

# Part Three (Cure Most Diseases by Logical Nutrition Treatment): The Society Agent Simulating (SAS) & Usage of Oral and Dental Diseases to Predict Criminals Earlier

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## Abstract:

Agent Based Modeling and Simulation & Usage of Oral and Dental Diseases to cure criminals & crimes without using jail. In this paper of our research description we only try to describe the knowledge of Nutrition Science to cure most of the diseases. In the other hand in the part (next paper) we will show how we can use the oral & dental diseases as a most important data for the Agent-Based Social Simulation, to early predict the diseases. The cognitive ability is the most important property for the social agent. But the agent architecture is not included this ability. In this study after predicting the diseases before any unhealthiness happening we try to give some solutions to cure them by the logical nutrition. To cure them we need more effective ways for the treatment by logical nutrition. We try to introduce the research leading to obtain more benefits during the treatment.

## Discussion:

We have used the logical nutrition way as explained in the “Part Two (Cure the Criminals by Logical Nutrition Treatment) The Society Agent Simulating (SAS) & Usage of Oral and Dental Diseases to Predict Criminals Earlier” we find the logical nutrition way to cure the diseases. These ways are successful and by FFNN and SSDN we find the acceptable relation of our treatment way and curing the illnesses. Here we try to introduce some of our most successful prescriptions. These prescriptions were found by logical calculation by the “Logical Nutrition Treatment by Low Number of Nutrition”

**Notice\*\*\*:** All of the Nutritional Prescriptions advised in this research cannot be used by normal people (uneducated people in this area). The final prescription only can be given by expert and educated people in this area.

**Notice 1: Hot or Warm foods are foods with Positive High value of H in HW Diagram discussed in Part 1 & Part 2.**

**Notice 2: Cold foods are foods with Negative High value of H in HW Diagram discussed in Part 1 & Part 2.**

**Notice 3: Dry foods are foods with Negative High value of W in HW Diagram discussed in Part 1 & Part 2.**

**Notice 4: Wet foods are foods with Positive High value of W in HW Diagram discussed in Part 1 & Part 2.**

**Notice 5: Wetness, dryness, coldness, hotness as explained below are depend on the HW Diagram discussed in Part 1 & Part 2.**

### **1: Neurological Diseases**

Depressive Disorder treatment:

Depression is due to the cold feeling in the brain according to the traditional medicine. It may be prevalent coldness and dryness, or coldness and wet, depending on which treatment is different. Symptoms of melancholic depression: Lack of sleep, obsession in works, seclusion, melancholic temper, facial darkness, nightly nightmares.

Treatment for depression caused by melancholy intensity:

1. Drink a glass of honey vinegar with Peppermint tincture an hour after dinner for 40 - 120 nights.
2. Smell warm aromas such as jasmine, narcissus, Rosa damascene, tuberose, musk, etc., these aromas should be rubbed to nose per night for 40 -120 nights.
3. Rub olive and sesame oil on head per night for 40 - 120 nights
4. Drink a glass of Citrus aurantium tincture with a dessertspoon of lemon balm and a little honey per night for 120 nights.
5. Take 4 - 5 meals of Tahini with grape sap per weak as breakfast
6. Take 7 figs per night, 7 olives per morning, and 21 currants per day
7. Chew 14 almonds like chewing gum.
8. Take 2 to 3 meals of almond Fesenjan Stew (half - almond + half - walnut + pomegranate sauce) at dinner per week.
9. Avoid cold foods especially melancholy foods
10. Scapula Cupping every other night in 21 steps
11. General cupping in 1 to 3 steps per month according to the diagnosis of physician, one step per quarter of lunar month Tip: You can pour a glass of water and 14 almonds in the mixer and add 2 tablespoons of honey. After it is well mixed, drink it.

Symptoms of phlegmatic depression:

Oversleeping, nightly nightmares, weakness and lethargy, phlegmatic temperament, agony and very sensitive, white face.

Treatment for depression caused by phlegm intensity:

1. Swallow a dessertspoon of Peganum harmala (Spind) with a glass of water for 40 nights.
2. Smell warm aromas, such as: jasmine, narcissus, Rosa damascene, tuberose, and Rub to nose per night for 40-120 nights.
3. Rub Nigella Sativas oil on the head for 40 - 120 nights

4. Drink a glass of Citrus aurantium with a dessertspoon of lemon balm and a little honey per night (start after one month for 80 nights)
5. Take 4-5 meals of Tahini and grape sap per week as breakfast
6. Take 7 figs per night, 7 olives per morning, and 21 currants per day
7. Chew 14 almonds like chewing gum.
8. Take 2 - 3 meals of almond Fesenjan Stew (half - almond + half - walnut + pomegranate sauce) per week at dinner.
9. Avoid cold foods especially at night
10. Scapula cupping every other night for 21 steps
11. Chew gently frankincense in the second month (one month)
12. The cupping should be done with the diagnosis of traditional medicine physician. Tip: You can pour a glass of water and 14 almonds in the mixer and add 2 tablespoons of honey. After it is well mixed, drink it. Tip: In any type of depression, the patient should treat the constipation if he/she has constipation.

#### Cold Stuttering Treatment:

It happens to someone who has a runny mouth and cannot talk in tandem and when she/he is sleeping, his/her saliva flushes....

1. Take honey per morning and evening or chew frankincense for 40 days

2. Take Tahini and sap for 40 days

Tip: If stuttering is high, you should take pigeon egg for 40 days.

#### Hot Stuttering Treatment for:

Someone who is clever and does not have a runny mouth, and when he/she gets angry, he/she stutters and...

1. It will be treated by cupping of tongue by one to two steps.

1. Drink a glass of boiled mixture of valerian and lavender with honey.

2. To strengthen your brain, you should chew 14 almonds like chewing gum for 40 – 120 days

3. Smell the narcissus flower aroma at bed. 4. Pare chemical medications after 40 days and Stop it completely after 120 days.

#### Histone Treatment: 1

1. The treatment duration is 120 days.

2. Drink a glass of (lavender + valerian) decoction with honey per night.

3. Chew 14 almonds like chewing gum.

4. Rub Nigella Sativa oil on the head per night 5. Take 3 drops of Nigella Sativa oil into the nostrils per night in the form of every other day for 40 days

6. Take the seeds such as (Walnut, hazelnut, Pistachio) to make saliva.

7. Take 7 Olives per Morning

8. Take 7 Figs per night

9. Take 40 raisins per day

#### Treat Types of Headaches:

The headaches are divided into 4 general categories in traditional medicine.

#### Choleric Headaches:

Symptoms of choleric headache include: The pain starts from the forehead and front of the head, it is intensified by heat and warm aromas, this headache catch the entire forehead and

eyes that usually is seen in men. 1. Honey vinegar with Peppermint tincture or barberry juice and any cold foods or smell vinegar, sour orange or lemon juice will be an emergency treatment.

2. For essential treatment, you should drink vinegar with Peppermint tincture for 40 days and then it is cured with general cupping and head cupping.

Sanguine Headaches:

Symptoms of Sanguine headaches are: The pain starts from the forehead and extends all over the head, and has pulse at the temporal bone; it is intensified with heat, anger and hot perfumes that are seen in men.

1. Two steps of general cupping, once a month, then one step of head cupping is performed two weeks after the second general cupping. (It is better to have general cupping in the second half of the lunar month, especially on the 17th or 19th or 21st lunar month.) If the headaches are severe, the general cupping and after that head cupping is recommended in three steps.

Phlegmatic headaches:

Symptoms of Phlegmatic headaches are: Pain usually starts from the neck and back of the head, it is intensified during coldness and stress, it soothes with warm aromas, sometimes it is accompanied by nausea that is usually seen in women. It lasts 40 to 120 days depending on the coldness intensity.

1. Hot cupping of scapula in 21 steps 2. Take 5 meals of Tahini and grape sap per week as breakfast

3. Smell the warm aromas in the front of nose at night

4. Rub sesame oil on fontanel

5. Avoid cold foods, especially at night Tip: If women have a headache, they should drink a glass of fennel tincture with honey overnight except menstruation period.

Melancholic Headaches:

Symptoms of Melancholic headaches are: This headache usually extends over the head; it is usually caused by any reason (noise, anger, traffic jams, stress, air pollution, etc.)

This is a common headache between women and men in the present age and usually requires 4 to 6 months for treatment.

1. Drink a glass of honey vinegar with

Peppermint tincture per night

2. Massage feet, especially toe

3. Comb the hair with rough combs

4. Scapula cupping in 21 steps

5. General cupping in two steps, once a month

6. The head cupping in the third month 7. Phlebotomize behind the ear in the fourth month

Do not Take the melancholic foods 1, including: (eggplant, sausages and salami, spicy condiment, beef and veal, black and green tea, coffee and Nescafe, fried foods, cigars, hookahs...)

Meniere disease:

The disease is caused by coldness and the duration of treatment is 40 to 120 days.

1. Smell the warm aromas (tuberose, Jasmine,

Rosa damascena) at bedtime

2. Rub sesame oil on head for 14 - 40 days 3. Take 2 to 3 meals of almond Fesenjan stew per week (half almonds and half -walnuts) 4. Scapula cupping in 14 steps in the form of every other day

5. Avoid cold foods, especially dairy products, tomatoes and cucumbers

6. Take 2 to 3 meals of Tahini with grape sap per week as breakfast

7. Cupping is very helpful in vertigo.

8. If you are a woman, you should drink a glass of fennel tincture with honey per day for 120 nights

Tip: These instructions should be repeated to warm up the body temper.

Tremor of hand and feet (trembling):

1. Take 5 meals of Tahini per week as breakfast

2. Take hot foods

3. Take 14 almonds, 3 dates, 7 olives, 7 figs per day

4. Drink a glass of echium+ Saffron flower + Lavender + valerian decoction with a little honey or sugarplum for 120 days

5. Take two tablespoons of Citrus Aurantium in a glass of water with a little honey

Headache caused by hunger:

Lick a dessertspoon of honey and then drink a glass of water- honey

Headache caused by brain tumour:

1. The treatment Duration is 120 days.

2. General cupping for once and the head cupping for twice

3. Take a dessertspoon of Dosing per morning and night for 40 days

4. Take honey per night and in a fasting way at morning for 40 -120 nights

5. Take a mixture of Sa'd powder + saffron + honey per night for 14 nights

6. Use sniffing drugs for 40 - 120 nights

Seizure: (Temporary Brain Dysfunction)

1. Smell the aroma of Rosa damascene or Jasmine flower while sleeping

2. Rub sesame oil on the head per night

3. Take hot foods at night

4. Take 3 to 5 meals of wheat soup with some fresh almonds (almond soup) per week 5.

Drink lavender decoction at night

6. Continuous massage on the legs

7. Avoid cold foods

Insomnia because of thought and imagination:

The psychological melancholy has increased. 1. Try to get tired in day and if it's with moving, it's better because the blood circulation accelerates in the brain.

2. Take foods at night.

3. Drink a glass of Citrus aurantium and honey before bedtime.

4. If you cannot sleep, you should take vegetables, for example, a lettuce with honey per night.

Alzheimer:

Alzheimer (Amnesia) is caused by the cold feeling in the brain. The best way to prevent is reducing the cold foods in general. In addition, a hat with wool of camel leads to No

forgetfulness. But if someone is suffering from Alzheimer while caring to the above instructions for treatment, he/she should consider the following for 4 to 8 months.

1. Take 5 meals of Tahini with grape sap (dates) per week
2. Take 2 glasses of honey syrup per day
3. Smell warm aromas (rosewater, jasmine, and narcissus)
4. Rub the sesame oil on the head per night
5. Chew the seeds, such as: (fresh almond, hazelnut, pistachios, and walnuts) like chewing gum.
6. Take 3 meals of almond Fesenjan stew (half almonds + half -walnuts) per week
7. Take 40 raisins per day

Shear Amnesia:

It means that person is aware of his oblivion, unlike Alzheimer that the person does not know that he/she has forgotten. This kind of Amnesia is a kind of hot amnesia.

1. Drink a glass of honey vinegar with Peppermint tincture an hour before bedtime.
2. Walk daily
3. Sleep at night

MS (Multiple sclerosis):

MS can be caused by the intensity of hot/cold feeling, but the majority of MSs are affected by the coldness. If the MS is caused by warmth, the treatment will be complex and the patient should be under the supervision of the traditional medicine physician and the medications should be prescribed based on patient conditions; if MS is caused by coldness, it will be treated for 6 months to 1 year.

A cold MS occurs in a person with coldness symptoms. Consider the following.

1. Take a dessertspoon of Doshin per 8 hours
2. Rub Nigella Sativa oil on the joints for three times a day.
3. Take 5 to 7 meals of Tahini with grape sap per week
4. Take 3 meals of almond Fesenjan Stew (half walnut + half almonds) per week
5. Chew 14 almonds like chewing gum per day
6. Take 7 figs per night, 7 olives per morning
7. Smell warm aromas (Rosa damascena, jasmine, and narcissus).

