

COURTESY OF...

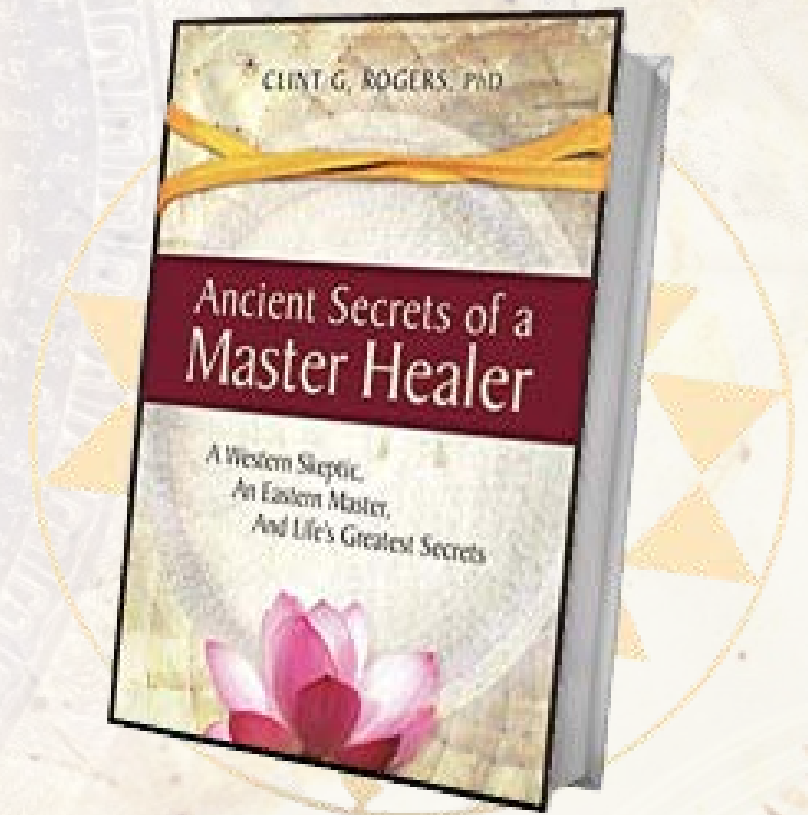
ANCIENT SECRETS OF A MASTER HEALER

Ancient Secrets That Can Change Your Life

Our Ancient Secrets Community offers these Marmaas and Home Remedies to our family, friends & new friends, in hopes that they can help you through these challenging days you are experiencing.

"We love you and we are with you."

For more information about us please visit: MyAncientSecrets.com



BOOKS ▪ COMMUNITY ▪ CONSULTATIONS ▪ COURSES

MARMAA FOR LUNGS

STEP 1

Locate this Marmaa point on the palm of your right hand, between your ring finger and your middle finger, count 4 fingers down.



STEP 2

Use your left thumb to target the 5th point on your palm.

STEP 3

Firmly press this Marmaa point 6 times, many times throughout the day.



MARMAA

FOR TRAUMA

Locate this Marmaa point on the palm of your right hand, at the major crease between your first finger and your palm.

Use your left thumb and finger to press this point 6 times. This can be repeated many times per day.



MARMAA

FOR ANXIETY

FOR CHILDREN & ADULTS

'Calm Your Mind' Marmaa:

Put your left hand on the back of your head for support. Use your right thumb to press and release the

Marmaa point just under the nose,

and above the top lip, 6 times. Each time you press the point take a deep breath, and when you release let out your breath.



MARMAA

FOR SOUND SLEEP

FOR CHILDREN & ADULTS

When cow's ghee is applied to your temples, it gives you very good and sound sleep especially if you are under a lot of stress. Before bed, apply cow's ghee to both temples: massage in forward circles, 6 times.



HOME REMEDY

FOR PROTECTING LUNGS & TO GET RID OF SMOKE AND DUST STUCK IN THE LUNGS:

FOR ADULTS

1 tsp. Turmeric Powder

1/2 tsp. Black Pepper

1/2 tsp. Ginger Powder

11 Leaves Tulsi (holy basil) -OPTIONAL-

1 tsp. Cow's Ghee

Mix all and take 1/3 of the mixture 3 times a day to improve lung function.



HOME REMEDY

FOR THE FEELING OF BURNING OR
EXCESS HEAT IN THE BODY:

FOR ADULTS

1 tsp. Cow's Ghee

1/2 tsp. Cumin Powder

1 tsp. Coriander Powder

1/2 cup of Water

Mix all and take 1/3 of the mixture 3 times a day to improve lung function. This remedy cools body and improves breathing.



