

FREE SERVICES OF THE BULCHAND FOUNDATION, INDIA**I. Asthma: Magnetic & Abdominal Breathing Cure for**

- (I) Asthma, Allergies, Bronchitis, Breathing Problems, Obstructive Sleep (APNEA), Colds, Coughs, Flu, Hay Fever, Nasal congestion, Sinusitis, Sore Throat, “Glue Ear”
- (II) Stomach problems, virus, infections, Dysentery, Prostate problems and PCOS Ovarian Syndrome
- (III) General well being, Improve lungs (TB Prevention & COPD (Chronic Obstructive Pulmonary Disease)) prevention and cure of Pneumonia and improve breathing capacity.
- (IV) Heaviness after eating, Gas & Digestive Problems, avoid acidity & ulcers.

The use of these techniques, the BULCHAND Technique, off and on with or without magnets also throws out Nicotine and helps with the problems of OBESITY.

I) For these patients, we use the standard round magnets size: outside diameter 45 mm x inside diameter 22 mm, thickness 8 or 9 mm but any magnet will do. If the magnets are not marked, hold one magnet in the thread, and the side that faces towards the North is the South of the magnet and vice versa. Once you have marked one magnet, you can mark hundreds as opposite attract, and like ones repel.

Place 5 round magnets so that you can see the top of these marked South-North-South-North-South (on a wooden table, tie these, each knot between the two magnets, total four knots, so that those may not fall apart) let the patient sit relaxed on a comfortable chair with back to south and back straight and put the series of these magnets top North touching the body at throat downwards on the bronchial or oesophagus tube (Three North's and two South's touching the body), the patient holding the top magnet with the left-hand index finger.

IA) Then, like in Heart cases (read article 14, "Heart: How to declog the heart arteries & avoid the surgical operation, By-passing the Bypass". (Those who have pacemaker or stein or any 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).

The Healer pushes the abdomen at the Navel point (making sure in the case of ladies, that they are not pregnant), gently and slowly, but pressing deeply in and out; 12 times with a space of 30 seconds between each push. This kills the bacteria and also throws out the mucus from the mucous glands and phlegm from the bronchi, (including Smokers Nicotine) giving immediate relief, to the surprise of the patient and the healer. (In some cases the mucous is thrown out of the mouth, which should be encouraged). Leave the magnets for two minutes more after the treatment. (To be repeated three times a day before meals for couple of days and then occasionally if necessary). By pushing the abdomen, the lower sphincter-Muscular valve opens up to release the clogging including Smokers Nicotine (expelling the Nicotine the desire to smoke is eliminated) and other animal fats from the abdomen and start loosing weight up to 1 kg per week eliminating Obesity gradually, until they have lost 20% of their present weight.

*In pregnant cases, God is healing the expectant mothers. The Healer may only use three magnets, from the throat downwards (very important), and should not push, but ladies can do their own deep breathing, activating abdomen in and out gently and slowly.

Of course Fats, Flour, Fried foods, Milk, Meats, Salt and Sugar, and their products, which can be the main cause of creation of Mucous or other blockages, have to be avoided (See Article 1), for avoiding future problems. Even if they have taken the wrong foods, which every one call normal foods, the above exercise should immediately relieve and cure them. It is simple but effective.

SIP (No gulping) Plenty of WATER (AVOID ICED OR COLD) EVERY DAY TO AVOID FUTURE PROBLEMS. TWO GLASSES BEFORE EACH MEAL, BREAKFAST, LUNCH AND DINNER AND A MINIMUM OF TWO or more GLASSES to be sipped during the night. Fats can be quite harmful; cooking should be done without fats or

oils, but cold pressed vegetable oil, necessary for the body should be poured over food, at the time of eating, as we do in the case of salads.

Change your diet from the very first day to 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 deep breathing and exercise indefinitely. Avoid constipation and keep your stomach and system clean at all costs. Eat apple, guava, plums and figs with the skin, and properly washed (wash with water with sea salt to eliminate the effect of insecticides of the fruit). Eat papaya and kiwi as well.

(II) Stomach problems, Flu, Virus, Infections, Dysentery, Prostate problems (see art. 3A), etc.

For problems **I** & **II**, use the same five magnets, sit down comfortably and placing them horizontally over the abdomen, in the same way three North's and two south's touching the body, and punch ten times gently but firmly at The Navel point, moving the row of magnets for a few minutes down and up. Three times a day before meals. For pregnant cases only use three magnets, from the throat downwards (very important), and should not push, but ladies can do their own deep breathing, activating abdomen in and out gently and slowly. For ovarian syndrome place the 5 magnets in the affected part. * Pregnant ladies excepted.

(III) Flu, General well being, Improve Lungs (TB prevention) & COPD (Chronic Obstructive Pulmonary Disease) including prevent & cure Pneumonia and increase breathing capacity.

For **III**, after finishing the process **I** & **II**, shift the five magnets up by 45 mm each time, keeping half a minute gap each time until you come to the throat, in between you will find a comfort zone, at the lungs, where you can keep longer for 3/4 minutes, and continue deep abdominal breathing, in case of COPD and Pneumonia utilise simultaneously massager or vibrator over the lungs to disintegrate the blockage to increase breathing capacity. Repeat this three times a day before each meal. *Pregnant ladies should use these on the lungs only.

(IV) Heaviness after eating, Gas & Digestive problems, avoid acidity & ulcers.

For **IV**, Place the five magnets an in case **I** & deep breathe, but lying down comfortably with head to the south. In not too simple cases use Methods II+III also. Pregnant ladies must use only three magnets North-South-North touching the body throat downwards.

Even if you have no magnets, use the pushes at the navel point as above and the results will be excellent. You can use the massager or vibrator to substitute the magnets when not available- read important notes about pregnant cases in previous paragraphs*.

Take advantage of our worldwide offer of Free: (Free treatment and materials)

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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