

## **The Miracle Of Water Therapy And Oil Pulling A Beginners Guide To Ancient Yogic Remedies**

Water Cures: Drugs KillsApple Cider Vinegar Miracle Health SystemThe Miracle & Wonders of Treatment from Hot WaterThe Miracle of Urine-therapyThe Miracle MorningUrine TherapyCurrent Veterinary Therapy - E-BookThe Miracle Healing Power of Chelation TherapyThe Water CureWater of LifeUrine the Holy WaterNatural Therapy MiracleMax the Miracle Dog: The Heart-warming Tale of a Life-saving FriendshipH2 Water 4 LifeThe Miracle of FastingOZONEHealing Water from Within by Brother SageApplied Nutrition and Diet TherapyJumpstart!Natural Therapy for Your LiverThe Hidden Messages in WaterTraditional Home and Herbal RemediesHeart Wide OpenThe Miracle of WaterHot Water TherapyWater a Miracle TherapyThe New Oxygen PrescriptionMiracles Of Urine TherapyThe pH MiracleJudo KarateThe Gerson TherapyThe Miracle of Water Therapy and Oil Pulling - A Beginners Guide to Ancient Yogic RemediesIndian Fengshui (Vaastu) for American HomesFoundations of Play TherapyComprehensive Aquatic TherapyWater a Miracle TherapyWater of IndiaThe Body Keeps the ScoreHealthy HealingDrink Your Own Water

### **Water Cures: Drugs Kills**

This 220 book contains 180 pages of letters from the readers who have experienced radical improvement in their health after increasing their daily water intake. They are telling stories of how you can benefit from this natural water cure and not to subject yourself to the invasive and toxic drug treatment.

### **Apple Cider Vinegar Miracle Health System**

The Sunday Times bestseller 'Are you ready, Max? If anyone's going to help me do this, it's you.' The heart-warming tale of a life-saving friendship.

### **The Miracle & Wonders of Treatment from Hot Water**

The landmark guide to play therapy—completely updated and revised Edited by Charles E. Schaefer—the "father of play therapy"—Foundations of Play Therapy, Second Edition is a complete, state-of-the-art guide to the many diverse approaches to, and methods used in, play therapy practice with children and adolescents. Featuring an expert panel of contributors, this comprehensive reference provides up-to-date and insightful coverage of all of the major theoretical models of play therapy and offers practical examples for the application of each model, including: Narrative play therapy Solution-focused play therapy Experiential play therapy Release play therapy Integrative play therapy Psychoanalytic approaches to play therapy Child-centered play therapy Gestalt play therapy Family play therapy Cognitive behavioral play therapy Prescriptive play therapy Written for therapists looking for guidance on how to incorporate play therapy into their practice, as well as students or those in need of a refresher on the latest methods and techniques, Foundations of Play Therapy, Second Edition is a standard-setting resource presenting pragmatic and useful information for

therapists at all levels of training.

## **The Miracle of Urine-therapy**

Offers a nutritional program that utilizes the healing powers of organic fruits and vegetables to reverse the effects of cancer and other illnesses.

## **The Miracle Morning**

In this revolutionary treatise, J.W. Armstrong puts the compelling case that all diseases (except those caused by traumatism or structural disorders) can be cured by one simple means. The therapy is an entirely drugless system of healing that treats the body as a whole. Moreover, the only ingredient needed is a substance manufactured in the body itself, rich in mineral salts, hormones and other vital substances, namely human urine. It may seem strange to take back into the body something that the body is apparently discarding. Yet the theory is similar to the natural practice of organic composting. Fallen leaves, when dug back into the soil, provide valuable mineral salts to nourish new plant life. The same principle holds true for the human body.

