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Warning:

The tips and explanations described in this book explaining how to carry out certain 'medical' procedures need to be discussed with a medical professional at all times. Because described methods originate from ancient Indian health philosophies, neither the author nor the publisher of this book can be held liable for any injuries or physical/mental discomfort. Persons under the age of 18 are not allowed to read this book. The persons listed in the back of this book under Acknowledgements cannot be held liable for any damages.

## Concept

How can you stop smoking and stay thin at the same time?

In the following account I will explain how you can use two elements of Pancha Karma, not just to purify your blood and cleanse your intestines, but also to take the first important step towards a healthy, smoke-free and thin life, in which your life energy (Prana) will help you to re-discover creative and even clairvoyant powers, helping you to re-establish the extremely powerful energy levels you experienced in childhood.

## Bloodletting

Bloodletting is a procedure that was done in ancient and medieval times to rid the blood of toxins. A vein was cut open with a knife and the blood was collected in a special container. The amount of blood that could safely be collected was not very clear and the doctors did not have the use of medical tools we have today such as measuring cups and needles.

Bloodletting is supposed to cleanse the body of old and toxic blood cells, replacing them with new and healthy blood, produced automatically by the marrow.

What are the pros of bloodletting?

How often should it be done and how much should you extract?

Method and instruments

For whom?

Can you do it yourself or do you need help?

What are the risks?

Why should you register to be a blood donor?

Is there a difference in the method for women and men?

1.1 Ancient Ayurvedic texts teach us about 'Pancha Karma', a five-fold detoxification process that cleanses the body and the soul and one of the steps is blood purification. I will talk about the importance of Ayurveda and Pancha Karma more later on.

First I would like to make a comparison between a computer, a car and a human being. The more you use a computer to surf the net, and download or look up things, the more your computer will become 'contaminated' with cookies and

viruses which will slow it down, prompting you to take action and 'clean' your computer every few months so it runs as smoothly as it did when it was new. The same goes for the oil in your car: if you do not change it regularly, it will cause your car to clog up, start having problems and so you refresh the oil. You may say: but a computer or a car is not the same as a human being? Of course it is strange to compare machines to humans, but all I am trying to do is illustrate the fact that it could be quite beneficial to cleanse your body from the inside out every now and again. This will help to prevent and combat disease, rid you of certain toxins that could cause a substantial amount of damage should they remain in your body and prevent you from gaining weight. Now what does bloodletting have to do with Pancha Karma and nicotine addiction?

Let me start with nicotine addiction: smoking.

When you smoke a cigarette, you feel warm. The more you smoke, the warmer you will feel, and the more difficulty you will have breathing, because your blood pressure and heart rate will be up, your veins will narrow and the toxins in your blood will increase. The 'fire' or warmth you feel has everything to do with the contaminated blood not being able to rid the body of built-up toxins quickly enough. Everyone knows smoking is bad for you, that it can cause various types of cancer, kidney failure, heart attacks and strokes but that regularly refreshing your blood through bloodletting and Pancha Karma can put an end to nicotine addiction is something that has not been proven before.

My experiences with bloodletting:

I found out about Ayurveda and Pancha Karma at a yoga lesson and because purifying the blood is one of the five cleansing methods, I decided to start doing this myself at home with the help of a hypodermic needle and syringe. I would like to stress this was my own idea, and I was not advised to do so by my yoga teacher. I would also like to say that bloodletting can cause serious risks and that it is better to become a blood donor or seek a trained professional to help you. I used a normal 10 ml syringe, a measuring cup, some bio-ethanol and some cord to tie around my arm so the blood pressure would increase and the veins become more visible. I pricked the needle into the vein and if you hit the right spot, the blood comes pouring out immediately. I simply let it pore into the measuring cup and after about 60 millilitres I fitted the plastic part of the syringe back on. (You do not need to use the plastic part, you can just let the blood flow through the needle if you want!). Fix the plastic part on to the needle and fill it with blood several times. Keep doing this until you have about a quarter litre of blood. Empty the syringe into the measuring cup! If you feel light-headed, stop immediately! Never extract too much blood because it makes you dizzy and light-headed, so it is better to have a bit less than 150 ml and feel okay than the full amount and feel rotten.

Women should take their menstrual cycles and the amount of blood they lose into account.

1.2 How often should it be done and how much should you extract?

Bloodletting should be done once every 4 months and you should withdraw a maximum amount of 150 ml each time, that is less than a quarter of a litre bottle,

and women should take their menstrual cycles into account. If you are not sure you would be able to do this yourself at home, put yourself down as a blood donor! If you do decide to do it at home, make sure someone else is present to keep an eye on the proceedings.

1.3 You will need a small syringe of approximately 10 ml and a needle. After use thoroughly clean it with bio-ethanol or a different disinfectant.

