

FOR RADICAL IMPROVEMENT IN SHORT PERIOD BOTH PHYSICALLY AND MENTALLY.

The great Louis Kuhne maintained that all diseases, no matter what their names or sites, invariably rise from the same cause, viz., an encumbrance of foreign matter in the body.

- TAKE ONLY RAW AND RIPE VEGETABLES, FRESHLY CUT, ONE VEGETABLE AT EACH MEAL. ALWAYS EAT SLOWLY AND CHEW VERY WELL. DRINK BY SIPPING, NO GULPING AT ANY TIME. GIVE YOURSELF 14 PEACEFUL MINUTES AT EACH MEAL, WHICH IS ONLY 1% OF THE 24 HOURS. EATING PEACEFULLY GIVES YOU GOOD HEALTH, PEACE AND LONG LIFE.

- AT EACH MEAL, TAKE SPROUTED GRAINS OF BEANS, OATS, WHEAT, CHICKPEAS, OR ANY GRAIN THAT CAN BE SPROUTED. THESE ARE TO BE TAKEN FRESHLY SPROUTED NATURALLY STORED NOT FOR TOO LONG A TIME, WITHOUT COOKING OR FRYING OR BOILING.

- ALSO TAKE FRUITS WITH SKIN ON BUT MUST BE WASHED VERY WELL. WASH THE FRUITS WITH SALTED WATER (SEA SALT) AND THEN IN NORMAL WATER, SO THE EFFECTS OF THE SPRAYS CAN BE ELIMINATED. - TAKE BAKED POTATOES WITH SKIN ON.

- IF YOU LIKE YOU MAY ALSO TAKE DRY FRUITS LIKE FIGS, ALMONDS, GROUNDNUTS, and IN ITS NATURAL FORM WITHOUT SALT. THE FIGS MUST BE WASHED VERY WELL TO ELIMINATE THE EFFECT OF THE PRESERVANTS.

- TAKE SEA BATH WHERE EVER POSSIBLE FOR 20 MINUTES EVERY DAY, OTHERWISE TUB BATH OR SHOWER FOR THE SAME PERIOD. SWIM IF POSSIBLE EVERY DAY. LIGHT EXERCISES DURING 10 MINUTES EACH TWICE A DAY.

- KEEP THE STOMACH CLEAN AT ALL COST, TAKE CASTOR OIL, BETTER STILL TAKE ENEMA TWICE, FIRST WITH HOT WATER AND AFTER A FEW MINUTES HOT WATER AND LEMON JUICE (FOUR OR FIVE LEMONS TO 1 LITRE OF WATER). THIS TIME THE WATER SHOULD BE RETAINED IN THE SYSTEM AS MUCH AS POSSIBLE SO THAT THE MIXTURE WILL HAVE TIME TO DISSOLVE THE COATINGS FROM THE WALLS OF THE INTESTINES AND THEY WILL REGAIN THEIR SUCTION CAPACITY OR PULLING OUT TOXINS FROM THE SYSTEM.

- CONTINUE THIS FOR A WEEK UNTIL ALL THE TOXINS HAVE BEEN ELIMINATED. THEN EVERY WEEK, REPEAT MORE FREQUENTLY IF CONSTIPATED, WHICH HAS TO AVOIDED AT ALL COSTS, CONSTIPATION IS THE CAUSE OF MOST PHYSICAL & MENTAL UNWELLBEING.

- SIP MAGNETIZED WATER 1 TO 2 LITRES EVERY DAY, BUT VERY SLOWLY. TO MAGNETISE WATER PLACE THE WATER BOTTLE ON THE NORTH POLE OF THE MAGNET (THE MAGNET TO BE PLACED ON THE WOODEN TABLE) FOR 1/2 AN HOUR OR MORE, EVEN OVERNIGHT.

- LEARN TO RELAX. WORST PROBLEMS HAVE PASSED AWAY, TODAY'S PROBLEM IS NOTHING TO WHAT WE HAVE ALREADY GONE THROUGH, RELAX AND THIS WILL ALSO PASS AWAY. - GET SPIRITUAL MASTER WHO WILL GUIDE YOU. LEARN TO DEEP BREATHE WITH STOMACH IN AND OUT SIMULTANEOUSLY AS YOU BREATHE. YOU WILL RECEIVE THE COSMIC ENERGY.

- ELIMINATE SALT, SUGAR, WHITE FLOUR, MILK, COFFEE, CHILIES AND SPICES, MEAT AND FRIED THINGS. WHITE FLOUR MEANS: BISCUITS, SWEETS, SPAGHETTIS AND ANYTHING WHICH CONTAINS WHITE FLOUR. THE GOOD SUBSTITUTES ARE SOYA SAUCE, HONEY, MANUAL HAND FRESHLY HOME STONE GROUND FLOUR, YOGHURT CHURNED WITH WATER, LEMON TEA WITH HONEY, FRESHLY CUT RAW & RIPE VEGETABLES. READ ART. 11, ALL TO BE CHEWED AND DRINKS SIPPED, AS PRE DIGESTION TAKES PLACE IN THE MOUTH BY MIXING WITH THE SALIVA.

- OF COURSE FATS, FLOUR, FRIED FOODS, MILK, MEATS, SALT AND SUGAR, AND THEIR PRODUCTS WHICH CAN BE THE MAIN CAUSE OF CREATION OF MUCUS OR OTHER BLOCKAGES HAVE TO BE AVOIDED FOR AVOIDING FUTURE PROBLEMS. EVEN IF THEY HAVE TAKEN THE WRONG FOODS WHICH EVERYONE CALLS NORMAL FOODS, THE

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EXERCISE IN ART. 21 SHOULD IMMEDIATELY RELIEVE AND CURE THEM. **IT IS SIMPLE BUT EFFECTIVE.**

SIP (NO GULPING) PLENTY OF WATER 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 RAW VEGETABLE OIL, NECESSARY FOR THE BODY SHOULD BE POURED OVER FOOD, AT THE TIME OF EATING, AS WE DO IN THE CASE OF SALADS.

- BEFORE SLEEPING OR EARLY IN THE MORNING, FILL THE EYE CUP WITH BODY TEMPERATURE WARM WATER, AND ADD 14 DROPS OF FRESHLY SQUEEZED LEMON JUICE, WASH EACH EYE PUTTING THE SAME EYE CUP TO EACH EYE AND CLOSING AND OPENING THE EYES, KEEP THE EYES CLOSED FOR A MINUTE OR TWO LATER DOING EYE EXERCISES RECOMMENDED BY "EYESIGHT WITHOUT GLASSES" BOOK, AND YOU WILL BE SURPRISED WITH THE EYESIGHT IMPROVEMENT AND GENERAL WELL BEING, THE PINEAL GLAND RECEIVING AT NIGHT PROPER LIGHT, AND PRODUCING AND RELEASING RIGHT MIRACLE MELATONIN, WHICH REGULATES THE WHOLE HUMAN SYSTEM. SIP FRESHLY SQUEEZED LEMON JUICE ALSO APPLYING FRESHLY CUT LEMON TO THE PARTS WHERE YOU HAVE PAIN RASH PIMPLES OR HAVE THE FEELING OF SLUGGISHNESS.

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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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