## **Urine Therapy**

There Is Too Much Sickness in the World. God has provided everyone with many natural ways and means to heal ourselves. One of them is the seemingly unpopular and unscientific system of urine therapy. Believing that there is a free, natural medicine that can heal most ailments sounds totally ludicrous. Particularly if you add the fact that it has been around for thousands of years and works both externally and internally. Most people are understandably incredulous to learn that their kidneys can simultaneously produce a prognosis and a corresponding remedy for any sickness the body may have. Drink Your Own Water brings a whole new meaning to the term "Free Health Care." The list of diseases for which it has been effective is long enough to consider it a miracle remedy. In this book, you will learn: The toxic effects of chemicals The implications of nuclear radiation The nutritional problems caused by our diet The hazards of medical mistakes The kidney's advance system for healing The remarkable ingredients in urine Testimonies and history of urine therapy Why urine is the ideal tonic for the restoration of health Practical ways to utilize this personal remedy Tony Scazzero has been researching and practicing urine therapy for over 20 years. After trying it out in many situations and listening to others who have done the same, he came to the conclusion - it really works. With over 80 websites and a dozen books to back up his experience, he felt compelled to publish a simple book to condense this information for the average Joe. Not only will the reader learn about the phenomenal results from this obscure remedy, but he will also discover the real, honest causes for the diseases affecting us today.

## **Current Veterinary Therapy - E-Book**

Humans have survived for as many as 90 days without food. But we can live only seventy-two hours without water before going into a semi-comatose state.

However, drinking water saturated with inorganic minerals such as magnesium carbonate, calcium carbonate and other elements our bodies cannot use, may lead to a variety of unhealthy conditions and diseases. These inorganic minerals, toxic chemicals, fluoride and other contaminants can pollute, clog up and even turn our tissues into stone, causing pain, illness and even premature death. H<sub>2</sub> Water, nature's healing water, may help remove inorganic mineral deposits and toxins from our joints, may remove cholesterol and fat, and create a pH balance in our body. This book unlocks the mysteries of H<sub>2</sub> Water, which can often relieve chronic suffering. Using the miracle of H<sub>2</sub> Water Therapy can now help us live healthier, happier and longer lives. - Dr. Howard Peiper, N.D. We are very fortunate to be alive during a global movement towards hydrogen water therapy and enjoy its abundance of health benefits. Hydrogen was present at the dawn of time. It is the father of all known elements in our universe. It is the most abundant gas in our galaxy. Earth could not sustain life without it because 71% of our planet's surface is covered in water (2 Hydrogen Atoms + 1 Oxygen Atom = H<sub>2</sub>O). Our human body is a "bag of H<sub>2</sub>O." For centuries, science-minded people have focused on the "O" part of H<sub>2</sub>O and either minimized or have never considered possible health benefits of the "H<sub>2</sub>" in H<sub>2</sub>O. There are millions of hydrogen atoms in every glass of water! This raises two fascinating questions. First, how can the 2 hydrogen atoms connected to the 1 oxygen atom in H<sub>2</sub>O be separated from the water molecules? Second, how can we get these millions of liberated single hydrogen atoms to pair with each other and form a very safe, emerging medical gas, H<sub>2</sub>, and, again, get this medical gas safely infused into a glass of water? So, in this book, we have the privilege of introducing you to what may be the greatest discovery in medical-science and health-care since 1953! - Steven Clarke, C.M.H.A.

## **The Miracle Healing Power of Chelation Therapy**

Offers practical and natural solutions to health needs by emphasizing the connection between mind, body, and spirit.

## **The Water Cure**

### **Water of Life**

Written by leading food animal researchers, practitioners, and educators, this comprehensive guide provides quick access to the latest medical and surgical interventions for cattle, sheep, and goats. The concise, quick-reference format and logical body systems organization make it ideal for use in both the clinical setting and the field. You'll easily locate key information on preventing, treating, and managing disease in food animals, as well as expert insights on improving outcomes for individual animals and herd populations. Authoritative, cutting-edge coverage offers clinically relevant strategies for diagnosing and managing a wide range of diseases and disorders in food animals, with a focus on cattle, sheep, and goats. Logically organized content is easy-to-follow and provides a practical approach to determining appropriate medical and surgical interventions. Concise, easy-to-read format helps you find essential information quickly and easily. Expert editors, consultants, and writers ensure the accuracy, relevance, and timeliness of

each topic to keep you on the cutting edge of food animal therapy. New editors and a new team of section editors bring a fresh perspective and authoritative guidance on caring for food animals. Completely revised and updated content includes new sections on topics such as: Genital surgery Pharmacology and therapeutics Restraint, anesthesia, and pain management Cow-calf/small ruminant production medicine Feedlot production medicine Coverage of hot topics in the field includes biosecurity in feedlots, therapy in organic livestock medicine, and ethical responsibilities in selecting drugs for use in food animals. Expanded treatment options incorporate surgical interventions where appropriate, including laparoscopic procedures.