Epilepsy:

Gout epilepsy: is an invasive attack that the lips will be thick, flushed and bloody; it sometimes bursts, it has movements and twisting, the eyes are burned and the faint state happens and its treatment is cupping. Cold epilepsy: A weakness occurs in sleep, and the patient does not notice it. The pulse has subsided, white and the eyes are inaccurate, the face is white, and the cold epilepsy is the most general epilepsy.

Cold epilepsy treatment:

1. Cupping is prohibited for patients with cold epilepsy.
2. Drinking hot foods, especially those which affect the brain, such as: Citrus aurantium decoction with honey.
3. Drink the Lavender decoction with honey
4. Smell warm aromas, such as Rosa damascene and jasmine at night
5. Rub the sesame oil on the head
6. Massage legs especially during the attack, especially the toes

Tip: As these patients usually infected with the disease since childhood, they should consume their chemical drugs.

Obsession:

The obsession is usually a cold and dry disease.

1. Take 2-3 sweet and sour pomegranates per day by saying "in the name of god, the merciful and gracious"
2. If there is no pomegranate, then you can drink a glass of barberry juice or barberry honey vinegar (40 to 120 days) per day.
3. General cupping after 40 days

Obsessive Compulsive Disorder:

1. Drink honey vinegar with Peppermint tincture per 8 hours
2. Walk Daily
3. Running leads to Perspiration
4. General cupping in two steps
5. The head cupping in one step
6. Treatment Duration: 4 to 6 months

Phlegmatic Psychosis:

In this case, the patient hits his head and speaks negatively, such as: demanding death, moaning...

Take cold foods and saffron syrup and honey

Sanguine Psychosis:

In this case, the patient is extremely angry and his face is rosy and laughs during anger and is very dangerous and may have risky behaviours.

General cupping in several steps, once per week

Choleric psychosis

In this case, the patient won't give up anyone until hits her/him.

1. Sneezing
2. Wash the body and head with vinegar once a week

Anxiety:

1. Swallow a dessertspoon of Peganum harmala (Spind) with a glass of water per night.
2. Use warm aromas while sleeping.
3. Use iron to cook or drop a piece of iron in a baking dish.

Tumour and Thrombus:

1. Drink a glass of honey vinegar with Peppermint tincture an hour after dinner per night
2. Take a dessertspoon of Dosin per 12 hours Note: If the tumour is in the head, you should take 3 to 5 drops of Nazil in each nostril for 40 -120 nights under the supervision of a traditional medical physician. And to complete the treatment, you should visit one of the physicians in Iranian cupping centre.

Postpartum Depression:

Take Kachi a few days.

Stroke (apoplexy): 2

1. Immediate general cupping
2. Put leech on the cupping surface one to two weeks later
3. Take a dessertspoon of Dosin per 12 hours
4. Drink a glass of honey vinegar with Peppermint tincture an hour after dinner per night

Paralysis, tremor, intestine and stomach flatulence:

Blend the honey with rain water (especially Nissan water) and drink. It is suitable for paralysis, nicks, and weakness, stomach Strengthening, intestine and stomach flatulence.

Headache caused by the presence of a tumour in (head):

1. Single step cupping
2. The head cupping in 2 steps
3. Take a drop of Nazil in the nostrils per night for 40 -120 nights
4. Take a dessertspoon of Dosin per morning and night for 40 - 120 nights
5. Take a dessertspoon of honey in a fasting way and at night for 40 - 120 nights
6. Take a dessertspoon of Sa'd (Sa'd + Honey + Saffron) per night for 14 nights
7. Sneezing per night for 40 nights
8. After 40 days (if the size of the gland is not reduced or melted, you should continue the treatment for 120 days.)<sup>1</sup>

Sciatica:

1. Rub the Nigella Sativa oil on the waist and legs per night before bedtime
2. Two weeks after the unction on the waist and legs, perform cupping in 21 steps every other day
3. Take 4 meals of Tahini and grape sap per week
4. Take 7 figs per night
5. One month after the treatment, the general cupping in one step, and two weeks later, cupping of the waist, and then cupping of the legs.
6. Avoid cold foods and melancholy substances

Spinal cord stenosis:

1. Rub Nigella Sativa or bitter almond on the waist three times a day so that it is always wet and damp.
2. Perform cupping on both sides of the spinal cord, each side 7 glasses in 14 steps
3. Massage the scapula to the end of the waist twice per day

## 2: Dermatology and hair Diseases

Treatment for hair loss in women:

Hair loss is caused due to inattention to diet, stress and anger in women.

1. The treatment Duration is 120 days
2. Rub Nigella Sativa oil on the head
3. Smell aroma at night
4. Take a glass of fennel tincture with a little honey in clean days
5. Massage the fontanel or comb the hairs with a metal brush every day for 5 - 11 minutes
6. Walk on rocks or rugged surfaces or massage the sole an hour per day
7. Avoid cold foods, especially at nights
8. Take 14 almonds per day
9. Take 2 to 3 meals of almond Fesenjan stew per week Tips:

If someone has phlegm at the head, he/she can also use frankincense. Chew a frankincense bean like a chewing gum per day for 40 days

In terms of reduced eyebrows, you can use hazelnut oil which is very effective.

Those who have resistant melancholy mucus in head, after doing the above instructions and consulting with a traditional medicine physician, phlebotomize their head. In unction of the head



with olive oil, you can burn some dried figs and blend them with olive oil, then rub it on the head for 1-2 hours. The use of this mixture has an extraordinary effect. 14 to 21 nights

Men's Hair Loss Treatment:

Hair loss in men is usually caused by heat intensity and warmth. If the heat is due to sanguis mucus, the hairs in the middle of the head starts to fall, and if the heat is caused by bile mucus, the hairs in the front of the head starts to fall.

1. Those who have inherited hair loss in their family, it is being better to phlebotomize in adolescence once or twice a year in the spring so that they never lose hair. (Continue this process until the age of 28)

2. Those who have hair loss and it is progressing, they should phlebotomize (cupping) at the earliest opportunity to stop hair loss. They should phlebotomize (cupping) twice a year in the spring until the age of 28.

Tip: For hair restoration, one way is continuous massage of the sole of the head.

Treatment of Lupus:

Lupus is a type of autoimmune disease. This disease causes inflammation, swelling and damage to various parts of the body such as joints, skin, kidneys, blood, heart and lungs. You should Take a dessertspoon of Dosing per 8 hours for 40 to 120 days.

Tip: To complete the treatment, you should visit one of the physicians in the Iranian cupping Institute.

Alopecia Treatment:

In simple terms, the coin hair loss is called alopecia. According to traditional medicine, this condition is caused by localized coldness. You should consider the following steps to treat it.

1. Rub Nigella Sativa oil on the hair loss surface three times per day for 21 days 2. Put 2 to 3 leeches on the hair loss surface, depending on the severity of it. Repeat this procedure 2 - 3 times for 2 weeks until it is restored.

3. Drink a glass of (lavender + valerian) decoction with a little honey before bedtime for 40 nights

Tip: If you use peppermint essence for unction, it will be useful. So add about 14 drops of peppermint essence in every 60 cc of oil.

Greasy Hair Treatment:

1. Drink a glass of honey vinegar with peppermint tincture per night before bedtime.

2. General cupping 40 days later

Herpes Treatment:

The cause of herpes is coldness (cold feeling) or disorder in the immune system according to traditional medicine. A preventive and therapeutic agent of the herpes is annual cupping. Now, if someone has been infected, he/she should rub a mixture of vinegar and honey on herpes. (Three times per day) Brown spots on skin and body:

1. The treatment duration is 40 - 120 days. 2. Drink a glass of Honey vinegar with peppermint tincture per night before bedtime. 3. Rub the industrial vinegar with a lump or washcloth over the herpes for 3 - 5 minutes 4. Use the bag and white water in the bathroom

5. General cupping once a month after 40 days.

Psoriasis treatment:

1. Drink a glass Honey vinegar with Peppermint tincture at night before bedtime.

2. Rub Violaceae oil or Nigella Sativa oil per night

3. Wash the location with vinegar per morning
4. Cupping once per month for 2 - 3
5. General cupping or leech therapy

Eliminate tattoos:

1. Use (vinegar + cedar) salve 3 - 7 sessions for 2 hours Treatment of Acnes on face and body:

1. Take cold foods and beverages
2. Drink 1 glass of chicory tincture per day 3. General cupping in 2 to 3 steps or local cupping near acne
4. Leech therapy

Tip: Try to overheat your temper.

Genital warts treatment:

1. Drink a glass of honey vinegar with peppermint tincture for 4 months.
2. Put vinegar and Nigella Sativa salve on it. 3. Bruch the wart and then wash it with vinegar for 11 - 14 days

Cracked skin due to obesity and atrophy:

1. Rub olive oil 40 - 120 days

Richly colored eyebrows and eyelashes:

1. Take hot meals
2. Rub the Nigella Sativa oil
3. Use the Almond eyeliner to strengthen and blacken eyelashes

Eczema:

The cause of this disease is melancholy, which is caused by a coldness or warmth. If itching is exacerbated in cold and heat, it is called melancholic eczema. And if it is exacerbated by heat and ingestion of hot materials, it is called choleric eczema, which is treated with sour materials and cupping.

Melancholic Eczema Treatment:

1. Drink a glass of honey vinegar with barberry per night for 120 nights.
2. Drink two tablespoons of Flixweed with a glass of warm boiling water in a fasting way per morning for 80 nights
3. Avoid Melancholic foods especially (fried foods, eggplant, pepper, garlic, lentils, beef, and tea)
4. Take 3 meals of stir-about (no fibbers) at lunch per week for 40 days
5. General cupping once in a month, 1 - 3 times

Tip: When you have healed, you should stop the cupping.

White spots on your fingers:

1. Take hot foods
2. Take 2 meals of Tahini with grape sap per week

Head shell and dandruff:

1. Drink a glass of Honey Vinegar with peppermint tincture per night before bedtime. 2. After shampooing, wash the head with vinegar so that vinegar is left over on your head a quarter of an hour.
3. General cupping once-twice in a month

#### Dermatophytosis:

1. Rub the diluted vinegar with water on the body with a washcloth in the bathroom that left over your body for 21 minutes and then rinse the body. You should do this for 7 to 14 days to recover.

#### Raccoon eyes:

1. Rub the eyes (causing dilution of the blood) 2. Drink a glass of Honey vinegar with peppermint tincture per night before bedtime.  
3. General cupping once-twice in a month 4. If you are not recovered, you should phlebotomize behind the ear, temporal area, and placement of leeches on the location Cheek prolapse in women:

1. Drink a glass of Honey vinegar with fennel tincture per night before bedtime.

#### Bars (vitiligo):

1. The treatment duration is 4 months to 1 year
2. Drink 1-2 glasses of Honey vinegar with peppermint tincture per morning and night.
3. Do not Take cold foods and do not Take two cold foods together.
4. General cupping once in a month after 3 months

#### Indentation of acnes:

1. Rub Violaceae oil at night
2. Put leech on the head in 1 to 2 steps

#### Purulent acnes on the hips:

1. Rub a mixture of cedar and vinegar in the bathroom, massage it with vinegar.
2. Waist cupping and general cupping.

#### Facial greasy skin:

1. Wash your face with diluted vinegar and water and then pull washcloth on the face in the bathroom.

#### Nail flake:

1. Take 7 figs per night
2. Chew 14 almonds like chewing gum 3. Rub the Nigella Sativas oil on the nails per day

#### Freckle (small brown and with spots on the skin):

1. The cause is the blood concentration. 2. Drink a glass of Honey vinegar with peppermint tincture per night before bedtime.
3. Take Tomato juice, pomegranate juice
4. Take less fried foods
5. Cupping twice in the spring and once in the fall

Open skin apertures (coarse pores): Use Aloe vera gel while for 40 - 120 nights

#### Verruca and mole:

1. Massage the Skin
2. Drink a glass of Honey vinegar with peppermint tincture per night before bedtime. 3. General cupping in 2 steps or localized cupping in 1 step
4. Use the washcloth in the bathroom to wash 5. Use the fig leaf (sap of the leaves) in a topical manner

#### Aqtiousis

1. Drink a glass of honey vinegar with peppermint tincture per night for 4 - 6 months
2. General cupping in two steps

Blackness and disfigurement:

Drink a glass of honey vinegar with peppermint tincture.

Heel itch:

Use Henna with lemon and salt

Palm itch:

If it is accompanied by dryness: Drink a glass of honey vinegar with peppermint tincture per night before bedtime If it is accompanied by respiration: Take vinegar with Peppermint tincture with a dessertspoon of Peganum harmala (Spind) spoon .1

Dried skin treatment:

1. Rub the Violaceae oil
2. Use Aloe vera gel at night

Red spots on the body:

1. Drink a glass of honey vinegar with Peppermint tincture per night before bedtime
2. Walk Daily
3. Rub olive oil on the body for 21 to 31 minutes in the bathroom, and then rub the vinegar on the body.

Dried and cracked lips:

Dried Lips: Drink a glass of honey vinegar with Peppermint tincture per night before bedtime.

If the corner of the lips is cracked: Rub the ostrich oil in a topical manner.

