



# IIRD Detoxification Workshop Kit

## Procedure & Method - How to use:

### 1) KAL - Gokharu Tablets 02 -- 00 -- 02

This tablets are to be taken 02 in the morning at the end of workshop before breakfast and 02 in the evening before having Manuka and Dinner.  
*Results : Witness crystal clear, free flowing Urine.*

*Period : 10 days*

# Please remember to carry this bottle every day to the Workshop.



### 2) KAM - Methi Mix Powder 01 -- 00 -- 00 Cap

This is Methi Mix Powder.

*Method to use:* Every Day at the end of Workshop, take one capful (Haritaki Bottle's Cap) or 3 Tea Spoon in warm Water. Stir it well. This helps in Scrubbing and Scraping the intestines properly.

*Note :* Those who are allergic to Methi, please don't eat this powder.

*Period :* Every day Morning Empty Stomach for Lifetime after Workshop.

Review & Revive every 3 Months as per IIRD Doctor's advice.



### 3) Shadbindu Oil

*Method to apply :*

First take little oil on little finger tip and rub into both the Nostrils.

Take a feel of it. This Oil is little strong.

After you're comfortable now put 5 drops in each nostril and sleep with head positioned down as to let oil trickle in nasal cavity towards sphenoid sinus opening all the passages towards sinuses.

IMP : Massage nostrils and head but Not with oil just with hands. Do not breath in forcefully.

Some Signs and Symptoms like...

Watering from eyes...

Redness of eyes...

Sneezing...

Headaches...

Can be experienced. But don't worry. These will fade away soon.

We expect profusely flowing mucous. We expect both sides of head clearing till it reaches back side of head i.e. till Sphenoid Sinus. Shadbindu oil is supposed to calm all the nerves.

*Period : Lifetime*

# Please remember to carry this bottle every day to the workshop.



#### 4) Eye Drops

03 -- 00 -- 03 Drops

Three drops in each eye twice a day.  
Don't worry about burning of eyes.  
This stimulates circulation in eyes.

*Period : Lifetime*

# Please remember to carry this bottle every day to the Workshop.



#### 5) Mustard Oil

This Oil is in a small bottle with Red / White Cap and oil is Yellow colour.

Fill this oil in Umbilicus (Nabhi) and rub it in with quick, small, circular and clockwise motion, at home preferably in the night before sleep, for 108 times till the oil is absorbed in the Umbilicus opening all the 72,000 Nadis.

Also put this oil 4 fingers down umbilicus (Nabhi) at Swadishthan Chakra and rub it in with quick, small, circular and clockwise motion 108 times.

Massage your both soles vigorously till they become warm before sleeping every day. This Activates all the points in your soles.

# Please remember to carry this bottle every day to the workshop.



#### 6) Sesame Oil

10ml -- 00 -- 10ml

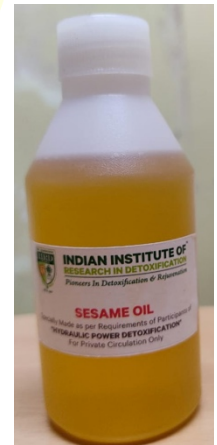
*Method to use:*

The bottle contains 100 ml oil, you have to **use only 10 ml**.  
Hold and move it inside your mouth, rinse your teeth and move the oil through your entire mouth i.e. do proper Swishing.

*Caution : Do not gargle.*

Continue this process for 10 minutes.  
Spit out the oil after this process, and notice the change in colour of the oil. Oil becomes whiter.

*Period : Lifetime.*



#### 7) RAS

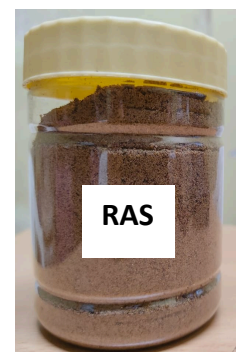
10gm. – 00 -- 00

Organic Hair Revival

Amla, Ritha, Shikekai – Organic Hair Vitalizer

Take 10 gms powder. Make a thin paste. Apply to the hair.

Wash after 20 minutes. Witness glowing and shiny hair.



## 8) Kali Manuka

00 -- 00 -- 40gm

250gm given to you.

### Method to use:

Make 6 parts of approx. 40gms each.

As soon as you go home after the workshop.

Take one part kali manuka.

Wash properly with plain water.

Soak in water for the full day.

Eat in the evening by slowly chewing with the seeds.



**Results :** This will help in scrubbing and scraping of the intestines.

**Period :** As long as possible.

## 9) Haritaki Churna

00 -- 00 -- 01 Cap

### Method to use:

Take one capful powder in warm water before sleeping as a trial dose.

Witness motions if any.

**Result :** Our target is 3 loose motions.

Don't be panic if you have 5-6 motions. No treatment is needed.

Don't worry if you get no motions.

This is a trial dose on first day.

Slowly you will adjust your own dosages.



**Period :** Lifetime (Review & Revive every 3-4 Month as per IIRD Doctor's advice.)

## 10) Ubtan & Neem Oil

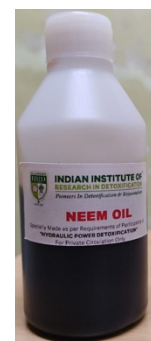
Use it instead of Soap while bathing.

Do not use any kind of Soap during the Workshop period for 7 days.

### Method to Apply :

Mix this powder in one table spoon and add 15 ml neem oil, mix well into a paste.

Apply to the entire body before pouring the water (On Dry Body) and scrub well before washing it off. Have bath with warm water only. Don't apply soap at all.



**Results :** Witness a super glow on your Skin.

You can add Chandan Powder and essence of various oils to increase the quality of fragrance throughout the day.

**Period :** Lifetime

**Try to Finish your Dinner between 6 /7 7 pm daily. (Before Sunset)**

**Try and go to Bed at around 10 pm Every Day.**