## **Urine the Holy Water**

## **Natural Therapy Miracle**

## **Max the Miracle Dog: The Heart-warming Tale of a Life-saving Friendship**

A guide to the latest research in oxygen therapies and their use on the path to optimum health • Presents new clinical advancements and scientific findings from Cuba, Italy, Spain, Russia, China, and the United States • Explores the effectiveness of oxidative therapies for treating many conditions, including heart disease, cancer, HIV, hepatitis, diabetes, MS, macular degeneration, herniated discs, arthritis, Alzheimer's, Crohn's, candida, emphysema, and eczema • Includes new research on oxidative therapies in veterinary medicine and dentistry, including its success in treating cavities and preventing infection Scientists now agree that most disease states are caused by oxygen starvation at a cellular level. Polluted air, devitalized foods, and poor breathing habits can all lead to chronic oxygen deficiency, a bodily environment in which toxins thrive as the overall immune response is weakened. Through oxidative therapies--the medical use of ozone (O<sub>3</sub>) or hydrogen peroxide (H<sub>2</sub>O<sub>2</sub>)--we can assist the body in generating the oxygen needed to oxidate viruses and bacteria as well as weak and sick tissue cells, so stronger and healthier cells can take their place. Presenting the latest advancements and clinical findings from Cuba, Italy, Spain, China, Russia, and the United States, as well as recommendations from the International Scientific Committee of Ozone Therapy (ISCO<sub>3</sub>), Nathaniel Altman explores the effectiveness of oxidative therapies for treating a wide range of conditions, including heart disease, herpes, HIV, diabetes, candida, tonsillitis, macular degeneration, herniated discs, burns, and arthritis. He shows how Cuban and Russian physicians have been successfully treating patients with heart disease with ozone therapy for decades and explains how ozone interacts with cells when introduced into the bloodstream, stimulating the body's own ability to fight cancer, osteoporosis, and hepatitis. He investigates promising new studies on the use of ozone and hydrogen peroxide therapies to treat Alzheimer's, Crohn's, multiple sclerosis, emphysema, eczema, and sepsis and the potential for these therapies to successfully treat new diseases such as Ebola and Zika. The author also explores the expanding use of oxidative therapies in veterinary medicine and dentistry, including their success in treating

cavities and preventing infection. Providing a detailed resource section, he explains how to combine oxidative therapies with holistic methods, such as fasting, detox therapies, herbal medicine, and nutritional healing, for a stronger start on the path to optimum health.

## **H2 Water 4 Life**

Comprehensive Aquatic Therapy summarizes biologic, medical, and rehabilitative research and applies these scientific principles to current treatment techniques.

## **The Miracle of Fasting**

An introduction to urine therapy's amazing effectiveness in treating a wide array of physical complaints. • Contains effective treatments for acne, asthma, hair loss, indigestion, infections, migraines, warts, wrinkles, and many other common ailments. • Examines the historical use of urine therapy in the United States, Europe, and Asia. • Includes a program for overcoming initial aversion to urine therapy. If you are like most people, trained from their earliest years to regard urine as a mere waste product, the thought of using it for its healing powers may seem shocking. Yet urine has long played an important role in the holistic medical traditions of societies all over the world, and is even mentioned in the Ebers Medical Papyri of ancient Egypt. For centuries people have been availing themselves of urine's incredible curative powers for ailments ranging from anemia to warts. Urine is free, sterile, and acts homeopathically to "prepare" the immune system. Urine Therapy includes many case histories of people who have successfully treated their ailments with urine, along with cogent explanations of why urine does what it does, how to ensure that the wastes flushed out with your urine aren't taken back in, and why urine may be the best tonic available for your immune system. In addition to protocols for using urine to treat a wide array of diseases, the book offers a program that teaches you step-by-step to overcome any initial aversion to urine therapy. Still playing an important role in the medical systems of countries as diverse as Germany, Japan, and India, this surprising health treatment has been gaining popularity in the United States.

