

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, and we feel with such condition lack of positive thinking.

1. - **KEEP** yourself clean externally and internally. The stomach should be absolutely clean. Drink Castor oil occasionally and use enema once a week, more often if you are constipated. This should be used twice on the same day, first with hot water (body temperature) to clean the stomach and after a few minutes, the second batch of hot water with lemon juice (4 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 capacity of suction or pulling out toxins from the system.
  2. - **Use** tongue cleaner to clean your tongue everyday before sleeping.
  3. - **START** the morning with fresh lemon juice, pure bee honey with warm water; for breakfast you can have sprouted grains, specially mung, wheat, millet, barley, rye or corn, oats and pulses. (In fact, any grain which can be sprouted).
  4. - **At mid-day** you can have freshly squeezed apple juice with skin on, or any of the grapes, carrots or orange juice, all freshly squeezed. Drink slowly, don't gulp see note 6. Before lunch you can have yoghurt followed by any type of vegetable, preferably organic raw, (freshly cut) avoiding mixing vegetables, i.e. you can have only one type of vegetable on each meal. You can heat the vegetables without boiling or cooking them as by boiling the vitamins may be lost. - (SEASONAL RAW VEGETABLES, FRESHLY CUT ON THE TABLE AT THE TIME OF EATING WILL BE BEST FOR YOU)
  5. - **ELIMINATE** SALT, SUGAR, FLOUR, MILK COFFEE, MEAT, FRIED ARTICLES ETC. Flour means bread, biscuits, cakes, spaghetti and anything made from flour. With your meals you can have any other sprouted grains.
  6. -**CHEW** THE FOOD EXCEPTIONALLY WELL. DRINK THE WATER, VERY SLOWLY. IN OTHER WORDS YOU MUST "EAT YOUR WATER AND DRINK YOUR FOOD". Tinned and bottled products are prohibited, (excepting honey). According to nature cure, anything that has life cannot be tinned or bottled, therefore bottled or tinned things may have no life at all. If you like bread, this can be home made, but from freshly hand and stone ground wheat. No matter what the cost of stone grinding wheel, it is anytime cheaper than poor health. By grinding it yourself, all your internal organs will get proper exercise and blood will be renewed. Dough made from manually stone ground flour early in the morning, ferments and produces natural yeast by lunchtime. Flat bread (chapati) is made in India from such dough on charcoal and smeared with a dash of natural ghee or natural vegetable oil, and eaten almost immediately, but always remember to chew well.
  7. - The general health of the person depends upon the quality of the blood, whether alkaline or acid, the free flow depends upon the specific gravity, and both these depend upon what you eat. Blood which is slightly alkaline (7.4) is perfect and it is impossible to be sick, even virus can not exit in such condition, and to improve the quality and specific gravity, you have to keep the body clean as per instructions 1 and TAKE RAW FOODS CUT AS PER INSTRUCTION TAKE RAW ORGANIC FOOD as much as possible, like cabbage, lettuce and anything green. Also take liberally carrots, apples or any type of fruits or seasonal vegetable preferably with the skin on. Wash properly, with sea salt added to water for washing. As previously stated avoid mixtures. BAKED POTATOES with skin on are very good, as well as baked sweet potatoes with honey.
- Home made butter, natural vegetable oils, can be taken safely, but AVOID FRIED THINGS AT ALL COSTS. Sugar cane and sugar cane juice is also excellent, but remember no gulping. The proteins are Acid forming and comprise: all animal proteins such as meat, fish, shell-fish, eggs, cheese, poultry, nuts (except almonds) all the starch foods as grains, bread and flour and other foods made from cereal starches, sugars to be eliminated. (Best grains are sprouted grains and eaten freshly sprouted without cooking).
- The carbohydrates are Alkali forming and comprise all vegetables (including potatoes if baked with skin and eaten with skin) all salads, all fresh fruits (except plums and cranberries) and almonds. Proteins and carbohydrates should not be mixed.
- For optimum health the diet should ideally consist of Alkaline forming foods and acid forming foods in the ratio, approximately of four to one. Proteins require an acid medium for digestion.
- Carbohydrates (starches and sugars) require an alkaline medium for digestion. According to the late Dr. Melvin E. Page, DDS (Dentist), of Nutritional Development, 5235 Gulf Boulevard, St. Petersburg Beach, Florida 33706, the calcium and phosphorus ratio should be ten to four. In the absence of this ratio, not only people had dental problems, but also many other diseases, all of these problems disappeared when the ratio was restored.
8. - **THERE IS NO LIMIT TO FRESH OR DRY FRUITS** but as in the case of vegetables, try only one type in each meal. Chew properly without quantity restriction, wherever possible, take those with skin on. In case of dry fruits, some of them have to be washed several times to take away the preservatives like sodium and nitrates.
  9. - **EAT GREEN RAW LEAVES** of edible plants like TULSI and other plants.
  10. -**NEVER LOOK AT THE ARTIFICIAL LIGHT** with or without glasses. SURYA PRANAM: this is very scientific, look at the sun with your eyes open, preferably early in the morning through curtain of water. Harmful rays like ultra violet are filtered through the water and you get the best energy, heat, and light through the open eyes, the true lenses of the body, the white light breaks into seven colours (rainbow effect) and produce the following healing effects: VIOLET & INDIGO: head, BLUE: neck, GREEN: heart, YELLOW: Pancreas, ORANGE: intestine, RED: Stomach.