If the middle of the lip is cracked: Rub the sesame or olive oil inside the umbilical cord  
Wrinkle Skin:

In men: Drink a glass of honey vinegar with Peppermint tincture an hour after dinner for 40 nights

In women:

1. Drink a glass of fennel tincture with a tablespoon of honey for 40 nights except menstruation period

2. Take stuffed wheat (meek)

Tip: Grape diet is also useful for women and men.

Herpes zoster:

Herpes zoster is the adult varicella.

Phlebotomize locally the location of the scar in

1 to 3 steps per two weeks

Chest and back Itch:

You should rub the olive oil on the body before bathing, then wash in the bathroom, then wash with washcloth soaked with vinegar in 7 - 14 steps

Singe:

1. Rub honey
2. Rub Aloe Vera gel continuously
3. Rub albumens
4. Rub the grated potatoes

Tip: Each of the above instructions can be used alone, while the use of honey will prevent blistering and promotes skin treatment.

Sunburn:

Rub olive oil

Tip: Aloe Vera gel or olive oil can be used to prevent sunburn.

Fresh ulcer:

Rub the honey on the scar or fill it with the

Aloe Vera gel

Infectious ulcers:

Rub the mixture of 5 units of honey + 2 salt units as long as it is burning, means that there is infection; when the burning is over, the honey can be used alone.

Diabetic ulcers:

Rub a mixture of 5 honey units + 2 olive oil units

Cracked Heel:

Rub the camel or fat (tail) oil

Skin softening:

Mixture of honey and glycerine in equal amounts is the best treatment for dried and cracked skin of hands and face.

Burn and boil:

Honey and flour are the best remedy for burn and boil; put the mixture on the scar and cover it with cotton.

Honey mask for dried skin:

Use the following formulas to prepare a dried skin mask:

A tablespoon honey + a tablespoon sweet yogurt

A tablespoons of honey + a tablespoon of cream

Tip: You can add a tablespoon of carrot juice or different kinds of fruit juices and vegetables to the above masks

The abovementioned masks are all nutritious and corruptible and should only be prepared for immediate consumption and, if it is added, you should rub excessive amounts of it around the neck.

Honey mask for greasy skin:

Follow the below formulas to prepare a mask for greasy skin:

1. A tablespoon of honey + one tablespoon of wheat flour + corn or rye; albumen + one dessertspoon of sour lemon juice

2. A tablespoon of honey + albumen

Tip: The above masks are all nutritious and corrosive and should only be prepared for immediate use, and if it is excessed, rub it around the neck.

How to use mask for oily and dry skins:

The existing ingredients in above formulas should be mixed together and stir well, and then rub the mask to all areas of the face, neck and back of the eyelids by hand, and rest for 15 to 21 minutes. Then, Wash off the honey mask with water. Honey mask should be left over about 21 to 31 minutes on tired and swollen faces.

Infectious acne on face and scapula:

1. General cupping in 3 to 5 steps 2. Drink natural vinegar with food; each serving a tablespoon for half of the cup

3. Gastrointestinal system regulation:

4. Take 7 figs per night for 14 nights
5. Take 7 olives per morning for 14 days
6. Drink a glass of honey vinegar with Peppermint tincture per night before bedtime for 14 nights

Growth of beard

Rub Nigella Sativa oil on face per night Sole burning:

1. Drink a glass of honey vinegar with Peppermint tincture an hour after dinner per night
2. Take more grapes and pomegranates
3. Avoid melancholic foods
4. General cupping in two steps, once a month in the third quarter of the lunar month

Hair leprosy and greasy hair:

Wash the head with water-soluble vinegar in the bathroom

Palm Burning:

1. General cupping
2. Drink a glass of honey vinegar with Peppermint tincture per 12 hours.

Cheerfulness of face:

1. Drink a glass of fennel tincture at night for women except mensuration period
2. Use (fat tail) oil in foods for men

Whiteness of hair and face:

1. General cupping in 3 steps, once in a month in spring and autumn
2. Take a dessertspoon of yellow Chebula with honey per night for 40 days
3. Take 3 meals of stir-about with honey per week

Nail deformation:

1. Put 1 or 2 Leeches on each finger
2. Take 21 almonds for 40 days (Almond must chewed like chewing gum)
3. Take a dessertspoon of eggshell with honey per night for 14 nights

Simple ulcer caused by non-infectious surface cuts:

1. Lick honey
2. Dress the scar with full coverage by honey for 72 hours

Deep ulcer caused by Cuts:

1. Rinse with distilled water
2. Debridement the scar
2. Cover the scar with honey
3. Approach the tissues of the scar
4. Dress the scar with honey for 74 hours
5. Change the gauze per 12 hours

Ulcer and hematoma caused by impact:

1. Washing the scar with honey and distilled water
2. Cover the scar with honey per 7 hours for

72 hours

Burn Ulcer

1. Open the blisters and drain the burning scar
2. Debridement the blister completely

3. Cover the burning spot with honey on per 7 hours a day for 7 days
  4. Drink a glass of water-honey with Peppermint tincture per 4 hours for 72 hours
  5. Hospitalize the in Mahiz with an unbounded coating to the body
  6. Drink pea water with olive oil per night
  7. Rub honey + olive oil in ratio of 2 to 3 on burning scar after 7 days
- Ulcer caused by bullet or infectious keen pieces in muscular organs:
1. Washing the scar with distilled water
  2. Extract additional materials form the body
  3. Clamping the top of the scar to prevent bleeding
  4. Cover the scar completely with honey
  5. Dress the scar with honey for 72 hours
  6. Drink a glass of honey with Peppermint tincture per 4 hours in 7 steps
  7. Change the gauze per 12 hours
  8. Continue the treatment for seven days
- Surgical Ulcer:
1. Removal of excess blood from the surgical site after suturing
  2. Impregnate the internal scar with honey as a complete coating
  3. Suture completely the surface area
  4. Impregnate the entire external scar position
  5. Dress the scar per 12 hours for 72 hours
  6. Drink a glass of water-honey with Peppermint tincture per 4 hours
  7. Drink a glass of honey + Rosewater + water per 7 hours
- Bedsore:
1. Warm and dry cupping around the scar
  2. Debridement the scar
  3. Wash and dry around the scar
  4. Rub the honey with olive oil on the scar in ratio of 3 to 2
  5. Drink a glass of Honey-water with Peppermint tincture per 7 hours for 7 nights
- Fistula scar: 1
1. Put 5 to 7 leeches on the scar in 1 step
  2. Impregnate the scar with honey and dress it for 24 hours
- Scar caused by phlegmatic white acne:
1. Acne drainage
  2. Acne treatment with honey for 72 hours
  3. Take a tablespoon of honey in a fasting way and at night for 7 days
- Ulcer between the toes caused by heat:
1. Impregnate the scar with honey per 12 hours for 72 hours
  2. Coat the foot and scar with henna and lemon on after 72 hours in three steps
  3. Ulcers caused by heat rash positions in children and adults
  4. Rub honey and olive oil on the scar with a ratio of 2 to 3 for 72 hours
- Infected ulcers with open and obvious infections:
1. Wash the infection with vinegar until clear blood flows
  2. Impregnate the scar with honey per 12 hours for 72 hours

3. Drink a glass of water-honey with Peppermint tincture per 4 hours for 72 hours

Infectious scar with hidden infection with swelling or abscess:

1. Put leech along the infectious position in proportion to the extent of the position in one step

2. Dress the scar with honey after stopping bloodshed for 72 hours

3. Drink a glass of Peppermint + honey per 4 hours for 72 hours, lasting 7 days

Ulcer caused by Amputation:

1. Surgery

2. Rinse out the scar with excess blood

3. Suture along with filling the scar with honey 4. Create a skin coating on a honey impregnated position and Suture

5. Coat the Suture surface with honey for 72 hours

6. Drink honey and water-honey with

Peppermint tincture during surgery

7. Drink a glass of water-honey with

Peppermint tincture + rosewater per 4 hours

### 3: Eye Diseases

Ptosis and puffiness under water:

It's caused by increased phlegm in the eyes.

1. Rub the oil on the fontanel with Nigella Sativa oil or using a salt crown (pours sea salt in a cloth sack, and put it on your head one to two hours per night.

2. Take less cold foods especially at night 3. Take 4 meals of Tahini with grape sap per week

Eye infection:

1. Take a drop of honey in the eye per night for 7- 14 nights

2. Wash the eyes with fennel tincture for 7 -14 nights After two weeks wash

3. Massage the eyes

Sty or Hordeolum:

Take a drop of natural honey in the eye for 1 -

3 nights

Nyctalopia:

1. The treatment duration is 40 - 120 days 2. Take 2 to 3 meals of Lucerne soup with its salad per week

3. Cooked Lucerne salve on the eye from night to morning

Eye Tic:

1. The treatment duration is 120 days.

2. Smell aroma at night

3. Take 2 - 3 meals of almond Fesenjan stew per week

4. Massage the head and the sole

5. Take less cold foods especially at night

6. Rub Nigella Sativa oil on the fontanel



7. Drink a glass of Citrus aurantium tincture with a dessertspoon of lemon balm and a little honey

Eyelashes are actually an inflammation that develops on the surface of the eyelid. Eyelashes are usually superficial and well visible, but in rare cases they may be placed at the depth of the eyelid. Eyelashes have two types of exterior and interior.

2- A type of illness that affects the eyes of the affected person at night; however, night vision weakness is not just a problem for people with a disorder, when they go from a bright environment to a dark environment, they need more time to adapt to vision.

Cataract:

1. Wash your eyes with fennel-water for 40 nights
2. Take a drop of fresh lemon juice in the eye for 40 - 120 nights
3. After the second step, take a drop of natural honey in the eye for 40 nights.
4. Mastoid cupping (behind the ear) 5. Phlebotomize of the temporal area after two weeks

Tip: Repeat the treatment method.

Reduced eye sight:

1. Wash your eyes with fennel tincture per night
2. If the sight is reduced, you should phlebotomize behind the ear
3. Phlebotomize of the temporal area after two weeks
4. Take 14 almonds per day pityriasis:

Rub Violaceae oil on the eyelashes Pterygium:

1. Wash your eyes with fennel-water
2. Rub oil on the fontanel with Nigella Sativa

oil

3. Head cupping
4. Phlebotomize the temporal area two weeks later

Tip: you will be treated by frequent cupping and, in some cases, by diagnosing the physician you should put leech on temporal area.

Irritation and redness and inflammation of the eyes:

Take a drop of combination ( fresh lemon + sweet almond oil ) inside the eye.

1-Liposaritis or inflammation of the eyelids is a chronic eye disease that causes dandruff-like dandruff in the eyelids.

2- A triangular fleshy lesion that draws from the white of the eye (conjunctiva) on the black eye (cornea).

Epiphoras:

1. Take a drop of honey in eyes per night for 7 - 14 nights

2. Take less cold foods for 40 nights Hypopyon:

1. Wash your eyes with fennel tincture
2. Head cupping
3. Phlebotomize the temporal area two weeks

later

Glaucoma:

1. Mastoid cupping (behind the ear)
2. Phlebotomize the temporal area two weeks later

3. Wash your eyes with fennel tincture

1- A person with an Iranian flies sees small dust particles in front of his eyes that go up and down, and despite being blinking, they remain like a small shadow in front of the eyes.

2-Black eye water is a chronic disease of the eye in which the liquid naturally enters and exits from the eye. It gradually stumbles. This fluid accumulation in the eye causes damage to the optic nerve, which is of two types. .

Keratoconus: 1

1. Wash your eyes with fennel tincture for 40 nights
2. Rub the sesame oil over the fontanel for 40 nights
3. Warm cupping of behind the ear in 7 to 14 steps
4. Mastoid cupping and temporal cupping Note: Take warmth foods can treat this disease.

epiphora:

1. Take a drop of natural honey in the eyes pre night for 7 - 14 nights
2. Take less cold foods for 40 days Keratoconus with cornea is a corneal optic degenerative disease. In this disease, the cornea is thinned and its shape changes.

4: Otolaryngology

Congenital deafness:

1. Take 14 Drops of basil oil in the ears per night; after 4 hours, put the same ear on a boiled bag for half an hour so that the material returns back. Do this for 40-120 days.
2. During the treatment, you should perform general cupping and cupping behind the ear  
How to prepare Basil Oil: Boil a glass of olive oil + 1 glass of dried basil + 2 glasses of water until the water is completely steamed; the resultant oil is the basil oil.

Sound fatigue:

Boil an amount of flax to make a dense solution; mix it with honey and Take it within your song.

Convert the treble to base:

1. Rub the rose oil under throat
2. Boil an amount of flax to make a dense solution; mix it with honey and Take it within your song.

Tonsils:

The tonsils are caused by coldness of throat and pharynx. The following are recommended for treatment. The treatment duration is 120 days.

1. Take a tablespoon of honey per morning and per night.
2. Gargle water and sea salt twice a day
3. Rub Nigella Sativa oil on throat per night
4. Take hot foods especially at night

Laryngeal Inflammation and Changes in Sound (Laryngitis):

1. Warm and dry cupping of scapula in three steps
2. Drink a glass of peppermint tincture with a dessertspoon of honey per 4 hours for 24 hours.

