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Leaders in holistic healing and body therapeutics

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I have studied the medicinal effect of one spice taken at a time on the body methodically and found that when these spices are taken in a specified quantity at a particular time with attention given to how they are taken, it can have wondrous effects on the health of an individual. Example cow ghee. It is a super barrier against all forms of bacteria for the gums and the intestines. Mustard oil is for the sinus what blood is for the body, the ultimate protector. Complicated management of dust allergy is manageable in the simplest of ways by getting mustard oil to trickle in the sinovial cavities. Clove is the master rejuvenator, the antipyretic. When you feel run down, clove puts you back into action. Cardamom the body to retain more moisture in the intestines. That is good bye to hard stools. Fennel seeds is the natural brush for the intestines. Like a tooth brush, fennel also needs to be used judiciously. Gum arabica/edible gum is the spice to look to when we need slowing down of flow of food through the intestines for ensuring better absorption of nutrients. Basically, giving power back to the body for healing ensures the problem gets solved without any side effects and from the root.

Biography

Ashok Surana has completed Bachelorette of Engineering from JNTU, Andhra University and is a alternative medicine enthusiast. He has been researching the healing properties of spices and herbs for more than fifteen years.

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