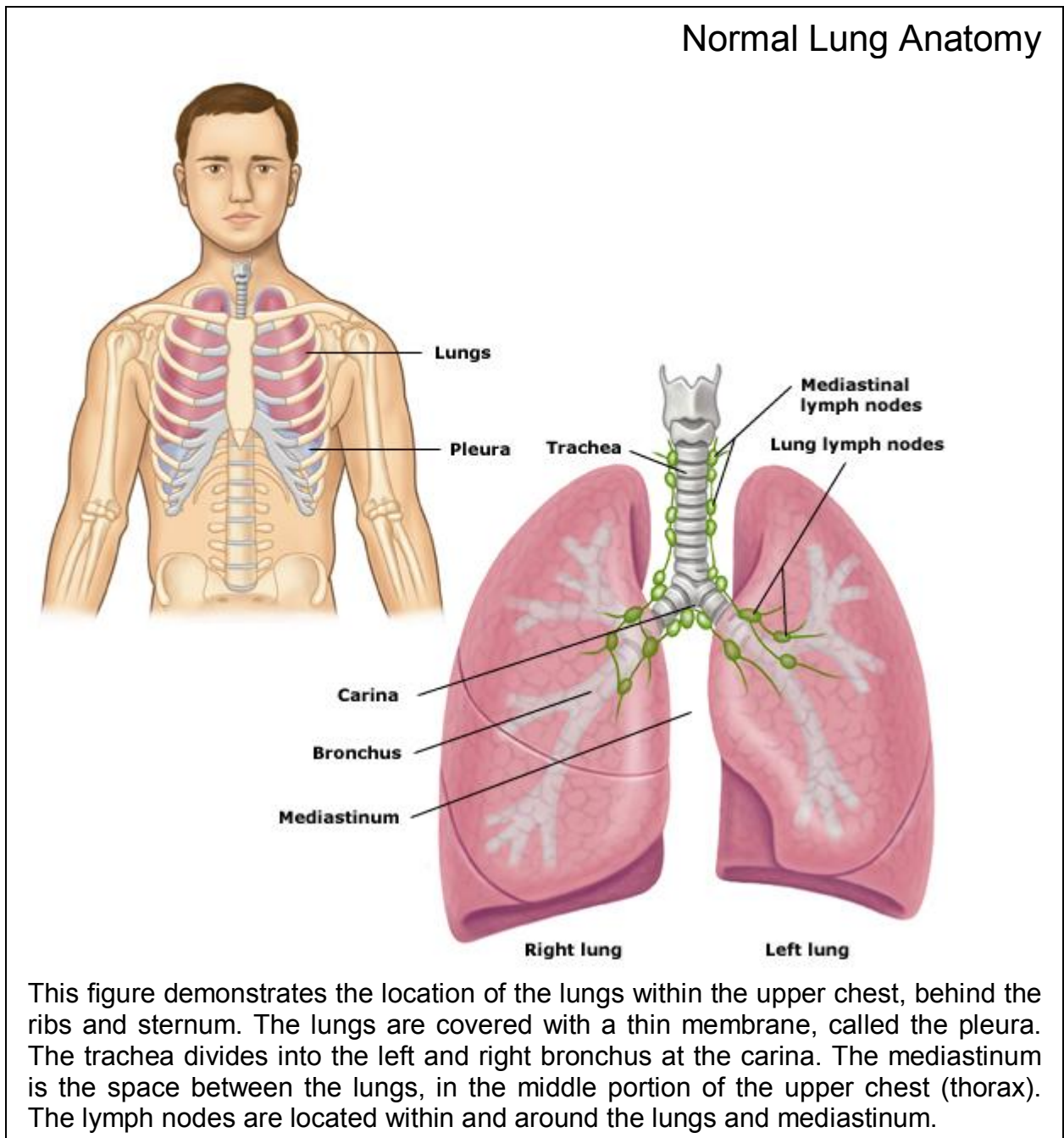


Lung Cleanse

(for smokers and non-smokers)

Life is dependent upon the adequate exchanges of gases in the lungs. The most significant are the removal of carbonic acid and the flow of oxygen into the blood. The lungs give off many other gaseous wastes.



Mucus in your lungs

If there is excessive accumulation of mucus in the nostrils and/or bronchial system, this inhibits the detoxification functions of the lungs. Mucus-forming food products should be avoided if mucus is a problem. These are principally dairy products. Anti-mucus foods such as raw onions and garlic, cayenne pepper, freshly ground black pepper, fresh ginger, and horseradish should be eaten liberally.

The lower part of the respiratory system consists of the trachea, which divides into two bronchi and then into smaller air passages and the lungs. The lungs can be damaged by many factors, such as inhaled smoke and dust, infections and allergies. The resulting disorders vary in severity from mild conditions, such as a cough to life threatening illnesses like lung cancer. Besides, many problems e.g. hiccups, asthma, bronchitis, obstructive pulmonary disease (progressive damage to the lungs, usually caused by smoking, resulting in wheezing and shortness of breath), pneumonia and tuberculosis, pleurisy, occupational lung diseases etc., affect the functioning of the lungs and vice-versa.