#### Anosmia:

1. Inhale hot water and salt water for 14 nights
2. Rub the Peppermint essence on the forehead twice in a day
3. Rub the Nigella Sativa oil or sesame oil on the fontanel per night
4. Take hot foods and less cold foods
5. Take 3 to 4 meals of Tahini with grape sap per week

#### Labyrinthitis caused by explosion wave:

1. Drink a glass of honey vinegar with Peppermint tincture per 8 hours.
2. Massage legs and head
3. Walk on the rocky surface
4. Consume sneezing every day.
5. Phlebotomize behind the ear after 40-day Vireo gilvus:

#### For those who do not sing or want to sing well.

1. Go up an upgrade (like the mountain) to breathe out, then sing and drink honey syrup. (As any tone you sing, your voice will be the same as your tone, so be sure to sing it in tune and on the base, not shouting and yelling, which your voice will remain as the same).

#### Adenoid:

Rub Nigella Sativa oil or sesame oil on the nose and smell Peppermint essence Nasal Bruising:  
The best way for treatment is water ice compresses.

#### Nasal dryness:

Drop Violaceae oil in the nostrils

#### Nasal bleeding:

1. Put some ice on the head
2. If the bleeding is intense, you should mix the frankincense with olive oil in a ratio of 5 to 2 and pour in the nostrils.
3. If the severity of the bleeding was too high, you should use a mixture of honey and frankincense as same as above manner. Tip: Powder the frankincense and mix with honey or olive oil.

#### Ear infection:

Take a pure drop of natural honey in the ear per night for 3 nights

#### Continuous beep in the ear:

Take 7 drops of Nigella Sativa oil in each ear per night, and then put a hot water bag on the same ear for 4 hours to remove the oil. Then, massage the head and neck with soft brush.

#### Nasal Sensitivity:

#### Rhinorrhoea and sneeze:

1. Wash the head under the hot water shower for half an hour, the rhinorrhoea is intensified in first days and then gradually disappears.
2. Rub Violaceae oil on the head.

#### Nasal polyps: 1

1. Take a drop of Nazil in the right nostril at first night
2. Take a drop of Nazil in the left nostril at second night
3. Take two drops of Nazil in the right nostril at third night
4. Take two drops of Nazil in the left nostril at fourth night
5. Take three drops of Nazil in the right nostril at fifth night

6. Take three drops of Nazil in the left nostril at sixth night
  7. Do the instructions for one week, then repeat the following week.
- Nasal polyps, a soft mass growth in the nasal cavity or sinuses.

5: Oral and Dental

Diseases

Halitosis:

Halitosis is due to three reasons that the main cause should be eliminated to treat it.

1. Sinusitis and postnasal drip in the evening:

(Treatment is given on the seventh ) 2. Oral infection: using honey and salt toothpaste (5 honey + 2 salt units)

3. Gastrointestinal Disorders (coldness of the stomach): Don't drink water between the food and cold water.

You can use Peppermint tincture with fleawort decoction (boil a glass of Peppermint tincture- a dessertspoon of fleawort for 11 minutes, and then add a tablespoon of honey.

Drink before bedtime).

Canker sore:

If the canker sore is warm, when you are eating hot foods, the canker sore appears:

1. Take Pomegranate sauce per Night
2. General cupping
3. Phlebotomize under the chin

If the canker sore is cold, when you are nervous and angry, the canker sore appears:

Nip honey per morning and night

Tooth decay prevention:

Use honey and salt toothpaste in a ratio of 5 to 2 to brush your teeth.

Gingival pyorrhea:

Use honey and salt toothpaste in a ratio of 5 to 2 to brush your teeth.

Dried mouth Saliva:

1. Nip plum
2. Take Barley Soup with Bukhara Plum
3. Stomatitis
4. Mix a tablespoon of honey with a few drops of lavender essence. This mixture can relieve stomatitis and perfumes the breath.

Ulcer and Gingival pyorrhea:

1. After brushing and before bed, massage your mouth with vinegar and rosewater in a ratio of 2 to 3 with your fingers for 7 nights.
2. Take a dessertspoon of honey per morning and per night for 14 nights

6: hematic Diseases

Hypertension treatment:

Hypertension is due to blood transfusion in traditional medicine, which can both be caused by phlegm and the sanguis(blood), when bile is reduced in body, there is a problem in blood supply. Therefore, in order to prevent hypertension, bile must always be present in body.

Treatment:

1. Drink a glass of honey vinegar with

Peppermint tincture an hour after dinner per night.

2. Dosin (3 honey units + 1 Nigella Sativa unit + half a unit of grape vinegar). Take two dessertspoons of this mixture per morning and night.
3. Take 5 drops of black oil under the tongue per morning
4. General cupping once in a month. 2 to 3 times
5. The treatment duration is 120 days. Tip: Meanwhile, leaving lunch is very effective and accelerates treatment.

Phlegmatic persons should Take hot foods and less cold foods.

Emergency medical treatment for hypertension:

1. Press between Thumb and first finger of the left hand for 3 to 4 minutes.
2. Needle your fingertips to take a few drops of blood.
3. Chew 12 to 20 Nigella Sativas to reduce the pressure.
4. Pickles like vinegar, lemon juice, bergamot, verjuice, in emergency conditions are helpful. Note: Take one of the emergency treatments and try the next one if you do not get the result.

High cholesterol and triglyceride treatment:

According to traditional medicine, cholesterol is a hot fat and triglyceride is a cold fat; therefore, it should be treated as follows.

High cholesterol treatment:

1. Cholesterol usually increases in hottempered.
2. Drink a glass of Honey vinegar with

Peppermint tincture an hour after dinner.

3. General cupping in the middle of the lunar month in 1 to 3 steps
4. Reduce melancholic and fats and fried foods, even natural fat, such as butter Tips:

There is no problem using sesame oil and olive oil.

Set the number of cupping steps in the same way. Evaluate your cholesterol every two months with your blood tests.

The treatment duration, depending on how high is your cholesterol, lasts between 40 and 120 days.

High Triglyceride treatment:

1. Triglyceride increases in cold-tempered.
2. Take a dessertspoon of Dosin per 12 hours. 3. Take a glass of Tahini with grapes sap per day.
4. Take Hot meals, especially curry, olive, fig, lamb, butter, grapes
5. Take less cold foods

Tip: Decrease the cold foods and increase the amount of hot)foods)depending on the amount of cold-tempered; for example, if you have phlegmatic condition, you should not Take cold foods for at least 40 days; then, you should Take less cold foods until 3 to 4 months. Meanwhile, you should set this diet according to the season. For example, there is no need to Take cold foods for the same person mentioned above in summer.

Treat high cholesterol and high triglycerides: If cholesterol is higher, we will use the high cholesterol treatment as mentioned above, with a difference that the amount of vinegar in honey vinegar is reduced to half, now if triglyceride is higher, we will use the high triglyceride treatment

as mentioned above, with a difference that half a unit of natural vinegar should also be added to mixture of *Nigella Sativas* and honey.

Tip: If these two lipids are both too high and close together, then in this situation, we should decide on the basis of the patient's temper. If the patient is cold-tempered, then we will use triglycerides treatment as motioned above and if the patient is hottempered, first, the patient will be phlebotomized. Then, we will start cholesterol treatment as mentioned above.

Neck artery cramps and chest tightness:

1. Rub the bitter almond oil on the scapula 2. Warm cupping of the scapula in 7 steps in form of every other day and then massage the scapula in 7 steps

Leg Varicose treatment:

1. If the veins are tiny, you should add 1 dessertspoon of *Peganum harmala* (Spind) to a glass of water and drink it for 40-120 nights. 2. If it's progressing and the veins are coarse, after eating *Peganum harmala* (Spind) for 40 nights, you should put leech between varicose veins for 3 steps per 2 weeks.

Tip: It is best to Take less cold foods for 40 -120 nights.

Varicocele treatment:

Varicocele is also called testicular varice. This disease is more general among men today and it is one of the reasons why men are not fertilized. In traditional medicine, the cause of this disease is the sediment of melancholy in testicular veins. So for treatment, we need to clear the melancholy from these veins. As you know, for cleansing the organ, you must first correct the temperament of the whole body and then cleansing the organ.

The following instructions are recommended for treatment:

1. Drink a glass of honey vinegar with Peppermint tincture an hour after dinner.
2. Rub chamomile oil every night (if it is not available, you can use sesame or olive oil.) 3. Cupping the waist and sub-abdomen every other night among 21 steps
4. Take less cold foods, especially melancholic and Take more in hot meals such as grapes and sweet pomegranate. . . .
5. General cupping in 1 to 2 steps in the third quarter of the lunar month. Then, if you are not healed, you can put a few tiny leeches on the testicles. Do these methods for 2-3 times per 2 weeks, depending on the severity of the conflict.

Tip: It is also advisable to phlebotomize of the pubis (abdomen).

Treatment of low blood platelets:

Cook a mixture of (2 units of camel's brain + 1 unit of sheep's brain) and then squeeze them; Take this tablespoon or a dessertspoon this mixture, depending on the amount of blood Platelet. After testing for 40 days, you should see the increased blood platelet. If it is needed, you should repeat another course. Tip: Generally, you should Take hot meals that increase blood platelets. You can Take Tahini with grape sap

Treat high blood platelet:

1. Drink a glass of honey vinegar with Peppermint tincture after dinner y to 120 nights.
2. General cupping in 2 to 3 times per 40 days 3. Don't Take melancholic foods (eggplant, tea, beef, lentils, sausages and kielbasa, etc.) Tip: Melancholic foods ate described in groceries and beverages.

#### Anaemia treatment:

Anaemia is one of the most general problems in the present age, which is prevalent in the female. According to traditional medicine, women are susceptible to anaemia because they are often cold-tempered. In order to treat anaemia in traditional medicine, it's important to keep in mind that the factors removes anaemia is sanguis mucus. So, the way to treat is to Take more hot and cold foods and reduce cold foods.

Tip: The most severe anaemia can be treated within 40 to 120 days.

Treatment of Low Blood Hemoglobin and Iron Deficiency and Folic Acid Poverty:

1. Chew 14 Almonds like chewing gum per day.
2. Take 21 currants per day, 7 figs per night, 7 olives per morning and 3 dates
3. Drink 1-3 glasses of honey syrup or grape sap per day.
4. Take 2 to 3 meals of almond Fensanjan stew (half almonds + half-walnuts) at night per week.
5. Take the mixture (grated apple + 3 tablespoons of Egyptian willow + 1 tablespoon of honey) once in a day.
6. The haemorrhagic cupping in the bloodforming centres of the body, such as: scapula, pelvis, thighs and legs every other night (14 to 21 steps)
7. Take 1 to 2 wheat soup with olive oil meals per week.
8. Take Tahini with a glass of grapes sap per day
9. Take less cold foods, especially: tea, lentils, beef, dairy, tomatoes and cucumbers, watermelon, eggplant, sausages, and cola. . . How to prepare honey or grape sap: Mix 2 to 3 tablespoons of honey or drink a glass of water with grape sap.

#### Tips:

It is recommended to Take fruits such as grapes, pears, apples, melons, sweet pepper and pomegranate.

According to Dr. Hussein khairandish, women who are planning to have a baby, they don't need to use iron tablets, folic acid or any other anaemic drugs; if they consider the aforementioned instructions until the end of pregnancy. Of course, the women who has anaemia, they must treat by considering the above instructions before pregnancy. The cupping is not allowed during pregnancy and if you have cured your anaemia before pregnancy, you will no longer need to complete all instructions during pregnancy. Considering the above instructions, in addition to treat anaemia, it will lead to a healthy and strong baby. Therefore, it is recommended for all pregnant women except the women who are really hot-tempered. In warm seasons, Take some cold foods depending on your temperament. By considering the instructions, you can accelerate your treatment, but if you can not keep up with everything because of problems, it's okay.

Take sumach or sumach powder along with food.

#### Blood lipids:

Drink 1 to 2 glasses of honey vinegar with Peppermint tincture or vinegar syrup.

#### Periodic Hypotension:

Lick a dessertspoon of honey and then drink a glass of water-honey.

Treatment: General cupping in 2 steps and Take a dessertspoon of honey per morning and night for 40 days.

#### Neoutric hypotension:

1. General cupping in 2 steps

2. Take a dessertspoon of honey per morning and night for 40 days.
3. Take almonds per day for 21-40 days
4. Smell the rosewater per night
5. Avoid cold foods
6. Lick a dessertspoon of honey

Hypotension due to surgery, postoperative hemorrhage, blood sampling, cupping:

1. Lick a dessertspoon of honey
2. Drink a glass of water-honey per 4 hours in  
7 steps

Hypotension caused by anger: Drink a glass of cold water-honey Blood Glucose drop:

1. Lick a dessertspoon of honey

Hypotension due to bite poisoning:

1. General cupping in 1 step
2. Lick a dessertspoon of honey
3. Phlebotomize the biting surface
4. Drink a glass of water + Peppermint tincture per 4 hours in 7 steps
5. Chew gently 21 almonds slowly per day for 7 days.