The 10 ml syringe (without the needle) can also be used to cleanse the intestines with vinegar but I would advise ordering a pack of multiple syringes so you can get to work in a clean and hygienic fashion.

It is also very handy to use a measuring cup with millilitres on it. I use a plastic soft drink bottle myself that I cut in half so I can clearly see when I have done about 150 ml.

1.4 For whom?

Bloodletting is beneficial to anyone who has toxic or poisonous blood in his or her body, usually as a result of unhealthy diet, too much smoking or alcohol. High blood pressure, headaches, varicose veins and thrombosis are all signs of unhealthy blood and these ailments can result in serious damage to lymph nodes and other organs over time. It is just like the oil in your car: if you do not refresh that on a regular basis, the motor will not run smoothly and the car will stall. Your body replenishes the blood itself through the marrow, but do make sure you change your lifestyle and eat healthily, exercise regularly and keep to the five cleansing methods of Pancha Karma. Anil Kumar Mehta has written a very good and informative book about Pancha Karma and I can recommend everyone who wants to improve his or her lifestyle to read this book.

1.5 Can you do it yourself or do you need help?

As I stated before the best way to do it is register as a blood donor. It is helpful to you, you are helping other people, you will receive professional medical help and you will not have the risk of letting too much blood. If you do wish to do it at home, please have someone present to keep an eye on things (and have the emergency number on speed dial on your phone!). Pharmacy sets for bloodletting are available containing a needle and syringe, a rubber tube and a small measuring cup. I read somewhere that bloodletting is not really encouraged by regular healthcare because it is not commercial enough! People with high blood pressure do sometimes have their blood let by a medical professional with the use of a syringe. I shall now explain what the bloodletting did to my overall physical well being.

The syringe I always use for this procedure (I have shortened the needle slightly) is for about 10 ml and I always use the vein in my right elbow, #see image. The top part of my arm is bound by a cord, rope or belt so the vein is easier to find. When you have pricked the needle into the vein, the blood will automatically come pouring out, this can be a strange sensation and a bit frightening at first, but the thin needle will prevent too much coming out at once. In medieval times, they simply used a knife to cut the vein so you could watch your veins 'emptying'.

Unfortunately they did not have all the precision tools we have today!! A great deal of accidents happened in those times and a lot of patients did not live to tell their stories. I cannot guarantee anyone that my way is 100% safe, but I am still alive and feel a lot better and healthier. All right: the needle is in your arm and the blood is flowing through it into the measuring cup. Usually I leave it like this for a couple of minutes, checking regularly to see if it is dripping into the measuring cup safely. You can make a fist to heighten your blood pressure, squeezing out the blood as it were. Your blood pressure will go down after a while and the blood will become thicker and the flow will slow down. When this happens, you could fit the syringe onto the needle, with the needle still in your vein, but this is not necessary, you can just use the needle without the syringe.

Warning: the syringe has to be pressed in completely (the moving part) when fixed on to the needle to prevent oxygen from entering your veins!!!

You do not have to forcefully press the syringe on to the needle, just have it so that you can move the syringe part up and fill it with blood. Because the blood is flowing through the needle at that point, I do not believe any oxygen can enter your vein and you can start to fill the syringe safely. When it is full, you carefully remove it from the needle, leaving that in your vein, and empty the syringe in to the measuring cup. Refit the syringe onto the needle and repeat several times. Pour all the blood into the measuring cup so you know how much you have extracted! Keep repeating but beware of any light-headedness or dizziness! Make sure you are sitting or lying down during bloodletting and do it in the bathroom to make sure you do not get blood spots all over your house. Never do it on your own. If you do start to feel lightheaded or dizzy: stop immediately!! If you are doing it the first time, stop as soon as you feel unsure of anything, it is better to do too little than too much; 100 ml is fine for your first attempt. A small amount is beneficiary and overdoing things is never a good idea. So beware! If you want to stop bloodletting, first remove the rope, cord or belt from your arm and carefully remove the needle. You can keep bleeding for a little while but do not worry, you have taken the pressure off because you removed the belt and the rest of the blood has started to congeal, your blood pressure is down and it will not keep pouring out. Take a shower and wash your arm with warm or lukewarm water. Disinfect the needle and syringe carefully with the bio-ethanol or a different disinfectant. Also cleanse it regularly in a pan with boiling water and keep in a safe clean place free of germs.

The effects of bloodletting:

My experiences:

Why would I, an ignorant untrained person, write down instructions for you to get into a 'most likely dangerous' process when I do not know anything about it? First of all, I found out during yoga that it was part of the five detoxifying techniques of Ayurvedic Pancha Karma, which also include saunas, massages, fasting, cleansing the respiratory tracts and the intestines. I will explain more about this later on.