## **OZONE**

Learn the proven self-healing or spiritual purification practice of Orin Therapy for health and happiness. Healing Water from Within is a fresh, insightful and humorous approach to the subject of drinking one's pee and self-healing with Orin Therapy. New to Orin Therapy, a beginner or advanced person practicing this daily? Here you will find not only find answers that address tough health challenges, but discover a remarkable, supportive and rapidly growing community that offers hope, education, training and courage for members and guests." This book is an inspiration and celebration of life and should be in every home around the world. It will Change lives and save lives."-- Dr. Robert O Young, author, The pH Miracle

## **Healing Water from Within by Brother Sage**

## Online Library The Miracle Of Water Therapy And Oil Pulling A Beginners Guide To Ancient Yogic Remedies

Written by one of the world's most prominent herbalists, Christopher Hobbs, L.Ac., *Natural Therapy for Your Liver* offers practical, up-to-date information about effective ways to regain and maintain optimal liver health. Hobbs details basic liver function; natural methods for maintaining liver health, including dietary guidelines, liver flushes, and cleanses; clinically tested herbal therapies for common liver-related ailments; and the use of natural remedies to treat Hepatitis, Hepatitis C, Cirrhosis, and other serious liver diseases. Through his understanding of herbs and traditional Chinese medicine, Hobbs provides an important natural program for achieving healthy liver function.

### **Applied Nutrition and Diet Therapy**

The latest information on preventive therapies and natural healing. Over 1/2 million copies sold.

### **Jumpstart!**

“A gripping, sinister fable!” —Margaret Atwood, via Twitter **ONE OF THE BEST BOOKS OF THE YEAR: GOOD HOUSEKEEPING • THRILLIST** King has tenderly staked out a territory for his wife and three daughters, Grace, Lia, and Sky. Here on his island, women are protected from the chaos and violence of men on the mainland. The cult-like rituals and therapies they endure fortify them from the spreading toxicity of a degrading world. But when King disappears and two men and a boy wash ashore, the sisters' safe world begins to unravel. Over the span of one blistering hot week, a psychological cat-and-mouse game plays out. Sexual tensions and sibling rivalries flare as the sisters are forced to confront the amorphous threat the strangers represent. A haunting, riveting debut, *The Water Cure* is a fiercely poetic feminist revenge fantasy that's a startling reflection of our time.

### **Natural Therapy for Your Liver**

In the normal course of life we just tap a fraction of our total physical and mental energies. With certain disciplines, however, we can tap our potential to a great extent. Now realize the amazing strength of your body by practising martial arts. the book reveals the techniques and secrets involved in Judo and Karate and helps you to become a performer. By learning them, you can floor any unarmed (or even armed) adversary and defend yourself. In fact, Judo-Karate is the art of kick-boxing practised in the traditional Chinese Shaolin Temple. It was the most popular form of martial art presently practiced with an intent in sports arena. Though it was meant to ward off the advances of the enemy warriors in ancient times, it was also effectively practised to keep monks in good health and develop physical, mental and spiritual coordination for better evolution of mind, body, spirit in the revered practice of Yoga. Today this venerable art form has become a general principle of physical development and sport. This basic book on Judo & Karate will help you know the rules and principles of the art and teach you most aspects of self-defense. Fully illustrated to help self-learning, it teaches you the positions and movements, points of contact, breathing techniques and many other secret techniques of Chinese Taoist yoga.

## **The Hidden Messages in Water**

### **Traditional Home and Herbal Remedies**

A true story about a young woman's spiritual journey out of Mormon polygamy and into Modern-day polyamory or expanded relationship. She tells the "naked truth" about her approach to relationships with her "heart wide open." Her story is passionate, honest, hilarious and at times heart-breaking. These are her authentic yet mystical experiences into the world of Mormon polygamy, shamanism, Goddess worship, naturism, Tantra, the Illuminate, and polyamory. You don't want to miss reading this highly-spirited true story of one brave woman's desire to tell the truth--the naked truth.