Stale air in your lungs

Do you realise that when we breathe the air that is taken in and then expelled out is not the entire capacity of your lungs? That is to say, there will always be a certain quantity of stale air staying in your lungs! Visualise that 20% of the old stale air is blocked inside the lungs. It does not get an opportunity for replacement by fresh air. You can imagine for yourself the effect of such air on your lungs.

The atmospheric air surrounding your body is not too pure. Nature never wanted pollutants e.g. vehicular emissions, industrial pollution, cutting of forests, living in concrete jungles. We cannot change this, so we had better accept it.

Effect

The ultimate stage of lung problems is when the lungs cannot provide sufficient oxygen to the blood. Then the patient is put on Home Oxygen Therapy to improve blood oxygen levels or he is put on a ventilator, admitted to hospital.

When the functioning of the lungs goes down, blood does not get enough oxygen. This causes a constant feeling of lethargy in the body.

Breathing is such an autonomous part of our bodily functions that we really never pay attention to it at all but if you stop whatever you are doing and observe it consciously, you will realise how you are inhaling air into and exhaling air from your lungs.

Cure

To compensate for this, I propose a small lung cleanse exercise and other therapy, which will surely benefit everybody.

Here is a good breathing exercise that I learned a few years ago. It really cleanses your lungs thoroughly and jumpstarts your day when you do this a few times (5 or so) in the morning. In the morning, when the air is crisp and fresh, I do this lung cleanse or breathing:-

Process

1. Stand in a relaxed position. Arms loose at your sides and legs slightly apart.
2. Through your nostrils, breathe out normally as you always do and then breathe in. Do this about five times
3. Now, slowly exhale through your mouth until you can't do anymore but don't stop here, because there is actually more stale air left in your lungs which we don't usually exchange when we do our normal breathing.

Next, force your diaphragm to push out the innermost air from your lungs by panting, "hah hah hah" with your mouth until you know there is almost no air in your lungs. You will be amazed how far you can go at this "hah" part! (I counted up to 10 on my part!)

Next close your mouth and pinch your nose shut. At this point, though you may feel that you have expelled all air from your lungs, you will still be surprised to find that your nostrils flare up. This is due to the last of the old, stale air that is probably as old as yourself, being expelled from your lungs!

At this point, you can feel your stomach and abdomen flattening inwards, resulting in weight loss as well.

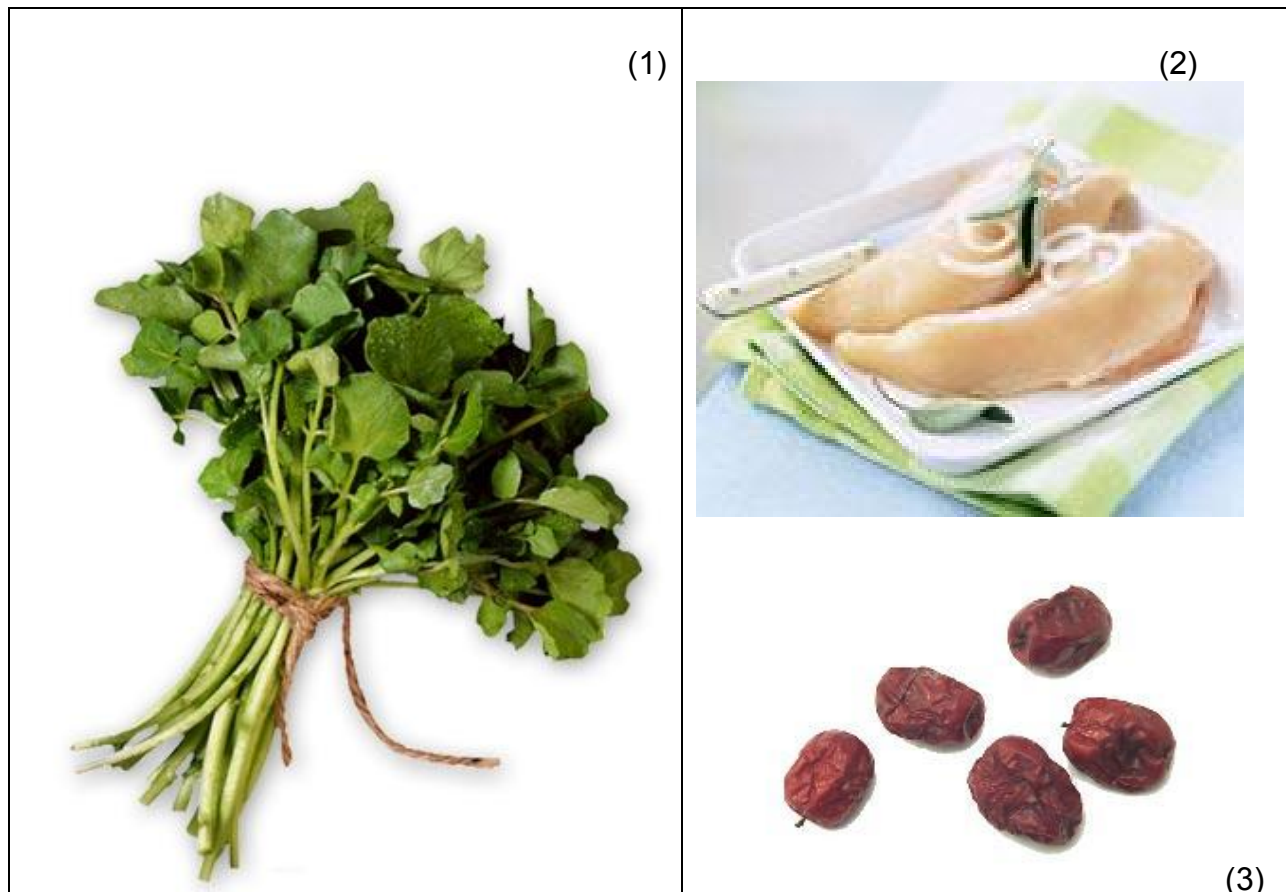
4. Through your nose, slowly breathe in the fresh, clean and crisp air into your oxygen starved lungs.
5. Fill up your lungs and hold your breath for 5 seconds, counting slowly 1.....2.....3.....4.....5..... At this stage, the oxygen is being circulated through your lungs to all the cells in your body! How invigorating indeed! As for me, I can actually feel my whole body coming alive and my brain is much clearer not as fuzzy as before.
6. Exhale through your mouth again until you can't and then force yourself to pant again, going "hah, hah, hah" to squeeze out all the air from your lungs.
7. Repeat Steps 2 – 4.
8. Do this for as many times as you like. Other than cleaning almost all the air in your lungs, there is another good benefit of this breathing exercise ==> did you notice that your stomach/abdomen seems to be tighter and flatter?

