

FREE SERVICE OF THE BULCHAND FOUNDATION, (INDIA) DETAILS OF THE CANARY ISLANDS DELEGATION ON THE BACK

The use of magnets for therapeutic purposes, as well as other types of Alternative Medicine is accepted as a respectable discipline and definitely fruitful in most countries including all western countries.

We put some clips in a glass and we move the magnets under the same glass, and we can observe the movement of the clips.

With the same method many have used magneto-therapy, placing the south pole of the * magnet (**45mm outside diameter – 22mm inside diameter x 9mm thick**) at the outside of the heart with deep abdominal breathing. The results have been spectacular and have helped to avoid the by-pass surgical operations which were imminent. **(Those who have pacemakers or stein or any other metal for the heart or any other part of the body, in no circumstances should use the magnets near the heart or any other part where the metal exists).**

Applying the South Pole of the magnet (if you hold a magnet in a fine thread, the pole which faces the North of the earth is the South Pole of the magnet) for:

Day 1. 1 minuite every two hours breathing deeply, five times a day plus 5 minutes of light exercise.

Day 2. 2 minutes every two hours breathing deeply, five times a day plus 10 minutes of light exercise.

Day 3. 3 minutes every two hours breathing deeply, five times a day plus 15 minutes of light exercise.

Day 4. 4 minutes every two hours breathing deeply, five times a day plus 15 minutes of light exercise.

Day 5. 5 minutes every two hours breathing deeply, five times a day plus 15 minutes of light exercise.

Deep breathe inwards pushing your abdomen at the naval point, 12 times with a space of 30 seconds between each push, during the application of the magnets. Breathe deeply, but slowly, you can deep breathe more often even when the magnet is not being used, as deep breathing helps the whole body. (The Healers can push the abdomen softly but deeply with their fist, in and out). The magnets when used break the molecular structure of the magnesium, calcium, or any other blockage.

* In case of pregnancies you should not push the abdomen, and the patients should do their own deep breathing.

Change your diet from the very first day to one based on raw and ripe freshly cut vegetables and fruits with sprouted grains (avoid mixtures - one raw vegetable at each meal) to be chewed very well. Continue with the deep breathing and the exercises indefinitely. Avoid constipations and always keep your stomach clean.

Of course **Fats, Flour, Fried foods, Milk, Meats, Salt and Sugar**, and their products –they can be the main cause of Mucous or other blockages- have to be avoided to avoid future problems. (See Article 1 for the best foods and drinks).

Drink plenty of WATER (avoid cold water); this should be drunk sip by sip every day to avoid future problems. Drink TWO GLASSES BEFORE EACH MEAL; BREAKFAST, LUNCH AND DINNER AND A at least TWO more GLASSES to be sipped during the night. **Fats** are quite harmful; you should cook without fats or oils, but cold raw vegetable oil (necessary for the body) should be poured over the food, at the time of eating, as we do with salads.

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1. Eye wash cups for Cleaning eyes by blinking your eyes 12 times in the eye wash Cup, half cup filled with water + 14 drops of fresh lemon juice, every day after the day's work. This cleanses the eyes in the natural way and improves your eyesight, also allowing Proper Sunlight into the eyes to activate the Pineal, Thyroid and Thymus Glands and producing and releasing miracle melatonin, keeping you active, alert, and free from sluggishness, Conjunctivitis: has also been cured with this.
2. Magnets for Angina (Heart) problems, Hundreds are able to avoid the surgical operation; also instant removal of Aches and Pains including Spondylitis (special sticker magnets), HEMOPHILIA & "DVT" DEEP VEIN THROMBOSIS (long air travel), Asthma, Allergies, Breathing Bronchitis, Obstructive Sleep Apnea, Colds, Coughs, Nasal Congestions, Pneumonia, increase breathing capacity, Sinusitis, Sore throat, Lungs (and TB prevention), COPD (Chronic Obstructive pulmonary Disease) & Stomach problems, avoid acidity & ulcers, Infections, Flu, Hay Fever, "Glue Ears", Paralysis, Prostate problems, Tumours, Virus, Dysentery & Diabetes, Glaucoma, & Repetitive Strain Injury.
3. Healing tapes, which speak to your sub-conscious mind during your Sleep, keeping you Fresh & Healthy and Free from Depressions, Insomnia, and Tumours & Tensions. For Computer Vision Syndrome, use eye wash cups as per (1) and clasp your hands and walk bare footed on the ground to earth your self and discharge the negative rays.

(For private circulation only)

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