For practical purposes you can use the water from the bucket, and use it over and over again. Be careful to close your eyes when water is not falling. Continue deep breathing. WHEN THE WATER IS NOT AVAILABLE you can look at the sun with open eyes through the leaves of the tree.

**11. - WALK BARE FOOT ON EARTH** for a few minutes every day to discharge the excess of currents in the body. Avoid nylon or synthetic clothes. Use cotton or wool. When you salute in India putting hands together, you are equalising the currents of the body.

**12. - AVOID X-RAYS** and TV RAYS, after having seen the TV programme and computer use, walk (bare footed) in the open air to take away the effects of the harmful Rays.

**13. -** Light exercise every day twice for about 15 minutes each time. Walk as much as you can and swim if it is possible for you, if possible in sea.

**14. - TRY** to fast on full and new moon days. It has been found out that insects, animals and human beings are more agitated a day before and continue the following 2 or 3 days. People suffering from pains and aches find their pains go up during these periods. So be careful, learn to relax and if cannot fast, go on the fruits or liquid diet. (For aches and pains see Art. 24).

**15. - REST** a few minutes after lunch, completely relaxed and walk after dinner.

**16. - THERE** should be a gap of 2/3 hours between dinner and sleeping.

**17. - KEEP** your back straight and breathe through abdomen. Practice yogi-breathing exercise. AVOID aluminium utensils at all costs. Use earthenware if possible, even for cooking. If you must use salt, use thick sea salt but sprinkle over the ready food (but not during the course of cooking).

**18. - SLEEP** with your head to the south or east, avoiding magnetic fields around you such as metals and electric currents.

**19. - USE** magnets and drink magnetic water to improve your general health. Put a glass bottle or jug of water over the North Pole of the magnet for 20 minutes to half an hour or more and the water will be magnetised. Read ART: 3.

**20.-** People who have slept on the floor early in the mornings even for a few minutes, with their heads to the east, have been reported to be cured of pains and aches of the body, EVEN RHEUMATIC PAINS.

**21. -** It is also been found that patients with:

**ASTHMA:** with yogi DEEP breathing exercises, and placing 5 magnets North-South-North-South-North from throat to fall between the chest and with deep deep breathing will break down the mucus. (Read Art. 21).

**DIABETICS:** with high fibre, low fat diet; i.e. baked potatoes with skin, fresh seasonal fruits, sprouted grains, rice with husk, and yogi movements of pancreas. See ART 20.

**HEART:** patients taking sprouted grains. See Art 14 for miracle relief.

**TUMOURS:** both benign and malignant by application of magnets and freshly squeezed lemon juice applied and taken internally followed by exclusively raw vegetables and fruit diet. (See ART 4 on CANCER HELP) Art. 24 for destroying tumours.

AND OF COURSE ALL OF THEM FOLLOWING THE NATURAL CURE RECOMMENDED HEREIN HAVE PUT PEOPLE ON ROAD TO RECOVERY.

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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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