9. Well, when you are exhaling all the air out from your lungs, both the lungs are being deflated, thus resulting in the diaphragm going up to just right below the lungs. When the diaphragm goes up, it creates a space in our abdomen cavity and our internal organs fall into place to move into that space. How wonderful!

Lung Cleanse Watercress Soup (for 2 persons)

Ingredients –

1. 1 kg of watercress (*nari ka saag*), use stems and leaves
2. 500 gm of skinless chicken breasts (Vegetarians will not include this)
3. 1 cup of *chhuara* dried red dates pictured below
4. 2 litres of water



Process

Put all ingredients in a pot or slow cooker, bring to a boil, remove any “scum” that is floating at the top, bring down the heat to low and simmer the soup for 1 hour. Season to taste.

This soup is very tasty and can be served with hot white rice and other dishes. Everyone in my family usually has a large bowl of this yummy soup and I especially love eating the soft watercress.

** Note - it is important to use so much watercress and to simmer the soup for 1 hour so that the watercress’ strong “cooling” properties are removed. The soup becomes very nutritious for health and it will have the potency to detoxify our lungs.

Otherwise, you can use a lesser amount of watercress, boil it in some chicken stock, season to taste, bring to a boil and the soup’s ready for you. In this method, this soup will be very “cooling” to your body and will be very suitable when your body is hot with symptoms of sore gums, sore throat, headaches, flu.

Watercress is good for anaemia as it has loads of iron (in this case, it is best to eat it fresh in a salad).



I learnt this recipe from my friend Ms. Choe Siew Foom in Kuala Lumpur. Then I tried it myself and suggested it to many of my friends. All of them derived tremendous benefits from this.

I am reproducing her letter for your information.

On 4/9/09, sf choe <happyhomemaker88@gmail.com> wrote:

Good Morning from Malaysia,

Dear Dr Saxena

Thank you for sending your book 'Cure Yourself' to me. I look forward to reading your natural remedies for health. - I prefer to read from books than online PDF format. I am always on the lookout for natural methods for cleansing and for health and I am eager to learn more about your methods.

Here in Malaysia, among the Chinese race, it is common knowledge that the watercress soup is good for the lungs. I learned more about this method from my healer friend, who does all sorts of massages and reflexology (Chinese style) to cure ailments and sprains. Her knowledge was passed down from her grandmother and mother, who were healers, too. This soup also helps to remove bad breath/halitosis and is promoted to soothe lungs during coughs (dry or phlegmy).

...and of course, you can use my Lung Cleansing Recipe in your next book - you are very welcome to do so. I have added your website as a link to my website. You may also include my website as a link in your website.

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