

INFERTILITY IN MEN

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Dr Pankaj Naram – is a WORLD RENOWNED Ayurvedic practitioner & expert pulse reader. He goes ALL over the world & is teaching the WORLDS best doctors including Dr HART how to use & apply ancient secrets to help cure many ailments. He has helped millions of people worldwide

WHY choose effective AYURVEDIC remedies, rather than “modern medicine?
Simple

1. Modern medicines, MAINTAIN diseases / illnesses, NOT CURE them.
2. These ancient secrets, get to the ROOT cause in order to cure the disease.
3. No side effects & is affordable, & you see results !!!

INFERTILITY

Nowadays more than 70% of Men are Infertile due to lifestyle changes & eating habits, stress etc as per below. Bear this in mind, If you go to an infertility clinic for treatment you can easily spend R20 000 – R 50 000! & still you have NO Guarantee of becoming fertile!

The herbal remedies below may cost you about R1500 per month (peanuts really, compared to a clinic!), and BEAR this in mind, within 3 months, if followed properly, you will not only become Fertile, but the QUALITY, QUANTITY, & MOTILITY of sperms will increase greatly!

These remedies have already been used on more than 2 000 men, & have been very effective!

P.S These remedies take a lot of discipline to follow, so it all depends on how bad you really want a child. If you REALLY would love 1, then you WILL do EVERYTHING as prescribed.

The first reason why Men become infertile is due to too much Heat in the body, especially the cell phone! Similarly All Heat producing food should be avoided as below.

Avoid Cheese, yoghurt, tomatoes, tamarind & kadhi. & Meat (If you have 2 eat meat then have chicken or fish every 2nd week, no more)

Don't wear tight underwear – if you do use then this has bad effect after 10 – 15 years.

DO not keep cell phone in pocket – the radiation, blocks your tubes and produces heat which kills sperms.

Avoid SAUNA, or go in for maximum of 3 – 5 min if you really have to.

Avoid eating heat producing foods. i.e Wheat & wheat products (cake, biscuit, roti, etc)

Avoid sour food, spicy food, Junk food, Tomatoes, Lemon, Tamarind & Yoghurt, Cheese, Kadhi.

Avoid Red Chillies, green chillies are good, but remove the seeds, and have in moderation.

Avoid any sexual intercourse or any type of wastage of seminal fluid during these 3 months.

Instead of roti/ bread, EAT Rice, & make savoury pancakes with Gram flour & Black Urud flour -

¼ cup Black urud & ¼ cup Gram flour - add water, own spices & salt to taste. – Eat this daily!!!

Eat a lot of moongh Kitchri & moongh Dhall!

Eat 6 almonds, 6 pistachios & a few Fresh dates & 2 tsp Butter Ghee with boiled milk in the morning

Eat split black urud (Make savoury pancake or curry, etc) , and moong kitchri regularly

Eat softer veggies – Calabash, pumpkin, & lots of green leafy veggies

Many men who are infertile are more angry, confused, & susceptible to sicknesses & allergies than normal. Therefore once Sperm count is increased, this increases Ojas (power of light) in the body which means that Immunity is automatically much better than ever before!

Mr Mehta had 0 sperm count!, and with this remedy it went up to 60 million!

His hand was very warm & he had no kids. Dr Naram told him to wash his testicles with cold water, put ghee on testicles, and put a cloth over them once a day – this will reduce heat in the body and in testicles. Therefore If you are hot headed & have very warm palms, do this as well.

1.5 tsp Kavcha powder

1.5 tsp Gokru/Gokshur powder

1 tsp white muesli powder

2 fresh dates

1 tsp ghee

Mix the above, and have this dosage 3 times a day after food, - it improves QUANTITY, QUALITY & MOTILITY of sperms, making them healthy & energetic and subsequently a healthy child.

MARMA

With your palm facing you, Press on right side of Left hand, AFTER 3 finger spaces (about 5-6cm) from base of wrist. Press this point 6 times. (P.S This

point should hurt when you press it, then you know it is the right point. DO 6 sets of 6 daily

1 tsp Kavcha powder (Spice Emporium only)
½ tsp Ashwagandha powder (Manilals)
1 tsp Shatavari powder (Spice Emporium only)
1 tsp Amla powder (Manilals & Spice Emporium)
1tsp Ghee (Manilals & Spice Emporium)

Mix the above & have twice a day in between meals.

WHERE TO BUY ITEMS: Spice Emporium (Pine Str) & Manilal Ratanjee (Chatsworth)

Lastly, once you see the results, be MORE GRATEFUL to God & find something to LIVE for in your LIFE! & Help others too as you have been helped! "IF you do what you've always done, you will ALWAYS get what you've always gotten, so if you WANT something DIFFERENT, then DO something DIFFERENT!"

This post was kindly written by Krishna Jagarnath. Thank you...

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Compiled for the upliftment of Sanathan Dharma
Krishna Jagarnath
Email info@dipika.org.za