HOME REMEDY

FOR THE FEELING OF BURNING IN THE BODY AND DIFFICULTY IN BREATHING DUE TO AIR POLLUTION AS A RESULT OF FIRE:

FOR YOUNG CHILDREN OVER AGE 2

1/2 tsp. Ginger Powder

1/2 tsp. Turmeric Powder

6 Basil Leaves -OPTIONAL-

1/2 tsp. Black Pepper

1 tsp. Honey

Mix and give your child over age 2, throughout the day little by little.



HOME REMEDY

FOR ANXIETY I

FOR ADULTS

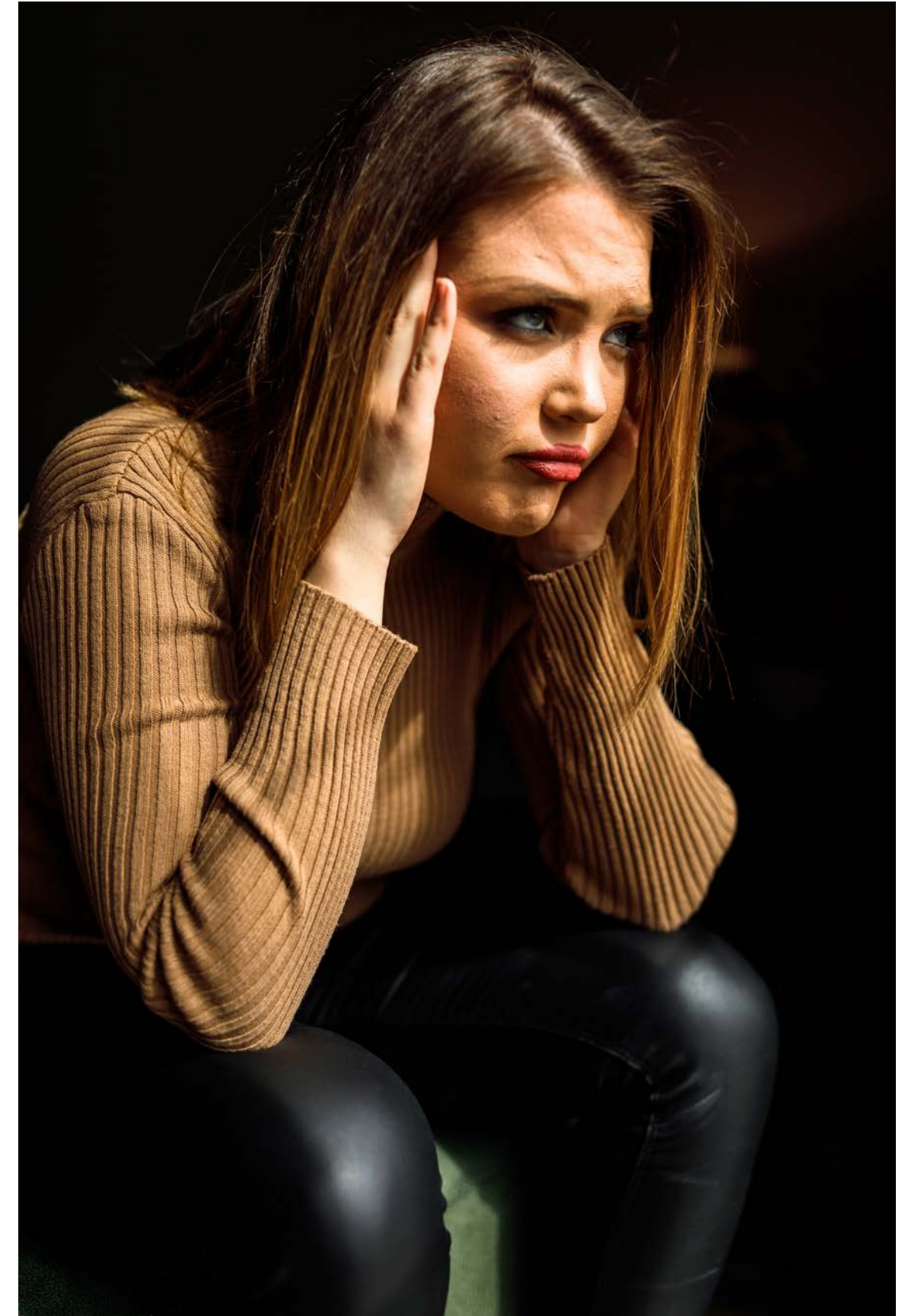
1/4 tsp. Brahmi Churna Powder

1/8 tsp. Jatamasi Powder

1/2 tsp. Turmeric Powder

1 tsp. Cow's Ghee

Mix all ingredients into a paste, and take twice a day. (First thing in the morning, and right before bed.)