Hypotension due to food and drug poisoning:

1. General cupping in one step
2. Vomit by water and salt
3. Lick a dessertspoon of honey
4. Drink a glass of water-honey + Peppermint tincture
5. Chew 21 almonds per day for 7 days

Blood pressure fluctuation:

1. General cupping in 2 steps
2. Take a dessertspoon of honey in a fasting way and at night for 40 days

## 7: Bone and Joint

### Diseases

Treatment for neck arthritis:

Consider the following for 40 - 120 days.

1. Rub the bitter almond oil on the neck twice a day; wait 15 minutes each time until the oil is absorbed and then dress.
2. Phlebotomize the scapula, 14 days after the unction in form of every other night in 21 steps.
3. Use the ancient shaft for 40 days, 71 movements per day
4. Muscle spasm
5. Unction with bitter almond oil
6. General cupping, leg cupping
7. Phlebotomize the leg after 40 days of unction

Humpbacked:

Uction with bitter almond oil.

Tip: You must fill the position with oil, and then rub it.

Types of Knee Pains and their treatment:



Knee pain can be caused by various reasons such as phlegm or melancholy, or even bile ducts. In rare cases, knee pain may also occur by festering edema.

Choleric Knee pains:

This type of knee pain has a small prevalence in the community.

Diagnostic Symptoms:

This kind of knee pain occurs in those who are choleric and their choleric grade is high. The cause of the knee pain in these people is due to a high degree of joint stiffness and dryness that develops from bile severity. This dryness causes irritation inside joint on the knee joint.

Treatment:

1. Drink a glass of honey vinegar with chicory tincture an hour after dinner for 40 nights.
2. General cupping in the third quarter of the lunar month
3. Avoid choleric foods
4. If the disease progresses for a long time, you can use the following combination per night for 40 -80 days to treat the cartilage (a glass of natural milk + two tablespoons of seabuckthorn powder+ two tablespoons of honey)

Phlegmatic Knee pains:

This type of knee pain is common in females.

Diagnostic Symptoms:

This knee pain is generally caused in phlegmatic temperament and those who has phlegm severity. This is also due to the Phlegm sediment in the knee joint. When phlegm increases in the joint and precipitates, it causes swelling with pain. In general, they say that the knee has been brought to water.

Treatment:

1. Avoid cold foods
2. Take a dessertspoon of Dosin per 8 hours.  
(40 to 120 days)
3. Drink a cup of Tahini with sap per day.
4. Unction with mixed Nigella Sativa oil and bitter almonds oil per night.
5. Phlebotomize the knee every other night in 21 steps.
6. Take 7 figs per night
7. Drink a glass of Ginger and Cinnamon per night
8. The treatment duration for this type of knee pain depends on the intensity of phlegm between 2 and 6 months.

Melancholic Knee pain:

This type of knee pain is very general in society and is abundant in both the women and men.

Diagnostic Symptoms:

Those who are Melancholic are likely to suffer from this type of knee pain.

In this type of knee pain, the knees are thin and make noise during opening and closing. This type knee pain is caused due to melancholy sediment in the joint and the dryness and coldness, that is constantly cold and, if it progresses, the joint becomes deformed, and most of rheumatoid arthritis are in this category.

#### Treatment:

1. Drink a glass of honey vinegar with Peppermint tincture an hour after dinner. If the age of the patient is over 40 years old or if his/her temperament is very cold, you can use Shounisel instead of the above combination; and eat a tablespoon per 8 hours.
2. Rub bitter almond oil on knees per night for 4 months
3. Knee cupping every other night in 21 steps
4. Soak 7 figs in a glass of rosewater and eat per night.
5. Take 7 Olive per morning
6. Take 40 currants per day
7. Take Tahini with a cup of sap per day
8. Take less melancholic foods (explained in the food section).
9. General cupping and knee cupping and even leech therapy should be done during treatment, depending on the patient's condition.

Note: If the disease is progressing and the joint is deformed, the treatment duration will be longer. The treatment duration is normally 4 to 6 months and in advanced mode it is 1 to 2 years.

#### Osteoporosis treatment

The treatment duration is 40 to 120 days depending on the degree of involvement.

#### For cold temperament:

1. Soak seven figs and eat per night
2. If the severity of the illness was higher, drink a dessertspoon of a mixture of 5 units honey + 1 of boiled local eggshell per day.
3. Take less cold foods, especially dairy products, and increased hot foods: dates, olives Currant, Tahini and sap, Honey, Almonds and. Tip: Make sure that the eggshell is washed well.

#### For hot-tempered:

Drink a glass of natural milk + 1 tablespoon of honey + 1 dessertspoon of sea-buckthorn powder.

Tip: Generally, hot-tempered do not suffer from osteoporosis unless in an old age when the body is then cooled down, so be sure to look at the exact determination of your body temperature.

#### Arthralgia:

1. Rub the Nigella Sativa oil or bitter almond oil on the pain site
2. Take 5 Tahini and sap meals per week as breakfast
3. Take a dessertspoon of Dosiin per day
4. Take honey and fig
5. Cupping and change temperament
6. Treat the leg muscles spasm
7. Massage the bitter almond oil from your fingers to the leg, if it is very intense, the leg cupping will be helpful.

#### Dryness of the joints:

Rub almond oil per night

Tip: If dryness of the joints is severe, you can rub the Violaceae oil for the first two weeks and then rub bitter almond oil.

#### Scapula arthritis:

1. Rub almond oil on the scapula for 40-120 nights.
2. Scapula cupping in 7 steps and then general cupping.

Fracture:

1. After fixing the organ, the best medicine for bone healing is Nigella Sativa oil.
2. Take Useful meals: local butter and honey, eggs (especially albumen), fig, broth with bony mTake meal, camel milk, Tahini and sap, and hot meals.
3. Keep the patient warm.

Tip:

You can powder the Nigella Sativas and mix it with honey and rub it in form of salve. If there is no Nigella Sativa, you can use wheat flour with albumen in form of salve.

Rickets and Chondromalacia patellae or runner's knee:

1. Take 7 figs per evening.
2. Take three meals of broth per week (bony meat).
3. Severe wrists and leg pain.
4. Rub the Nigella Sativa oil on the pain area per night before bedtime
5. Take 3 - 5 meals of Tahini and sap per week
6. Take 7 figs per night
7. Take a glass of honey vinegar with Peppermint tincture an hour after dinner per night.
8. Avoid melancholic foods
9. General cupping in 2 to 3 steps in the third quarter of the lunar month

Muscle poplité and Knee Sounds:

1. Massage the knees with bitter almond oil per night before bedtime
2. The treatment duration is 40 to 120 days.

Severe leg pain and swelling:

Massage feet with salt oil per night before bedtime

How to prepare salt oil: Boil a mixture 5 water units + 2 salt units + 5 ounces of olive oil or sesame oil until the water evaporates; the remaining oil is called salt oil.

Feet weakness:

Take fig and sea-buckthorn

Tip: You can pour 2 tablespoons of seabuckthorn powder into a glass of lukewarm milk and Drink it with a tablespoon of honey per day.

Cervical Disc:

Massage the neck from the right side to the scapula with bitter almond oil per night.

Waist and flank muscle spasm:

1. Phlebotomize the spasm area.

Sore feet caused by aging:

1. Foot massage with bacon almond oil at night
2. Hot knees cupping
3. Take hot foods

Parentheses Feet:

1. Take sea-buckthorn porridge per day for 6 month – 1 year (pour 3 tablespoon seabuckthorn powder in a glass of milk and add honey, then drink).
2. Take 7 figs per nigh

3. Take sea-buckthorn porridge and figs for 40 days, and then rub sesame oil on the leg and top of the knees. As soon as it becomes soft, close up it with cotton per night, and tighten it slightly and walk slowly until it is treated.

Musculoskeletal pain:

1. Take sea-buckthorn porridge per day (pour 3 tablespoons of Take sea-buckthorn powder into a glass of milk and add honey, then drink).
2. Take a tablespoon of Foamilix syrup per 12 hours

#### 8: Cardiovascular

Diseases

Heart enlargement treatment:

According to traditional medicine, an enlarged heart is a heart that is melancholic. Pay attention to the following.

1. Take 5 Tahini with grape sap meals per week.
2. Take a dessertspoon of Dosin per 12 hours. 3. Drink a glass of Citrus aurantium with a little honey per night for 120 nights.
4. Take a quince per morning for 120 days.
5. Avoid cold foods for 81 days.
6. Phlebotomize scapula every other night in 21 steps.

Treatment for Coronary artery bypass:

The following should be carefully observed to resolve the Coronary artery bypass:

1. Squash 7 garlic; add 3 tablespoons of fresh lemon; drink it after lunch and dinner for 120 days.
2. Drink 3 tablespoons of Shonsil per day for 120 days.
3. Scapula cupping every other day in 21 steps.
4. General cupping, 3 times in a month.
5. One month after the third cupping, put leeches on general cupping position.
6. Avoid cold foods
7. Take 5 meals of Tahini with grape sap per week

Tip: If the problem is not resolved, you can put 7 leeches on hear according to the diagnosis of traditional medicine physician.

Shonsil is one of the Iranian cupping centre medications.

Heartthrob treatment:

1. Drink a glass of Citrus aurantium with a dessert spoon of lemon balm and a little honey for 120 nights.
2. Avoid cold foods, especially cold and wet foods.
3. Take Fruits like apples and quince per day that are very useful
4. Smell warm aromas for 120 nights.

Myocardial infarction:

1. Take a dessertspoon of Dosin per 8 hours
2. Drink 1-3 glasses of honey vinegar with

Peppermint tincture per day

3. General cupping in 3 steps
4. Put 14 Leeches on the cupped surface for one to two weeks, twice.

Mitral valve prolapses:

1. Take hot foods.
2. Additional treatment is warm scapula cupping.

Mitral valve expansion:

1. Take hot meals like: Tahini, Ginger, Fesenjan Stew, Almond, Fig, Olive and. . . .
2. Drink 1-2 glasses of honey and saffron juice per day.

Heart pain, chest burning:

It is treated with general cupping

9: Liver and kidney disease

Fatty Liver:

The treatment duration of fatty liver is between 6 months to one year. One of the most general causes of fatty liver in Iran is drinking water between foods and ice. To treat, you must comply with the following:

1. Avoid drinking water between foods
2. Do not drink ice water
3. Drink a glass of vinegar with Peppermint tincture an hour after dinner.
4. After three months of using the vinegar, perform general cupping once a month.

Alcoholic fatty liver:

Drink a glass of honey vinegar, if it is not available, drink a glass of saffron vinegar.

Gallstone:

1. Drink 1 to 2 glasses of honey vinegar with Peppermint tincture when you have pain.
2. Drink 1 to 2 glasses of honey vinegar with Peppermint tincture.
3. Treatment duration is 40 days.

Treatment for all types of hepatitis:

Hepatitis, which literally means inflammation of the liver and can be caused by various factors, including many medications, various viruses and ...

1. The treatment duration is usually 4 to 6 months.
2. Drink 2-3 glasses of honey vinegar and Peppermint tincture per day.
3. Take 3 dessertspoon of this mixture (3 honey units + 1 Nigella Sativa unit + half a unit of vinegar)
4. Three steps of cupping once a month (it's best to perform cupping in the lunar 17 or 19 months).

Tip: Once every three months, you must take a virus test to see the trend of reduced viruses.

Kidney stone:

There are various treatments for kidney stones in traditional medicine. Do the following:

1. Take a dessertspoon of Doshin per 8 hours (if you have severe pain, you can Take a dessertspoon per 4 hours).
2. Drink the combination of (camel's thorn + thorns) every day with two glasses with a little honey.
3. Take melon and watermelon in summer
4. The slider of kidney is very good.
5. General cupping in one step is recommended.

Tip: If you use the mentioned mixture instead of distilled water, the result will be excellent. To get a better result, you can use melon broth.

How to prepare melon broth:

All the ingredients of the broth are used; just instead of water, you pour the melon into the mixer and after mixing, it is used instead of water.

In order to avoid having kidney stones, it is necessary to clear your body from corrosive fecundity by referring to a traditional medicine physician and moderate it.

Proteinuria treatment:

Treatment for kidneys that repel proteins:

1. The treatment duration is 120 days.
2. Take a dessertspoon of Dosing per 12 hours.
3. Drink a glass of honey vinegar with Peppermint tincture per 12 hours.
4. Increased mobility and walking everyday for half an hour.
5. Avoid fried foods, solid oil and replace it with olive oil and sesame oil.
6. Do not drink ice water as well as water between foods.
7. General cupping in two steps per 40 days.

Adjustment of liver enzymes:

Drink a glass of honey vinegar with Peppermint tincture per 12 hours.

Liver cleansing:

1. Drink a glass of honey vinegar with Peppermint tincture per 8 hours.
2. The treatment duration is 40 to 120 days.

10: Gastrointestinal

Diseases

Constipation:

Nowadays, by changing the lifestyle of people and the pattern of eating, the complaints of people about the prevalence of constipation is increased, and since traditional medicine believes constipation is the mother of all diseases, treatment of this disease as an ergonomic has been considered by all the experts in traditional medicine. Constipation Definition: Constipation is examined in two directions:

First: Faecal Excretion intervals, i.e., when do you have faecal excretion? Abu Ali Sina believes that for every meal that a person eat, he/she should have faecal excretion, and that is, if you Take three meals a day, you should have faecal excretion three times in a day. But today, given the change in the pattern of people's lifestyle, faecal excretion is necessary at least once a day. Otherwise, the person will constipate and the excrement remains in his/her body and all the complications of this procrastination will appear. The more the procrastination will lead to more complications.