### **Heart Wide Open**

The more the science has advanced the further away have we moved from nature. Thanks to our artificial existence, even to quench a natural urge like thirst, we imbibe synthetic substances such as colas and caffeine-loaded drinks. Having starved our body of nature's most precious liquid, water, we are beset with multiple ailments like headaches, arthritis, asthma, urinary problems, general debility, blood pressure and the like. Very often missing the root cause of the problem, we rush to doctors - only to have antibiotics pumped into us that offer short-term relief while turning into long-term nightmares. This book shows how drinking just 12 to 14 glasses of water per day (for the average person) cures many ailments, including chronic ones.

### **The Miracle of Water**

### **Hot Water Therapy**

Never count calories, fat grams, or food portions again! Say good-bye to low energy, poor digestion, extra pounds, aches and pains, and disease. Say hello to renewed vigor, mental clarity, better overall health, and a lean, trim body. The key? Your health depends on the pH balance of its blood, striking the optimum 80/20 balance between an alkaline and acidic environment provided by eating certain foods. Now an innovative, proven effective diet program can work with your body chemistry and help revitalize and maintain your health. Rediscover the secrets of: \* Breakfast, the low-carb, high-fiber meal that will be the biggest change you'll make; \* The cleanse--a liquid detox to reduce your body's impurities and normalize digestion and metabolism; \*Ridding your body of harmful bacteria, yeast, and molds; \*Alkaline foods--tomatoes, avocados, and green vegetables--and how to mix them with mildly acidic foods like fish, grains, and certain fruits to create tempting and delicious meals; \*Supplements--how to select, shop, and calculate the right dosage for you; \*Water, the all-important drink--how to make sure yours is safe, pure, and plentiful. Learn how to balance your life and diet with the incredible health benefits of this revolutionary program The pH Miracle.

## **Water a Miracle Therapy**

Today, more and more people are beginning to rediscover the healing powers of roots and plants. Indeed, some of the most frequently prescribed and powerful drugs are based on plant extracts. Jan de Vries has researched as far back as the twelfth century and has recorded the folk wisdom of various countries, learning from them the popular remedies passed on by their forebears. In *Traditional Home and Herbal Remedies*, he shares some of these secrets with his readers. Everyone who agrees with his philosophy that nature has a way to help every illness will find this book an invaluable source of information and encouragement.

## **The New Oxygen Prescription**

The more the science has advanced the further away have we moved from nature. Thanks to our artificial existence, even to quench a natural urge like thirst, we imbibe synthetic substances such as colas and caffeine-loaded drinks. Having starved our body of nature`s most precious liquid, water, we are beset with multiple ailments like headaches, arthritis, asthma, urinary problems, general debility, blood pressure and the like. Very often missing the root cause of the problem, we rush to doctors - only to have antibiotics pumped into us that offer short-term relief while turning into long-term nightmares. This book shows how drinking just 12 to 14 glasses of water per day (for the average person) cures many ailments, including chronic ones.

## **Miracles Of Urine Therapy**

Oxygen-Ozone therapy is a complementary approach less known than homeopathy and acupuncture because it has come of age only three decades ago. This book clarifies that, in the often nebulous field of natural medicine, the biological bases of ozone therapy are totally in line with classical biochemistry, physiological and pharmacological knowledge. Ozone is an oxidizing molecule, a sort of super active oxygen, which, by reacting with blood components generates a number of chemical messengers responsible for activating crucial biological functions such as oxygen delivery, immune activation, release of hormones and induction of antioxidant enzymes, which is an exceptional property for correcting the chronic oxidative stress present in atherosclerosis, diabetes and cancer. Moreover, by inducing nitric oxide synthase, ozone therapy may mobilize endogenous stem cells, which will promote regeneration of ischemic tissues. The description of these phenomena offers the first comprehensive picture for understanding how ozone works and why. When properly used as a real drug within therapeutic range, ozone therapy does not only does not procure adverse effects but yields a feeling of wellness. Half the book describes the value of ozone treatment in several diseases, particularly cutaneous infection and vascular diseases where ozone really behaves as a "wonder drug". The book has been written for clinical researchers, physicians and ozone therapists, but also for the layman or the patient interested in this therapy.