After I extracted blood for the first time, I felt slightly light-headed and my hands and feet became a bit colder, but I did not feel bad, quite the opposite. I was more energetic, slept better, my dreams were clearer, my headaches were less and so was the tense warm feeling I kept getting whenever I started up smoking again. It seemed to me that when you cleanse your blood you feel better overall, sleep better and have the energy levels you had when you were a child. You will still crave a cigarette now and again, but because the bloodletting has removed a large part of the toxins such as nicotine, carbon monoxide and tar from your body, you really do feel much better and if you combine this step with the other five steps of Pancha Karma, you will find that your cravings will disappear completely. It is especially important to cleanse your intestines because they can become blocked when you stop smoking, causing constipation. After bloodletting, yoga and meditation will work much better because you will have rid yourself of a lot of tension and will be able to concentrate better. I would like to stress you can feel a bit weak or dizzy after a de-tox and I certainly would not recommend intensive physical work after a session, best is to plan it in the weekend or a holiday. It is also important to eat enough healthy and nutritious foods and although 'fasting' is part of the detoxification process, I would not recommend doing that straight after bloodletting or intestine cleansing.

#### 1.6 What are the risks?

If you extract too much blood you will feel light-headed, get cold hands, feet or limbs and it can even result in a lack of oxygen to your organs, heart or brain which would quickly lead to the end of this chapter! Even when you only extract a small amount of blood, like a quarter or half a litre, this can result in too little blood (oxygen) to the brain and I have experienced this leading to aggressive behaviour or extreme verbally aggressive moods. So please all go to the blood bank if possible!

#### 1.7 Why should you register to be a blood donor?

As I explained before, you are not just helping yourself but others as well and the whole process is done by trained professionals. I have chosen not to go into a discussion here about the pros and cons of being a blood donor, you can find these anywhere.

#### 1.8 Is there a difference in the method for women and men?

Yes, women menstruate every month and cleanse their blood in that way, of course it is not as much as if you were to give blood as a donor, but because it takes place every month I believe it to be enough. It is different for men, because they do not menstruate their blood simply stays 'un-clean', filled with toxins, and the lymph nodes, kidneys and liver have to work much harder to rid all these toxins from the body.

I believe the reason for women living longer is that they menstruate every month. Men could use the process of bloodletting to prolong their lives and make themselves healthier. Psychosomatically, which means mentally and physically, you will feel much better and a lot of ailments such as headaches, eczema, skin

disease, rheumatism and other blood-related diseases will lessen or even go away completely. You will even be able to decrease the risk of heart failure and strokes.

### Bloodletting using leeches

In the past, leeches were also used in the bloodletting process

The withdrawal of blood from patients (phlebotomy) was a normal medical procedure until the twentieth century and was usually done with a spring-loaded lancet or leeches (usually the *Hirudo medicinalis*, a small, black European freshwater worm, related to the normal garden worm). Because the amount of blood that had to be let depended on the ailment, leeches were the preferred method. One could be more precise when using leeches and many believed the leeches had special medicinal powers. Bloodletting with leeches experienced its high point in 18th and 19th century France: in 1830, Parisian hospitals were using six million leeches annually. Francois Broussais, Napoleon's army physician, believed all ailments were due to blood accumulation which meant bloodletting was the answer to: ... everything. In that time, even before they had examined a patient, French doctors would calculate how many leeches would be necessary. This method of care spread from France all through Europe and to the United States. In France, the excessive use of leeches resulted in the *Hirudo medicinalis* becoming harder to find and ultimately it had to be imported from other countries.

In 1833, no less than 42 million leeches were imported to France and 30 million leeches were transported from Germany to the United States. The European leeches (*Hirudo decora*) were preferred over the American kind because the European ones consumed more blood. People believed that the leeches were able to only consume the 'bad' blood, leaving behind the good stuff. Around 1880, when bloodletting started to lose its credibility as a proper medical procedure, medicinal leeches also lost their popularity.

### Leeches' special saliva

Nowadays, leeches are used to treat thrombosis, edema, boils, rheumatic pain, bruises and blood pressure issues. The saliva of the *Hirudo medicinalis* can anesthetize, numb pain, open veins, thin blood and help with thrombosis due to its hirudin, hyaluronidase, chymotrypsin, destabilase, protease inhibitors, collagenase, and other unidentified components. In order for a leech to properly fill up on blood, it has to make sure the wound does not close too quickly so the blood stays nice and thin and does not start to clot and today one of the components in the leeches' saliva, hirudin, an anti-coagulant, is extracted from the heads of leeches. Pharmaceutical companies have discovered it and consider hirudin to be an interesting raw material for the development of (patentable) medicine, and have even developed their own versions of this hirudin based on leech DNA, but why not just use the real thing?