Second: ease of faecal excretion. That is, the person will repel the excrement to procrastinate in the toilet and to repel the excrement hard. Some people may go to the toilet several times a day for faecal excrement, but they cannot have a comfortable excretion.

Treatment:

1. Soak 7 figs in the glass of water or rosé and drink it per night (if you have dry skin, you can add 3 to 7 plums depending on the amount of dryness.) If the amount of dryness is high, you can lower the figs.

2. If the constipation is severe, you can Take 2 tablespoons of mixture 2 honey units plus 1 unit of sweet almond oil. You can also use the following prescriptions to treat constipation: Boil a glass of rose water with a dessertspoon of plantain seed in a teapot for 15, then drink it with a little bit of honey Drink a glass of rose (Rosa damascena) decoction per day as an aperient.

The treatment duration is 40-120 days, depends on the severity of the constipation Tip: If the severity of constipation is high, you can use all three prescriptions.

If you have hypertension (blood pressure), do not use rose water.

Dry tongue and lips that are usually accompanied by anorexia:

Drink a tablespoon of lemon juice with water or pomegranate juice or barberry juice.

Treatment of Gastrointestinal problems:

Such as: ulceration of the oesophagus, peptic ulcer, flatus, belch/ burp, acerbate, gastritis, Stomach reflux, Stomach Helicobacter 1. Boil a glass of Peppermint tincture with a dessertspoon of plantain in a teapot for ten minutes. Then, drink it with a little bit of honey before bedtime.

2. The treatment duration is 40 - 120 days, depends on the type of disease. Tip: In peptic ulcer disease, you can use a tablespoon of plantain for a quick conclusion. To get a better and faster result in stomach problems, the following should be considered seriously:

1. Do not drink cold water.

2. Avoid drinking the water between foods

3. Avoid cold foods especially at night Treatment of intestinal problems:

Such as: intestinal wind, colitis, intestinal ulcers:

Use the same prescription of Peppermint tincture and plantain that is mentioned in the discussion of gastric (stomach) diseases, with a difference that instead of tincture Peppermint, a glass of rose water is used. Tip: If the intestinal problems are associated with gastric problems, you can use a glass of rosewater and half a glass of peppermint tincture.

Parasite

To exert parasite, you can do the following procedure for 7 to 14 days:

Take a dessertspoon of Peganum harmala (Spind) with a glass of water.

Hiccup:

One of the causes is stomach cramps and there are several ways to treat it. But the easiest way is to make his/her sneeze, and he/she can Take honey with onions.

Phlebotomizing the scapula is also effective.

Appendix:

In traditional medicine, the appendix is surged, but you can give the patient a few glasses of honey in the first hours, if the pain was decreased, you must repeat this work for 48 hours, and the patient must only drink honey, but if the pain was continued, the surgery would be needed.

Bitterness:

1. The cause of this is the loss of bile in the stomach.

2. Take a tablespoon of lemon juice with water or pomegranate juice or barberry juice.

Runny mouse:

1. The cause is coldness of the stomach.

2. Take honey in a fasting way per morning. 3. Swallow a dessertspoon of Peganum harmala (Spind) with a glass of water per night.

4. Avoid cold foods

#### Cold diarrheal:

Cold diarrheal is a diarrheal that non-digested cold materials are excreted which is very flabby and watery.

1. Boil the mixture of a glass of Peppermint tincture and a dessertspoon of plantain for 10 minutes, and then mix a glass with a tablespoon of honey and Drink per 4 hours. Tip: If you have cholera diarrheal, treatment is the same.

#### Hot diarrheal:

Hot diarrheal is a diarrheal on which the stomach is operating and the digested hot materials are excreted from body and it causes anus itching and redness.

1. Avoid hot foods.
2. Take cold foods like yogurt, Sour milk and yogurt.

#### Stomach Colitis:

1. Boil a glass of Peppermint tincture and a teaspoon of plantain for 11 minutes, and then mix it with a tablespoon of honey. Drink a glass of it per night.

#### Irritable bowel Syndrome:

1. If it is accompanied by diarrheal, its cause is hot-tempered and it is beneficial to Take sweet yogurt.
2. If it is nauseated, it is caused by coldtempered. You must boil a glass of Peppermint tincture with a teaspoon of plantain, and then drink it with sweet honey before dinner to treat it.

#### High burping:

The cause of this disease is the coldness of stomach.

1. Boil a glass of Peppermint tincture with a teaspoon of plantain, and then drink it with sweet honey after dinner
2. The treatment duration is at least 40 days.
3. Avoid ice water as well as drinking water between foods.

#### Hemorrhoid:

Firstly, you should treat the constipation, and then you should phlebotomize (cupping) and leech therapy.

#### Digestive system Adjustment:

1. Take 7 figs per night for 14 nights.
2. Take 7 olives per morning for 14 days.
3. Drink a glass honey vinegar with of Peppermint tincture an hour after dinner per night for 14 nights.

#### Incontinence feces and flatus:

It is caused by coldness of the intestine.

1. Rub Nigella Sativa oil on the waist per night
2. Take hot foods
3. Take honey in a fasting way
4. Swallow a dessertspoon of Peganum harmala (Spind) with a glass of water per night hot

#### nausea:

It is accompanied by diarrheal and stomachache.

1. Drink a glass of honey vinegar and Peppermint tincture per 12 hours.



Cold nausea:

it is accompanied by weakness and sadness. 1. Swallow a dessertspoon of Peganum harmala (Spind) with a glass of water per night

## 11: Male Infertility

Disorders

Men's Sexual Problems:

Today, sexual problems are very common in men, and the main reason is the coldness (cold-tempered) of male sexual organs. There are significant examples of coldness of sexual organs in men such as: decreased eroticism, early ejaculation, reduced sperm count, decreased sperm speed and... In some cases, these failures result from mental inability, which is also due to the coldness of the brain. For treatment, it is very helpful to do the following for a period of 40 - 120 days (depending on coldness of the body):

1. Rub sesame and olive oil on the waist, under the abdomen, the penis and testicles, the groin and the surrounding area.
2. Phlebotomize the waist and under the abdomen every other night in 21 steps 3. Using the IS (PBUH) prescription three times a week.
4. Drink a glass of a Taraoe with a dessert spoon of honey per night
5. Take 3 to 4 meals of Tahini with grape sap as breakfast per week
6. Avoid cold foods, especially at night for at least 40 days
7. Take 3 dates per day
8. Chew 14 fresh almonds like chewing gum per day
9. Take 7 Olive per morning
10. Take 7 figs at night
11. Take 1 -2 meals of almond Fesenjan stew per week (half -almond + half-walnut)
12. Take sesame seeds, Nigella Sativas, Lucerne, carrots and linen
13. Take a dessertspoon of dosin per day
14. Use Fertility bread to Treat Men-No Fertility.

Use peas in the following ways:

1. pea-Water meal: a glass of pea + onion + olive oil + salt and pepper + water
2. 3 meals of broth per week at dinner
3. Take raisin and pea per day

Fertility Bread: prepare a combination of (40 local albumin + pea powder + onion) in the form of a cuckoo and slice it to seven pieces and Take it in seven days.

You can also use aromatic vegetables and condiment.

Tip: If you do not achieve the desired results by following the above, you should follow the therapy according to traditional medicine physician's view. Then, you should perform cupping and leech therapy as treatment depending on the doctor's diagnosis and the patient's condition.

Precocious puberty in men and women:

1. The best and most uncomplicated treatment is cupping.

Urinary duct without catheterization:

1. Take a dessertspoon or tablespoon of Dosin per 4 hours
2. Inoculate the Nigella Sativa oil in urinary duct.

Urinary tract ulcer (penis) Simple ulceration due to catheter or local injury:

1. Drink a glass of water-honey per 4 hours for 72 hours
2. Impregnate ducts to honey and dress the position

## 12: Women's Diseases

Cervicitis:

If the Cervicitis is accompanied by itching:

1. STake in a bathtub of vinegar. So, prepare a glass of natural vinegar in three liters of boiled lukewarm water, and sit in a bathtub half an hour for seven to fourteen days.

If the Cervicitis is not accompanied by itching 1. Vaginal inoculation of honey in 7 to 14 steps once per night

Tip: The Girls who are not married, they can drink a glass of lukewarm boiled water with 4 table spoons of honey.

Treatment of dysmenorrhea (menstrual pain): 1. Phlebotomize (cupping) under the abdomen and waist every other night in 21 steps

2. Drink a glass of fennel-water with a dessertspoon of honey except menstruation for 120.

Emergency treatment: Drink cinnamon, ginger, or dill decoction.

Treatment of ovarian problems:

Such as: ovarian laziness, ovarian cyst, infertility due to ovum, hormonal problems, Fibroids:

1. The treatment duration is 40 - 120 days.
2. Phlebotomize under the abdomen and waist in 21 steps every other night.
3. Drink a glass of fennel-water with a dessertspoon of honey except menstruation period for 120.
4. Take two dessertspoons of dosin per morning and evening
5. Use the following vaginal mixture as follows in 14 steps on clean days (alum (the same size as pea) + a dessertspoon of honey + a teaspoon of olive oil)

Tip: the Girls who are not married, they should use smoke of this medicines (Peganum harmala (Spind) + frankincense+ alum). The Smoke should reach the Uterine for 14 days. Supplemental therapy, general cupping, sacral cupping, abdominal cupping per two weeks, should be done under the supervision of traditional medical physicians.

Treatment for urinary problems:

Such as: frequent urination, urinary incontinence, urinary tract infections : 1. Phlebotomize (cupping) under the abdomen in 21 steps

2. Honey Vaginal per night for 7 to 14 steps
3. Take a dessertspoon of dosin per 8 hours
4. Rub Nigella Sativas oil on the kidneys and the abdomen
5. Take hot foods, especially Tahini with grape sap

Treatment for uterus prolapse:

1. If prolapse is not much, you can use honey vaginal in 7 to 14 steps per night.
2. If prolapse is a large one, you can use Aloe Vera vaginal in 7 to 14 times per night. Tip: Phlebotomize (cupping) under the abdomen in two states (21 steps).

If prolapse is a large one, additional treatment is required; so you should refer to the traditional medicine physician.

Treatment of breast masses:

1. The treatment duration is 40 - 120 days.
2. Phlebotomize (cupping) the chest every other night in 21 steps
3. Take 3 tablespoons of Shounsil per 8 hours
4. Drink a glass of honey vinegar with Peppermint tincture per night.
5. Swallow a dessertspoon of Peganum harmala (Spind) with honey vinegar per night (40 nights).
6. Use boiled powdered crane (boil one tablespoon of powder in one and a half glasses of water for 20 minutes, then drink with honey). 1

Tip: Those who have a mass in their chest should not use fennel-water.

Small chest treatment:

1. Drink a cup of anise fennel tincture until the person feels heavily in the chest; then she put cupping on the breasts every night. (7 to 14 steps) If the coat is not done, the breasts will re-shrink.

Treatment for severe bleeding or implantation:

1. Phlebotomize (cupping) beneath the chest in 7 to 14 steps
2. Drink a glass of yarrow tincture with a little honey per night

Infertility treatment:

1. Cup the waist and the abdomen every other night in 21 steps
2. Rub sesame and pungent olive oil on the waist and abdomen and groin.
3. Drink a glass of fennel tincture with a dessertspoon of honey, except menstruation periods.
4. Drink a glass of Citrus aurantium with a dessertspoon of lemon balm with a little honey
5. Cupping if necessary
6. It is recommended to do the following daily: 7. Take 3 dates, 7 figs per night, 7 olives per morning, 21 raisins, 14 almonds.
8. Avoid cold foods especially at nights Pregnancy and Tinnitus:

1. Take 7 drops of Nigella Sativa oil into the ear and wait for 4 hours. Then, put a warm water bag on the ear to return the material.
2. Walk slowly everyday.
3. Massage With soft brush, massage your head.

Treatment for decreased eroticism:

1. Take a cup of fennel-water with a dessertspoon of honey for 4 - 6 months except mensuration periods .
2. Smell aroma at night
3. Take 5 meals of tahini with grape sap per week
4. Take daily: 3 Dates, 7 figs at night, Olives 7 per morning, 21 Raisins, 14 Almonds
5. Avoid cold foods especially at night. Non-menstrual treatment:

Non-menstrual treatment:

1. Drink a cup of fennel tincture with a dessertspoon of honey per night except mensuration periods
2. Cup (phlebotomize) the groin and legs every other night in 14 steps

Treating Unwanted hair:

1. Take a cup of fennel-water with a dessertspoon of honey per night for 120 days except mensuration periods.

2. Then, when the hair is thin and light, trim them and rub the mixture of cedar and vinegar on its area. It should stay on your head one hour a day for 7 days.