## **The pH Miracle**

## **Judo Karate**

What's being widely regarded as "one of the most life changing books ever written" may be the simplest approach to achieving everything you've ever wanted, and faster than you ever thought possible. What if you could wake up tomorrow and any-or EVERY-area of your life was beginning to transform? What would you change? The Miracle Morning is already transforming the lives of tens of thousands of people around the world by showing them how to wake up each day with more ENERGY, MOTIVATION, and FOCUS to take your life to the next level. It's been right here in front of us all along, but this book has finally brought it to life. Are you ready? The next chapter of YOUR life-the most extraordinary life you've ever imagined-is about to begin. It's time to WAKE UP to your full potential

## **The Gerson Therapy**

### **The Miracle of Water Therapy and Oil Pulling - A Beginners Guide to Ancient Yogic Remedies**

## **Indian Fengshui (Vaastu) for American Homes**

In this New York Times bestseller, internationally renowned Japanese scientist Masaru Emoto shows how the influence of our thoughts, words and feelings on molecules of water can positively impact the earth and our personal health. This book has the potential to profoundly transform your world view. Using high-speed photography, Dr. Masaru Emoto discovered that crystals formed in frozen water reveal changes when specific, concentrated thoughts are directed toward them. He found that water from clear springs and water that has been exposed to loving words shows brilliant, complex, and colorful snowflake patterns. In contrast, polluted water, or water exposed to negative thoughts, forms incomplete, asymmetrical patterns with dull colors. The implications of this research create a new awareness of how we can positively impact the earth and our personal health.

## **Foundations of Play Therapy**

Dr. Faris Hot Water Therapies help people in all ages, from pregnant mothers to toddlers, babies, children, adolescents, youth, adults and elderly. It is a natural toxic-free healing the body physically, mentally and spiritually. His Hot Water Therapies provide many benefits; Cure and prevent more than (30) Diseases, Improve Body Immune System, Body Strength, Body Fit & Libido (Sexual desire), Improve Brain Memory, Reduce Aging, Repair Free-Radical Cells Damage, Skin Brightening, Eyes Whitening, Regulate Women's Menstruation, Protect Fetal Development and Pain-free childbirth, Strengthen Hair, Reduce Poverty, Increase Faith/Devotion, Bring Peace & Happiness . His book provides to the reader the secrets for achieving the Four Essential Elements of life as discovered by Dr. Faris: Hydrogen, Oxygen, Energy and Water; through his scientific discovery of the Hot Water Therapies.

## **Comprehensive Aquatic Therapy**

The author of this book set out to create a natural therapy that works with nature and not against it. The most interesting; you will learn how to reverse AIDS with natural products in your kitchen and garden. Cancer is a fight between two elephants free radicals and the body immune system while the grass our body suffer. Eliminate cancer with natural herbs, fruits, vegetables and products in your kitchen (antioxidants). Diabetes is just capitalizing on the imbalance of zinc, chromium and biotin in your body. Cinnamon, fenugreek, bitter leaf etc will remedy blood sugar problems in your body. Garlic and natural herbs will subdue high blood pressure. Aloe Vera is a miracle plant for multiple health problems solutions including the immune problems and AIDS. Heart problems and high blood pressure will be eliminated with natural herbs that remove bad cholesterol from the body. This book will show you how to naturally tackle all health problems that have defiled human solution for decades. Please read on; you will be glad you did.

\*Learn About The Most Important Natural Cures and the lifesaving medicine you need. \* Dont miss the Six Basic Steps for a lifetime of Good Health. \* Look 10 years younger than your age Get your copy now Dr. Bamidele Ojo is a specialist in applied biology/Med. Tech. with a Doctorate in Classical Biological Control/Entomology and has acquired many years of experiences and knowledge in natural human health solutions. For your immediate Natural Health solution needs, contact Dr. Bamidele Ojo Phone: 08102956140; USA: 9133710399&9132013040 or visit [www.bamideleojo.com](http://www.bamideleojo.com) or come to our office at Peace Guest House # 3 Adeleke Street, behind New Covenant Church/Adelaide Motors, After Bodija Junction on Iwo/Ojoo Express Road; Aduloju Area. Ibadan, Oyo State, Nigeria. West Africa. USA address: 2077 N 6th Street, Kansas City, Kansas, 66101.

