

THE OLIGO-ELEMENTS (THE TRACE-ELEMENTS)

BENEFITS OF DIFFERENT TRACE ELEMENTS (MINERALS) ON VARIOUS DISEASES AND MALAISES.

LIST OF FRUITS AND VEGETABLES WHERE THESE MINERALS ARE FOUND.

FORMATION OF LEUCOCYTES AND RED CORPUSCLES, HEMOGLOBINS AND METABOLISM: ARSENIC, COPPER, IRON, and ZINC.

NERVOUS CELLS- NERVOUS EQUILIBRIUM: BROMIDE, CALCIUM, PHOSPHORUS, and MAGNESIUM.

BONY FIBRE- TEETH - TENDONS- BONES: SILICATE, SULPHUR, FLOURINE, MANGANESE, CHLORINE, and PHOSPHORUS.

THYROID HORMONE - LYNPHATIC GANGLIONS: IODINE.

DIGESTION- FORMATION OF ORGANIC LIQUIDS IN THE CARTILEGE- PANCREAS- DIABETES: SODIUM, NICKEL.

CIRCULATION OF OXYGEN IN THE BLOOD - TRANSPORT OF OXYGEN: COPPER, IRON.

MALE & FEMALE GENITAL SYSTEMS - IMPROVEMENT IN THE PERCEPTION OF SMELL AND TASTE: ZINC.

BLOOD CELLS, MUSCLES AND GLANDS: POTASSIUM.

INFECTIONS, CICATRIZATION (HEALING) OF WOUNDS: SULPHUR, MAGNESIUM.

ARTERIES: SILICATE.

LIVER- LIGAMENTS- SKIN- KIDNEYS- HYPOPHYSIS (PITUITARY GLAND): MAGNESIUM, ZINC, and ARSENIC.

THE ABOVE MINERALS ARE FOUND IN THE RESPECTIVE FRUITS AND VEGETABLES AS LISTED BELOW; FOR OPTIMUM RESULTS, FRUITS AND VEGETABLES SHOULD ONLY BE CUT FRESHLY WHEN YOU ARE READY TO EAT AND AT THE TABLE. GRAINS SHOULD BE EATEN SPROUTED, OF COURSE GRAINS, FRUITS AND VEGETABLES TO BE TAKEN RAW WITHOUT COOKING, BOILING, FRYING OR HEATING IN ANY WAY.

ARSENIC: Albumen, apples, cabbage, carrots, garlic, lettuce, pears, baked potatoes with skin on, rice with husk, spinach, turnips, wheat germ.

BROMIDE: Apples, apricots along with its almond, artichokes, asparagus, beetroots, cabbage, carrots, celery, garlic, grapes, leeks, melon, onions, radishes, rhubarb, strawberries, tomatoes, turnips, sprouted wheat.

CALCIUM: Almonds, beans, cabbage, carrots, celery, grapes, hazelnuts, leeks, lettuce, sprouted oats, onions, peas, baked potatoes with skin on, raspberry, spinach, strawberry, turnips, walnuts, sprouted wheat.
 *(Onion cut and stored attracts bacteria, so with time you will be eating bacteria not onion).

CHLORINE: Beans, sprouted cereals, dates, hazelnuts, walnuts.

COPPER: Almonds, apples, asparagus, beetroots, carrots, cauliflower, cherries, corn (maize), dates, grapes, leeks, *onions, oranges, radishes, salisify, spinach, turnips, walnuts, sprouted wheat.

FLOURIDE: Apricots with its almonds, asparagus, sprouted barley, grapes, rice with husk, tomatoes, sweet potatoes (yams), radishes, sprouted wheat chaff.

IODINE: Algae's, artichokes, asparagus, beets, cabbage, carrots, garlic, grapes, green beans, leeks, lettuce, mushrooms, pears, peas (green), onions, radishes, rice, spinach, strawberries, tomatoes, turnips, watercress, sprouted wheat.

IRON: Almonds, apples, apricots with its almonds, asparagus, sprouted barley, beans, cabbage, carrots, cherries, chestnuts, chick-peas, corn (maize), dates, dried figs, green chicory, green beans, hazelnuts, leeks, lettuce, sprouted oats, *onions, olives, peaches, pears, peas, plums, baked potatoes with skin, raspberries, raisins, rice with husk, rye, spinach, strawberries, walnuts, watercress, sprouted wheat.

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MAGNESIUM: Almonds, apricots with its almond, beans, beetroots, carrots, cherries, chestnuts, corn (maize), hazelnuts, *onions, oranges, pears, baked potatoes with skin, rice with husk, sea-water, spinach, sprouted wheat.

MANGANESE: Apples, apricots with its almond, asparagus, sprouted barley, beetroots, cabbage, carrots, celery, cherries, chicory, corn, dates, grapes, lettuce, *onions, pears, plums, oranges, rice, spinach, walnuts, watercress, sprouted wheat.

PHOSPHORUS: Apples, apricots with its almonds, asparagus, sprouted barley, beetroots, cabbage, carrots, cauliflower, celery, cherries, chicory, corn, dates, grapes, leeks, lettuce, *onions, oranges, pears, plums, baked potatoes with skin on, raspberries, rice with husk, spinach, strawberries, walnuts, sprouted wheat.

POTASIUM: Apricot with its almond, Bananas with white coating on the inside of the skin, dates, Sprouted Wheat

SILICATE: Apples, beans and peas, cauliflower, cereal chaff, fruit skins, garlic, *pearl onions, shallots, strawberries.

SULPHUR: Apricots with its almonds, almonds, sprouted barley, beans (green), cabbage, cherries, chestnuts, corn, cucumber, dates, *garlic, hazelnuts, leeks, sprouted oats, oranges, peaches, pears, baked potatoes with skin, rice with husk, radishes, strawberries, watercress, sprouted wheat.

SODIUM: Apricots with its almonds, sprouted barley, beans (green), chestnuts, corn (maize), dates, sprouted oats, rice, sprouted wheat

ZINC: Sprouted Barley, beetroots, cabbage, and carrots, corn (maize), lettuce, mushrooms, oranges, peaches, spinach, tomatoes in limited quantity.

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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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