



'GHAR KA NUSKA'  
*Magical  
Ingredients*

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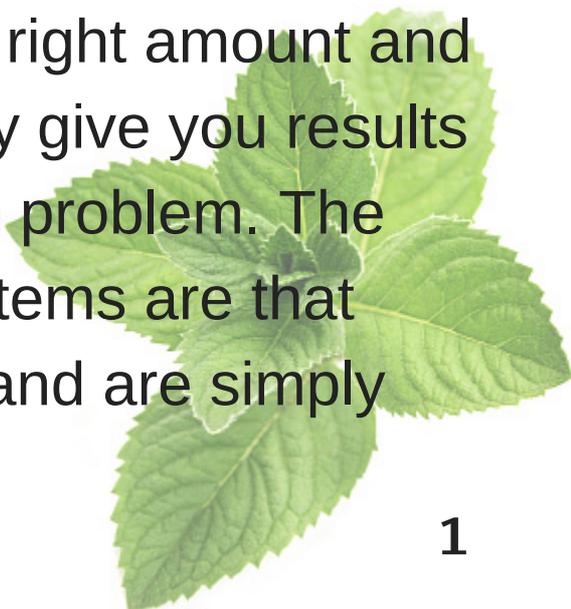
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Our 'Dadis' have been preaching since many year about functionality of Indian herbs and spices but we pay no attention to these precious facts and continue to spend loads of money just to cure even a small symptom like cold. It's easy to fall prey to the unauthentic market gimmick and not trust the simple 'Ghar ke Nuske' which can help us overcome our problems with no trouble.

**'Our kitchen is the dispensary and its ingredients are our medicines'**

Universe has blessed us with abundance of natural herbs, and functional foods which can cure and control any bodily disorders, or any disease. It's as simple as milk, haldi, jeera, ajwain, raisins etc which are easily available in the kitchen and can give instant relieve in general problems. Right use, in right amount and duration of usage can effectively give you results to overcome even the long term problem. The best advantages of these food items are that they have no side effects at all and are simply obtainable.



# **'Ghar ka Nuska'**

## **Be your own doctor**

### **Flatulence/ gas problem:**

After meal, take 125gms of curd and prepare buttermilk out of that. Add 2gms of ajwain and ½ tsp of rock salt to it and drink it. For instant result, take two seedless prunes and insert 1 garlic flakes in each. Chew well and gulp it down. This will be useful in relieving back pain due to flatulence.

### **Constipation:**

Take 5-6 prunes and wash it thoroughly. Boil it in milk. Now remove the prunes from milk and eat them all by chewing it thoroughly. After eating them all, drink the same milk. Spinach and tomato juice relieves constipation too. Follow this 'Nuska' only when you feel constipated. If you feel constipation regularly then have this for few days.

### **Lose motions:**

After meal, take 200gms of buttermilk, add roasted jeera powder and ½ gm of rock salt to it to stop lose motions.



### Acidity:

Drinking dhudhi juice, early morning, empty stomach helps in suppressing acidity. Chew basil leave (5-6no)/ cloves (2-3no)/ sauf (1tsp- roasted) to relieve the symptoms. Include curd, milk, ajwain, jeera in your food to see effective results.

### Hypertension:

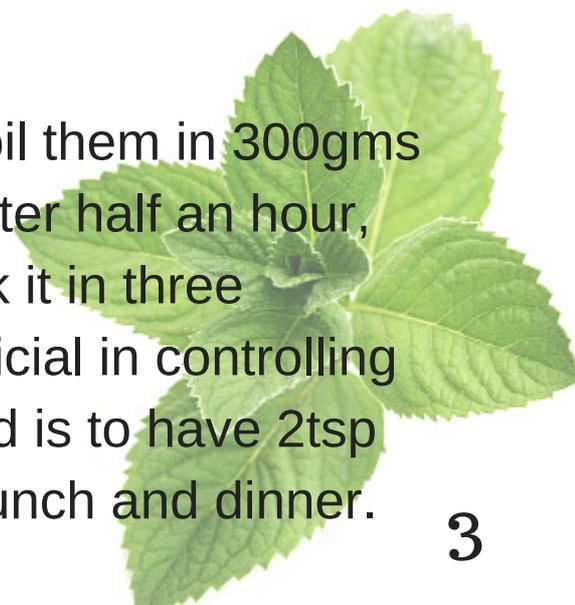
Take 100gms of drinking water and squeeze ½ lemon in it. Drink two to three times/ day. Lemon improves the elasticity of the nerves and its regular usage decreases the risk of cardiac disease. Celery and tomato juice once a day is also very beneficial. Cardio exercise improves the heart rate drastically with improving the lungs functionality.

### Low blood pressure:

Soak 25 raisins in water for 12 hrs and have it early morning, empty stomach by chewing each raisin thoroughly. Continue for a month to get effective results. It purifies the blood, increases the iron levels and improves the oxygen capacity of haemoglobin.

### Diabetes:

Take 60gms of jamun fruit (ripened), boil them in 300gms of water. Keep it aside for cooling. After half an hour, mash it with hands and sieve it. Drink it in three portions within a day. It is very beneficial in controlling urine sugar. Another effective method is to have 2tsp of methi seeds, half an hour before lunch and dinner.



### Back ache:

Take equal weight of khus khus (poppy seed) and mishri. Grind them and store it in a clean bottle. Have it early morning and evening 2tsp with hot milk.

### Knee pain:

Grind methi seeds to powder and have early morning 1 tsp with water empty stomach regularly for effective results. Eating early morning 3-4 walnuts or 2tsp of desi home made ghee also improve the knee pain.

### Gout:

Take 15gms of bathua leaves and make a juice of that. Drink it early morning, empty stomach regularly to see the results.

### Acne:

Soak 5-6 prunes in the night in water. Blenderize and drink it empty stomach. Do this regularly for 1 month and see the difference.

### Dark circles:

Drink tomato juice 125gms with  $\frac{1}{2}$  lemon squeezed with 5-7 leaves of pudhina and rock salt early morning, empty stomach.

### Hair:

Regular intake of wheatgrass juice  $\frac{1}{2}$  glass every day stops hair fall within a month. Oily fish, curd, milk, paneer and methi seeds improve the hair quality.



## **Note:**

A balance of healthy diet and exercise has to be a part of your lifestyle if you want to see the effect of these 'Nuska'. One cannot expect a positive change unless you have a positive lifestyle. Eating burgers and pizzas on regular basis and expecting only a small seed can control your disease is foolishness. Including the above listed ingredients along with a balanced diet will only show its results and not otherwise. Therefore, if you wish to be free from medications, then following the regime is vital.





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