

Om Shanti

Preventive Health Management is the key for “LIFE”

Understand your body

How can you identify the onset of disease? Face & Hand indicate a lot!

1. Right & left hands represent right & left sides of your bodies respectively.
2. An island on the life line indicates presence of ulcers
3. If an island is present at the end of life line, the person may suffer with ulcer during the later stages of his life
4. A chain on the life line indicates gastric problems
5. If the life line branches off at the end it indicates that at that point of time in your life you will have less energy and may fall sick. If you have accumulated enough punya by positive deeds →you may drop your body at that time!
6. A stable life line indicates a stable energy system of the body
7. Acidity is the cause of problems in the body
8. Better keep the body alkaline by taking alkaline foods
9. Carrot juice is the first line of defence
10. Body has a capability to heal itself and you must allow it heal →Taking proper food is the best way and you can and must do it
11. Lines in hand will change if you eat the right food and put the body on a path of healing
12. Body is a precious gift
13. It is a powerful vehicle to transform and take you to *mukti*

Common mistakes

1. Taking Cold water/cold drinks, Ice cream, Chocolate & Milk
2. Chocolate brings in acidity
3. Milk increases the mucus
4. Alcohol, spicy foods brings acidity
5. People with KAPHA bodies must not take milk and people with conical faces must not take milk [as they have weak lungs]
6. Taking white sugar will release Sulphur compounds in the body and this will result in weakening of bones and pitting of brain cells. Replace white sugar with jaggery, honey, dates
7. Taking bread may disturb the digestive canal – please avoid Bread after 45-50 years of age
8. Sleeping directly under the fan. If necessity please use fan at #1 speed
9. Not doing *Jalneti*. Salt in warm water removes the negativity in our aura. Negativity comes in from negative areas and negative people
10. Taking Calcium tablets as they leave deposits in the Heart & Kidney.

How can miracles happen

1. Faith in Guru ji
2. Follow discipline set by Guru ji
3. Unwavering will power
4. Healing whenever it is required

Tips for good health

1. If Oxygen and Calcium level goes down in our bodies TB may come in
2. When milk is out from your system please add eggs
3. Pranayama helps in improving breathing and oxygenate your bodies
4. Generally, fully boiled eggs are for body builders, have semi-cooked eggs as it digests easily and calcium and proteins are absorbed easily
5. Digestive system is your Power plant, respect it
6. Eat light and eat sensibly
7. Acidity in the body dries up the body, which is not good. Dry skin is a manifestation.
8. Do not have long intervals in your food intake as hydro chloric acid eats up the lining of the guts
9. Eat something if the intervals are long or at least have water
10. Banana, Guava, Carrot are alkaline foods
11. Coconut water is the elixir, drink it regularly
12. Red grape juice is a energy booster
13. Garlic ginger paste is another super food as Ginger is alkaline and garlic is anti-biotic& anti-septic
14. Pine apple juice heals bones and is good for back pain
15. *Kadi patta, Dhaniya, Pudina* juice corrects blood & liver
16. 40% of your system is powered by Digestion - *Anar Deva* handles this task.
30% of your system is powered by Respiration - *Jalneti* handles this task and
30% of your system is powered by Urinary Tract – tender coconut water handles this task
17. Please sit down and drink your morning 1 Litre. Better drink warm water.
Take 2 spoons of coconut oil/ olive oil after drinking water and this will cleanse colon
18. After taking Pine apple juice and Coconut water please use warm water and gently gargle
19. Add salt only after cooking and not during cooking
20. The foot pad near the fingers of your foot is a mirror of your lungs -activate that area to energise your lungs
21. Likewise, the heels of your foot mirror stomach, any pain indicates some infirmities, activate the area and see the difference in your stomach
22. Simply walk with these portions in your house to activate these parts
23. Blackness on your toes indicate that your optical nerve is getting compressed.
Cool it with a wash of your feet.
24. Never take hot water on your head while taking a hot water bath. Use luke-warm water. Better to pour cold water once hot water bath is complete to get the body back to normalcy

25. If the eye is getting dry –first wash it with cold water. You can also use your own urine to wash your eye as urea in urine cleanses. Urine must be the middle urine as the first portion may have impurities
26. Chew on both sides of your mouth. Using one side may create VERTIGO.
27. Acupressure on index and middle finger of both hands will help improve eye sight. Use blue coloured acupressure flip-flops at home and replace them every 3-4 months as they become softer [as the acupressure effect comes down]
28. Right Nose represents *Surya nadi* and Left nostril *Chandra nadi*. If Suryanadi is active your body is hot and Chandra nadi is active the body will be cold. If the body is hot and we want to normalise the body, close the right nostril with your thumb and breathe through your left nostril for 3-4 minutes and see the difference. Reverse is true, if we want to warm up our body, breathe through right nostril closing the left!
29. Blue Sapphire costs about Rs. 50,000 but a Blue Topaz costs about Rs. 5000. They support your *Visuddhi chakra*. Once you use the blue stone it must go with you and cannot be gifted to anyone.
30. The yellow topaz supports your stomach. If you have more money you may choose a Topaz which is very expensive. But both have similar effects.
31. Two spoons of honey can stop loose motions
32. When nature tests you with [so called] problems-face them and pass-you learn a lot from these problems

Jai Guru Ji
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