Premature ovarian failure (Premature menopause):

Premature menopause is widespread today and women are menopausal at about 35 years. In some cases, there are 21-year-old young girls who have been told that they have been menopausal. In terms of traditional medicine, premature menopause is a symptom of cold appetite in the sexual organs or throughout the body. To treat, consider the following 40 to 120 days to return to normal everyday habits:

1. Take a glass of fennel-water with honey per night for 120 nights
2. Inject 20 cc of honey Vaginal per night for 2 weeks
3. Avoid cold foods especially dairy, fish, tea, lentils, veal and beef, eggplant, tomato, cucumber and chicken.
4. Take a cup of Tahini with grape sap per day
5. Take a dessertspoon of dosin per 8 hours.
6. Perform the general cupping 40 days after starting treatment (it is better to cup under supervision or by diagnosis of traditional medicine specialist).
7. Cup the waist, under the abdomen and thighs every other night in 21 steps

Women's fatigue:

1. Take 3 dates.
2. Chew 14 almonds like chewing gum.
3. Take hot foods at nights

Urinary tract ulcers (simple vaginal ulcers) caused by unconventional sexual intercourse injury or catheter . . . :

1. inoculate 11 cc of Honey vaginal per night before bedtime and placement of legs in the u position for half an hour for 7 nights.

Strengthening Sexual Power in Women:

1. Drink a glass of fennel-water with honey except mensuration duration 2. Avoid cold foods and Take hot foods

Hyperemia of the womb:

The treatment is marriage.

Hot flashes:

1. Drink a glass of fennel tincture with honey per night.
2. 1 to 2 steps of general cupping

Abortion:  
It's often due to cold temperament.

1. Rub the sesame oil on the waist and under the abdomen per night
2. Take hot foods
3. Drink a glass of fennel tincture with honey per night
4. Chew 14 almonds like chewing gum per night.
5. Take porridge of sea-buckthorn powder

### 13: Paediatric Diseases

The women who Take too much cold foods during pregnancy, their baby's brain is overbearing. The child will born sleeping, not smart, puffy, white skin, low hair and fluffy hair and loose mouth, and returns back milk soon. Characteristic of the hot fetus: Dark skin color, shaggy body hair, long hair and clever.

Breast-feeding return treatment: Rub sesame oil on the baby's fontanel and stomach and Take hot foods by the baby's mother.

Treatment for neonatal jaundice:

1. Take chicory tincture by mother
2. Put the baby on the leaves of willow
3. Squeeze and rub the extract on Jaundice
4. cup the back of the baby ear with very slight scratches and a few drops of blood

Treatment for teethe Pain of baby:

1. massage baby's gums with olive oil

Treatment for weak baby and Inappropriate food habit:

To treat children who have Inappropriate food habit and who are week , consider the following instructions:

1. Take a tablespoon of Flixweed with a glass of warm water for 21 days

Paediatric Anorexia Treatment:

1. rub the castor oil or black seed oil on baby's umbilical cord and abdomen

Treatment of baby's Dysuria:

1. Rubbing the Myrtus communis plant on the position
2. Rub solid oil on the position

Late speaking of child:

Take a dessertspoon of tuberculosis and

Almond gruel per day

1. Rub the olive oil on the abdomen
2. Warming up the mother's milk (Take honey and fennel-water by mother)
3. Soak 7 figs in water and give its water to the baby per night.

Nocturnal Enuresis treatment for children:

1. Rub sesame oil on the abdomen, under the abdomen and bladder
2. Take hot foods

Children's Genu Valgum:

The cause is the coldness of the organs.

1. Rub bitter almond oil on the feet per night for 4 to 6 months
2. Take hot foods like figs, almonds.

Development of a child with hormonal problems:

1. Take hot foods such as wheat soup (wheat with shell) with olive oil
2. Take a teaspoon of Sesame per day (if it is hot, you can add a little yogurt with water, drink it).
3. Cupping
4. Take Soup with mTake and pomace; Soup temperament is hot.

Childhood Asthma:

Usually asthma is due to cold temperament.

1. Take hot foods
2. Rub warm oil on the chest and lungs from the back of the waist and warm cupping of lungs
3. Drink hyssop decoction

#### Hyperactivity:

If it is caused by hot temperament, the hair is dry and the body is warm.

1. General cupping in 2 steps in the spring and one step in the fall
2. Take a glass of honey vinegar with

Peppermint tincture per 12 hours

3. Take 3 to 5 barley soup with olive oil meals per week
4. Take cold foods

If it is caused by cold temperament, the baby will break everything and is weak, restless and scratch.

1. Take 3 to 5 wheat soup with olive oil meals per week
2. Take 14 Almond per night
3. Take 3 to 5 meals of Tahini with grape sap per week

4. Avoid cold foods especially at night

#### 14: Cancer

##### Breast Cancer:

1. Prepare a paste consist of half - flour and half - salt, and place it on the breast with a diameter of 1 cm and keep it for 12 hours, and repeat it per day for 12 - 21 times.
2. Take a dessertspoon of Dosing per 8 hours
3. Take hot foods and fennel tincture
4. Dorna syrup

##### Liver cancer:

1. Drink half-glass of honey vinegar with chicory tincture per 2 or 4 hours
2. Take a dessertspoon of Dosing per 4 or 6 hours
3. Refer to Iranian cupping Institute for supplementary treatment.

##### Anti-cancer potage:

The water of this potage is fennel tincture, and it is recommended to use vegetables such as leek, basil, Lucerne, carrot (carrot is recommended), turnips, Garden cress, Nigella Sativa, cumin, and its oil should be olive oil.

(Take a meal a day.)

Tip: All people can Take this potage, even noncancerous.

##### Preventing Cancer Metastases:

1. phlebotomize the scapula
2. Phlebotomize the scapula in 40 - 70 steps (put 7 to 14 cups).

Tip: If metastasis is collected, and if it is cancer, it will stop its progress.

Hot cancer explosion:

1. Prepare a paste with leek juice, coriander and flour with some sugar, and put it on the tumour and open it after 7 days; during this period, you should drink Populous decoction.

#### 15: Endocrine Diseases

Hyperthyroidism and Hypothyroidism Treatment:

Hypothyroidism:

Hypothyroidism is due to the coldness(cold feeling) of the body according to traditional medicine.

1. The main treatment is to cup under the throat in 14 steps, the type of cupping is special, so it should be done by a traditional medicine specialist.
2. Swallow a dessertspoon of Peganum harmala (spind) with water.
3. Smell warm aromas at bedtime
4. Take 5 meals of tahini with grape sap per week as breakfast
5. Avoid cold foods especially at night

Hyperthyroidism is caused by the warmth of body according to traditional medicine. 1. Cup under the throat step in 7 steps

2. After cupping, general cupping in 1 step 3. Two weeks later, general cup under the chin

Underarm Diaphoresis:

1. The cause is coldness of body.
2. The treatment duration is 40 to 120 nights. 3. swallow a dessertspoon of Peganum harmala (spind) with a glass of water per night

Tip: If this tincture returns jaundice and the dress is yellow, it is choleric, so it is best to drink a glass of honey vinegar with Peppermint tincture an hour after dinner instead of Peganum harmala (spind).

Head Diaphoresis at bedtime:

1. If the tincture is cold, massage the head with sesame oil to treat it.
2. If the tincture is hot, massage the feet to balance the heat of the body.

Bad smell swTake of body:

1. general cupping in 2 steps, once a month

2. Drink a glass of honey vinegar with

Peppermint tincture per night for 40 nights

3. Wash the Body with vinegar in 7 steps

4. Take 7 figs per night for 40 days

5. Take 7 olives per morning for 40 days

6. Take a dessertspoon of Nigella Sativa oil per night for 14 days

7. Rub the violets oil for 14 nights

#### 16: Respiratory Diseases

Asthma:

1. Take 2 dessertspoons of Dosin per 12 hours for 40 -120 days.

2. smoke-free Peppermint hookah, half an hour a day (the hookah, which the Peppermint is poured instead of water, it does not require smoke and tobacco, etc.). If you want to smoke, you should use olive leaves instead of tobacco) for 40-120 days.

3. Avoid cold foods especially melancholy for

40 nights

17: Infectious Diseases

Sinusitis treatment:

You can treat sinusitis by considering the following instructions:

(A) Nigella Sativa oil should be dropped into the nostrils in the following manner:

1. First night, one drop in right nostril
  2. The second night, one drop in left nostril
  3. Third night, two drops in right nostril
  4. Second night, two drops in left nostril
  5. Third night three drops in right nostril
  6. Second night, three drops in left nostril
7. After six days, don't use the drop; then continue once again following the above manner; then, in the fourth week, inhale a dessertspoon of honey with lukewarm water per night.

Tip:

Rubbing the Peppermint tincture or Nigella Sativa oil on the forehead is useful during this period.

When you are using Nigella Sativa oil, the head should be fully rearward or prostrate. We mean as number of drops, it is a droplet that actually enters the sinuses. This droplet has a burning effect and increases the loss of pharyngeal phlegm, which is normal.

B) Other Treatments: Use a glass of lukewarm boiled water and a dessertspoon of binge to inhale for three nights. Then, you should not use this drink for a weekend, and then you should do the above steps for three nights. After that, it is recommended to inhale water and honey for a week.

C) Another treatment is fumigation of Eucalyptus for 14 nights.

Tip: Among the above instructions, the first method is the best; also, if the disease is not treated with the above methods, it is recommended to perform leech therapy as additional treatment.

Distributed pain throughout the body:

In this case, the cold catches the whole body and the patient cannot breathe, laugh, and sneeze and . . . .

1. Perform frequent warm scapula cupping

2. Respiration (it is so important) after eating a hot soup

3. Drink Peppermint decoction

Tip: It is better to use cathedra for sweating.

Treatment for snoring and upset sleep:

The cause of snoring is due to sinus problems or throat. You are snoring if the phlegm is high in areas of your face and throat. If snoring is light, it will take for the first 30 minutes of sleep, and if the phlegm increases, it may take up until morning.

1. Heat the head and throat in the following ways:
2. Dispose of the sinuses (we fully explained in sinusitis treatment).
3. Rub sesame oil on the fontanel for 40 days to warm the sinuses.
4. Take hot foods at night
5. Take honey and frankincense (Olibanum) at night
6. Rub the sesame oil on the throat simultaneously with thyroidea cupping until the throat is warmed up.



7. Fix bed and pillow.

Tip: The above instructions will reduce the snoring and if you consider the above instructions, it would be completely treated for 40 - 120 days Dry cough:

1. Mix 5 almond oil units and 2 honey units, and Take it with salad. Night cough:

1. First, treat sinusitis.

2. Use dry cough prescription after treating sinusitis.

3. Another way to treat a cough is to Take and Take an honey onion like eating bread and yogurt.

Deep Lung Infection:

1. Empty a onion like seven-number shape, and fill it with honey and cook it on the salt (add salt in a container of 1 cm and put the onion on it to cook) then Take a grain per night. 2. The treatment duration is for 7 -14 nights Tip: This prescription can also be used by chemical people, it's superb.

Pneumonia:

1. Rub the Nigella Sativa oil on the side and the scapula

2. Drink Peppermint tincture with honey for

14-40 days

18: Genital Diseases incontinence Seminal fluid flow: it is caused by the severity of sexual coldness.

1. Take Tahini and sap per day for 120 days.

2. Rub the Nigella Sativa oil on the waist

3. Take date and pea

4. Avoid cold foods

Prostate and Prostatitis:

The prostate is an organ of the male genital system and it is located inside the urinary tract in the pelvis.

1. Take a dessertspoon of Dosiin per 8 hours

2. General and sacral cupping

3. Rub the rose oil or other warm oil under the abdomen

4. Warm cupping under the abdomen

5. The treatment duration is 40 days.

Frequent urination:

The reason is coldness of bladder.

1. Take hot foods

2. Avoid local cold substances (such as: swimming and strolling on the stone, carpet, and bathing in menstruation period).

3. Rub the rose oil or other warm oil under the abdomen

4. For men, it is recommended to Take a tablespoon of Dosiin per 8 hours.

Dysuria:

1. Drink a glass of honey vinegar with

Peppermint tincture per night before bedtime.

## 19: Other Diseases

### Spinal canal stenosis:

1. Rub Nigella Sativa oil or bitter almond oil on the spinal canal, massage three time a daily (morning –noon- night) up to 14 days.
2. After 14 days of unction, put 7 cups on both sides of the canal in14 times per 2 days.
3. Massage the scapula to the bottom, twice a day.

### Emergency and definite treatment of poisoning:

Food and drug poisoning is a dangerous problem, and in many cases, it leads to death. So everyone should have accurate information about poisoning, so that we could take care of ourselves and those around us.

1. Emergency treatment is the best solution for sweating.

2. It is not important that what is the factor of poisoning, the patient should be cupped immediately. By cupping, the patient returns to normal situation; then, with reversible medications such as: A combination of a hot rose-water and a glass of lukewarm water + of 2 tablespoons of sea salt will make the patient to vomit and cleansing the stomach from poisoning factor. If the patient is poisoned about 3 hours or more, he/she can have an expellant drug, like 2 tablespoons of roses + 1 tablespoon of senna leaf, so that the patient could excrete the poisoning factor by diarrheal.

