 1st & 2nd or both.
- 3) Lying on left side, relaxed, clench right hand & strike lightly but rapidly 20 light blow to 100.

- Muscles back neck & abdominal- lying on back raise your head. Find tension in back neck & large flat muscle of abdomen. Alternately raise & lower your head 5 times to 10.

- Muscles cover shoulder blades :-

- 1) Lying on back, strike with elbow across chest 5 times to 10.
- 2) Lying on back, alternately raise your shoulders. Tension should be upward & forward as far as possible 5 times to 10.

- Dumb-bell hand exercise – Dumb- bell 2 to 4 pound. Hold 2 dumb in 2 hand commence with 10 strokes to 50. After striking exercise extend your arm full length right to be free angle. Instead of elastic straps or bands simply pressure of hands clasped firmed over upper arm while using dumb bell.

- Broadening shoulders- laying on back. Grasp left elbow with right hand & right elbow with left hand. Alternate pressure by hand as struggling the shoulders. Up & down movements of shoulders 5 times to 25.

- Legs- Climbing Stairs OR a steep grade improves legs.

- Lying on back. Place ball of left foot upon upper part means toes of right. Tense muscle of right leg then alternately press & relax with left foot. Repeat with other leg.
- Exercise for loins- lying on back with your arms folded across chest on hip. Raise the head & shoulder up to clear pillow, bend upper part as far to one side as possible then other side 5 times set to 25.
- Lower abdominal muscles- Lying on back bend one knee upwards & inwards up to other leg knee & draw up hip of that side. This action tense all lower abdominal muscles. Then drop leg original position & repeat other side. 3 times set to 25.
- Muscles of sides & lions –Lying on side with fold hand around hip. Raise head & both feet at once. 3 times to six set.
- Tensing whole body: - Lying up on side fold your arms with grasps your elbows with hands, throw your head well back & stretch your body in full length with strength of folded arms pressure coming on elbows. Hold 3 seconds, relax & repeat 3 times to 10.
- Develop back & loin: - Single arm pulling- Lying up on side clasp one around the ankle of upper leg & pull with your full strength hold few second & relax. Repeat 10 to 25 sets.
- Both Hand- Lying on side, clasp your hands over the upper knee & exert your full strength in steady pull, then relax, repeat 10 sets.
- Develop back & shoulder- lying upon side with arm folded across chest fold arms on elbow, bend the head well forward tensing neck back muscles. Exert your full strain upon folded arms. In this position shrug your shoulders up & down. Repeat 5 to 15. Tense & relax upper neck & shoulders.
- Develop fore- Arms- Lying up on side- grasp the wrist of lower arm with upper hand press with full strengths downward resisting with upward pressure. Repeat 5 set to 15.

- Developing arms- Lying on side. Grasp upper wrist with lower hand & pull upward with upper arm. Resist that pull with lower arm, alternate strain & relax, turn the wrist slightly in clasp (कलाई) of lower hand. From front wrist to side of wrist 10 repeat set.
- Twisting Arms – Lying up on side, extend upper arm parallel to body with tightly twist your arm around towards your body as far possible, then reverse 5 to 10 repeat set.
- Developing triceps or back arms: - Lying up on side grasp firmly upper arm, between elbow & shoulder, pull backward with upper arm at the same time resisting by firm grasp of lower hand. Alternate pulling & relax. Repeat 5 times set.
- Hip & loins: - Lying up on side. Throw upper hip (leg) forward & bend your arm & draw it back as far as possible. This action tension up on loin & arm. Relax & repeat 3 to 5 repeat set.
- Percussion exercise – Both hand quick strokes tension & relaxation being caused by alternately raising & lowering head at strike & relax position During intervals of rest do abdominal fat massage with firm palm rubbing without slip. 25 stokes to 100.