## **Water a Miracle Therapy**

### **Water of India**

### **The Body Keeps the Score**

Originally published by Viking Penguin, 2014.

### **Healthy Healing**

The Miracle of Water Therapy and Oil Pulling A Beginners Guide to Ancient Yogic Remedies Table of Contents Introduction What is Ayurveda What Is Yoga? Oil pulling Procedure When to Do Oil Pulling Tips Ailments cured by Oil pulling Water Therapy Water Therapy through Nostrils- Jal Neti Buying the Right Neti Pot Himalayan Salt Is Best How to Use a Neti Pot The Pot Procedure Benefits of Neti -based Water Therapy Precautions during Water Therapy. Pressure points for improving Eyesight Conclusion Author Bio Introduction Being very interested in alternative medicine forms like Ayurveda and being taught yoga as a part of our Academic curriculum, in our student days, I soon began to understand why the ancients in the East considered yoga to be an integral part of their lives. This book

is going to introduce you to some of the more common ancient natural healing traditions practiced in the Indian subcontinent since ancient times. I was talking to an American audience about alternative Indian medicine, when I spoke about Ayurveda and yoga. A friend immediately said, "But that is religious, and is based on Hindu practices." I would like to clear up this point once and for all. These practices are definitely not based to people belonging to one religion. Besides, the people who wrote these exercises and rules for right and proper living, and practiced them millenniums ago were Aryans and they gave this knowledge in their religious and spiritual books to the people of India who were practicing Hinduism. Practicing Hinduism? What do I mean by that? Consider Hinduism at that time to be a way of life, practicing nonviolence and following the wise teachings of the ancient ones. It is now a full-fledged religion, incorporating those same beliefs, traditions, and way of life in their manner of living and being. The ancient knowledge of those wise ones are now being practiced, as set down in the Vedas and the Puranas. I am definitely not a Hindu, but since childhood, I and my Hindu, Christian, Mussalman, Buddhist, Sikh and Jain Friends did all these yogic exercises every morning, during school assembly, and we never believed them to be part of a religious tradition belonging exclusively to the Hindus. Our teachers were sensible enough not to let even an inkling of this controversial idea blossom in our infantile, suspicious and susceptible minds, because that would mean that 17% of the students would immediately have their parents yelling "keep religion out of academics. This is unacceptable." This is an extremely touchy subject in the East. And because we considered these exercises to be part of PT, 15 minutes of this healthy workout kept us healthy and happy throughout our childhoods and youth. We never knew that they were yogic exercises! According to us, we were keeping healthy, in a natural manner. We definitely did not chant Hindu hymns while doing these exercises. That in itself would be anathema Maranatha to anybody not a Hindu, including I. So the idea that this universal healing tradition is limited to just one peoples, is definitely wrong, and it has been started by some lazy minded people, who would rather find excuses not to do a thing rather than work out. So here am I -not a Hindu!- telling all my friends all over the globe how they can keep healthy, through different natural remedy practices, which have been in vogue for centuries in the Indian subcontinent. These practices are going to include oil pulling, which is getting to be extremely popular in the West today, and also water therapy. All this information was taken by me from an experienced Ayurvedic doctor, so that all the information that is being given to you has been time tested and has been recommended by him. But before that, you would want to know a little bit more about the terms, which I am going to be using in this book.

## **Drink Your Own Water**

Masaru Emoto has photographed thousands of water crystals throughout his years of research, yet few have been as beautiful and life affirming as those formed from the words "love and gratitude." In The Miracle of Water, Dr. Emoto demonstrates how water's unique role in transporting the natural vibration of these words can help you welcome change and live a more positive and happy life. This thoughtful book includes new and extraordinary water-crystal photographs that provide convincing reasons for all of us to choose positive words and strive for perfect resonance for a more healthy, peaceful, and happy life.

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