HOME REMEDY

FOR ANXIETY II

FOR ADULTS

1/2 tsp. Cow's Ghee

1 pinch Nutmeg Powder



Mix together, melt over a candle or lighter, test on the back of your hand to make sure it's not too hot. Using a nasal dropper or spoon put 2 drops into each nostril.

HOME REMEDY

TO RELEASE TOXINS FROM THE LUNGS:

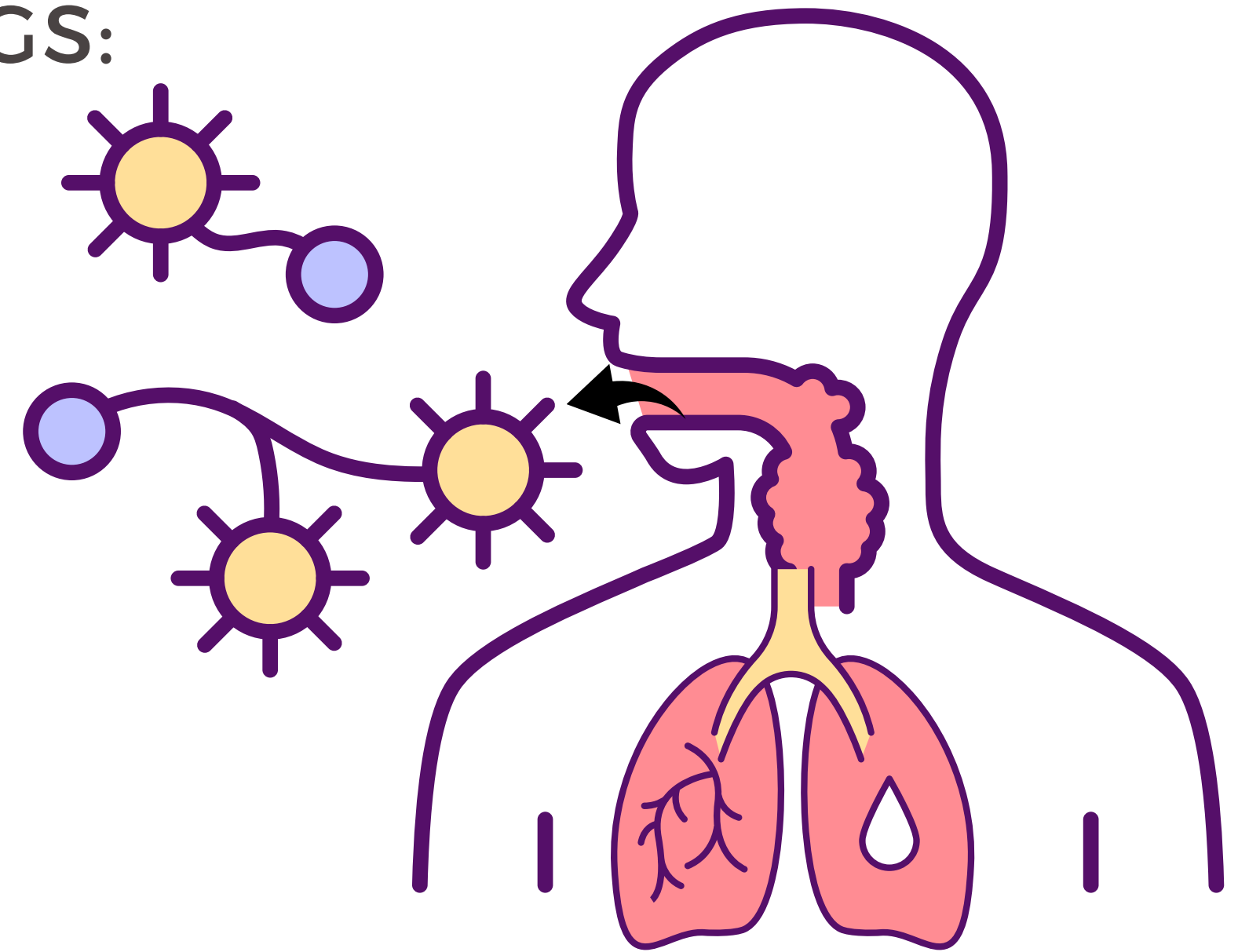
FOR ADULTS

2-3 tsp. Coconut Oil

1/4 tsp. Cinnamon Powder

1/8 tsp. Clove Powder

Mix all in coconut water and take this first thing in the morning.



HOME REMEDY

FOR BURNING EYES

FOR CHILDREN & ADULTS

Pour cold cow's milk or any milk in a dish. Soak the cotton pads in the milk, squeeze out excess liquid and place them on closed eyes. As a result, the pads will get hot from the heat. Continue this process with new pads until you feel cooler.