### Treatment for carpal tunnel syndrome:

The disease is the same as a scalp, pain and numbness in the wrists and fingers, which is more common in women today. Traditionally, the disease is due to sediment melancholy at the end of the hand. These people are going to surge but they can treat it by considering the following instructions:

1. Drink a glass of honey vinegar with Peppermint tincture vinegar with a dessert spoon Peganum harmala (spind) per night for 80 nights
2. Take 2 tablespoons of Shuonsil per daily for 80 days.
3. General cupping after 40 days
4. Shoulders cupping two weeks later
5. Forearm cupping two weeks later

Tip: After 40 nights, you should not chew (Peganum harmala (spind), but it should be swallowed).

### Allergy treatment:

1. If you have sinusitis, you must first treat your sinusitis in the manner presented in this book.
2. If you do not have sinusitis, you must drop Nigella Sativa oil in the nostrils for 14-21 nights (each nostril, one drop).
3. Drink a glass of Stachys lavandulifolia (tea) with a little honey per day (120 days)
4. Drink a glass of honey vinegar with Chicory tincture per night for 120 nights.
5. After 40 days of consuming the mentioned medications, the general cupping should be performed.
6. One month after the first cupping, the second cupping should be performed.
7. Cup the head two weeks later

8. 40days after cupping, the allergy cupping should be performed.

Tips:

- If you are allergic to something, you can take it to clinic, so that after the cupping, the physician will rub it to the cupping surface so that the body is not allergic to it.
- Sensitivity and allergy are usually caused by eczema, an imbalance of temperament. For its definitive treatment, you must balance the body temperament. Or it is caused by the severity of heat in the head, in which case the treatment is just a cupping-up of allergies. ➤ If you have a cold-tempered, you should use honey vinegar with Peppermint tincture instead of chicory,.

Obesity and thinness:

Obesity indicates an increase in moisture and thinness indicates an increase in dryness in body according to traditional medicine. Now, each of these is divided into two categories, the increase of moisture can be true for a phlegmatic or sanguine person; on the other hand, dryness can also be present in choleric or melancholy patients. Regarding the temper, the treatment will be different. As you know, the obesity is treated by reducing the wet content in body, and vice versa, the obesity is treated by increasing the wet content in body according to traditional medicine. Now, let's explain by differentiating the temperament:

Tip: consider a person with a height of 171 cm. accordingly, we define the ideal weight of each temperament.

A) Sanguine: A sanguine person has tendency to obesity; meanwhile he/she is usually trencherman. That's why he/she has usually overweighed. For a sanguine, according to the aforementioned default, the ideal weight is between 77 and 81 kilograms. Now, if a sanguine temperament is out of balance, he/she should consider the following instructions to lose weight.

1. Don't Take lunch for 40 to 120 days
2. Avoid drinking ice water and drink water between food and drink as much as possible 1 to 2 hour after food.
3. Avoid cold foods especially cold and wet foods
4. A semi-heavy daily exercise is recommended.
5. Cup (phlebotomize) under the abdomen, every other night for 40 steps, each half an hour.
6. Rub Nigella Sativa oil on the abdomen per night.
7. Take hot oils such as sesame, olive and animal oil (animal oil, prepared from cattle). Tip: Fall and winter are the best time for sanguine persons to lose weight, respectively, because their needs to cold foods are lower.

B) Choleric persons: A choleric person usually does not have a tendency to obesity and rarely, he/she may have a tendency to local obesity at adult ages. Most choleric persons are going to fatten, because the base of their body is warm and dry. Considering the mentioned default, the ideal weight is about 68 to 72 Kilograms. If they have lower weight, he/she can reach her/his ideal weight by eating cold and wet meals ; however, it should be noted that if he /she is overeate, the stomach will be cold and only her/his stomach will come out and the whole body will not become obese. To do this, he/she should Take cold and hot foods together: for example, he /she should consider the following instructions for 40 - 120 days as a medicine to reach the ideal weight:

1. Drink a glass of natural milk with a little honey or dates

2. Drink a medical non-alcoholic beer with a little honey
3. Take a cup of chicory tincture with a little bit of honey per night
4. The best season for choleric persons is winter.

How to prepare medical non-alcoholic beer: Heat 14 glasses of water + a glass of barley until the barely is flourished, then keep it in the refrigerator.

C) Melancholic persons: Given the default, the ideal weight is a 63-68kg. If the weight is lower, he/she should consider the following instructions: these people should Take hot foods to reach the ideal weight.

1. Drink half a glass of Lucerne with a little honey
2. Take 7 cucumbers and 7 dates per day 3. Soak 10 figs in the milk soak and then Take per morning in a fasting manner.
4. Take 3 to 4 clusters of grapes per day 5. Chew 14 almonds like chewing gum per day
6. The best season for melancholic persons is Spring.

(D) Phlegmatic persons: These people are very susceptible to obesity. Their ideal weight is between 74 and 78 kilos. The best season for slimming is summer. In any case, a phlegmatic person should Take hot and dry ingredients to lose weight. A phlegmatic person should consider the following instructions for 40 to 120 days to reach the ideal weight:

1. Drink a cup of Tahini with saps per day
2. Drink the mixture of powder (blackberry + Nigella Sativa + thyme + Mastic + honey) per morning in a fasting manner and a dessertspoon of it per night before bedtime. Those who are very fat can Take this mixture half an hour before lunch and dinner.
3. Avoid cold foods
4. Scapular and abdominal cupping every other night for 40 steps, each time, half an hour
5. Rub Nigella Sativa oil on the abdomen and waist per night
6. Use sesame or olive or cow oil

Important tips:

- It should be noted that given increasing age, all ideal weights should be added by 2 to 5 kilos. For example, a choleric ideal weight was said to be 72 kilos; if he/she is 60 years old, the ideal weight is at least about 77 kilos. Anyway, the ideal weight should be determined based on the base temperament and age temperament and the effects of food on the body, and by considering the stated contents, he/she can reach his/her ideal weight.
- The caloric diet in classical medicine is not verified by traditional medicine, as it causes the body to suffer from general weakness.
- To reach the ideal weight, we need to moderate the body in his/her temper.

Cold :

If there is only cold in the head:

1. Rub Peppermint essence on the forehead
2. If you have fever and even sore throat:
3. Take 3 dessertspoons of Dosin per day If you have a runny nose:
  1. Rub sesame oil on the fontanel It is highly recommended to consider the following:
    1. Scapular cupping, which is a warm cupping without blood sampling.
    2. Drink Peppermint decoction per 4 hours 3. Take hot soup (Wheat + Barley + Chickpea + warm Vegetables, especially Peppermint and Tarragon)

Tip: Extreme respiration is also useful for treating fever.

Resuscitate the comatose person:

1. Massage the soles of the feet, 2 to 3 times a day, and each time, half an hour
2. Rub the Rosa damascene perfume on the nose continuously
3. Rub the Nigella Sativa oil on the fontanel2 -  
3 times in a day

Disorders of excretion duct:

incontinence faecal excretion during sneezing and bowels. . . . This disease is caused by coldness of stomach:

1. Rub the Nigella Sativa oil on the waist per night
2. Take hot foods, especially honey in a fasting way
3. Take a dessertspoon of Peganum harmala (Spind) with water at night
4. The treatment duration is 40 to 60 days Tip: Peganum harmala (Spind) seeds should not be chewed, but you should swallow them with water.

Treatment for cellulitis:

1. Take a glass of water with fennel-water with a little, except mensuration period for 120 nights.
2. Wide cupping at the site of cellulite invasion every other night in 40 steps.
3. Rub Nigella Sativa oil per night for 80 nights.
4. Take 3 to 4 meals of Tahini with grape sap per week as breakfast for 4 months.
5. Use sesame, olive, fat and (bovine) animal oil,

Tendency to Take the soil:

The disease is caused by melancholic temperament.

1. Take continuously pomegranate, barberry decoction with honey or salt.
2. After 40 days, cupping is recommended. 3. Take permanently 7 figs per night and 7 olives per morning for 120 days.

To wake up early in the morning:

1. Rub warm aromas in front of the nose, before bedtime
2. Take hot foods and avoid cold foods, especially at nights

Treatment for phlegmatic temper:

1. Rub the Nigella Sativa oil on the head for 40 nights
2. Take a tablespoon of honey before bedtime 3. Take 5 meals of Tahini and grape sap per week
4. Avoid cold foods
5. Take 14 squeezed pistachios per day for 1 week

Treatment for choleric temper:

1. Drink two glasses of fresh lemon juice with honey per day  
you must perform general cupping if the symptoms of bile are observed.

Treatment for melancholic temper: The melancholic cases are expressed in grocery and beverages season.

Cold diabetes:

This type of diabetes increases with stress and the person tends to Take sweets and usually gestational diabetes is of this kind.

1. Take honey in a fasting way

2. Drink a glass of vinegar with Peppermint tincture an hour after dinner per night Diabetes mellitus:

the person Do not have a tendency to Take sweets.

1. Boil the quince in a pot of vinegar and Take a dessertspoon of it per morning and night.

Infectious fever:

1. Chew 3 to 21 Nigella Sativa slowly to reduce the heartbeat, if the baby has infectious fever, 1 to 3 drops of Nigella Sativa oil would be sufficient.

2. The best think is apple that is followed by chicory and willow and spray with cold water Boredom:

1. If you want to be jolly, you can drink the Citrus aurantium decoction.

2. If you want to laugh, you can drink saffron decoction.

Short child's height:

1. Take wheat soup with olive oil or far oil

2. Take sea-buckthorn porridge

3. 3 meals of broth per week

4. The height cupping 3 times a year in spring and autumn

Quitting addiction:

Addiction is caused by melancholy, opium keeps the blood warm and dry, and the longer the age grows, it needs to be consumed more, and glass is drier than opium and crack is drier than glass, which dries the body as much as the cells discontinuity occurs.

1. Take hot foods like apple juice, grapes, dates, bananas and . . . .

2. Drink 4-6 glasses of one honey vinegar with Peppermint tincture and as soon as the darkness of the lips is cleared, reduce the consumption. Then the general cupping and after two week waist cupping and after that the heel cupping is recommended.

3. If you exercise with respiration during treatment, it is better.

4. Drink a lemon juice with honey to boost and Lack of interest to substances.

Much yawning:

It's caused by coldness of the brain.

1. Rub a hot aroma in front of the nose.

Avoid overeating:

1. We need to warm the stomach.

2. Take honey in a fasting way

3. Swallow a dessertspoon of Peganum harmala with a glass of water per night.

4. Avoid cold foods

Fat and Abdomen prolapse:

1. Avoid cold foods

2. Swallow a dessertspoon of Peganum harmala (Spind) with a glass of water per night.

3. Cup under the abdomen

4. Take honey in a fasting way

5. Avoid drinking water between foods 6. After 40 days of taking medications, use tightening belts to pull the stomach slowly.

### Strengthen and fatten the Body:

The following prescriptions are very useful for strengthening the body and increasing the weight of thin and weak people:

1. One tablespoon of honey + one tablespoon of vinegar + some Fried mTake (with lunch and dinner for 15 days or more)
2. Equal amounts of honey + sour lemon juice and fish oil (one tablespoon after each meal). This mixture is a good nutritional supplement and its long-term consumption is also possible. Aged people can use this mixture in the amount of a teaspoon after lunch and dinner.
3. One tablespoon of honey + a glass of milk (After breakfast, lunch and dinner)
4. One kilogram of honey + chopped walnut or almonds (a dessertspoon at lunch and dinner) 5. Strengthening the body and stuttering elimination
6. Dissolve a tablespoon of honey in a boiled or dipped boiling glass of thyme and drink it after breakfast. (This prescription is useful to fix the stuttering and general strengthening of the body.)

### Painful bites:

1. Mixture of honey and baking soda in equal amounts is useful to relieve the pain of insect bites and burns.

### Anorexia:

Boil 10-15 g of dried lupulus in hot water for 12 minute; then and mix it with honey and drink it 2 to 3 cups per day. lupulus is a bitter booster that appeals you soon.

### Treatment for lymphatic drainage:

1. Drink hop decoction. This decoction strengthens the body and eliminates weakness and disability.

How to prepare: Boil 11 to 15 grams of lupulus in a litter of boiling water for 12 minutes, and then mix it with honey. Drink a cup of coffee every day before breakfast, lunch and dinner.

### Bloodstream Disorders:

1. Painful mensuration periods in women, menopausal complications, and varicose veins are caused by bloodstream disorder. To treat it, you should pour 31 grams of roots, stems, leaves and floral nose into two dc litter of cold water and boil it for two minutes. Then take it on the fire and let it cool. After that, smooth and mix it with honey and drink a half of cup three to four times per day before meals.

### An injury caused by amputation:

1. Surgery
2. Wash the amputated limb position to cleansing the blood
3. Suture and rub honey on the position
4. Create a skin coating on a honey impregnated position and Suture
5. Honey coating on the Suturing surface for 72 hours
6. Take honey and water-honey with

### Peppermint tincture during surgery

7. Take a glass of water-honey with Peppermint tincture + rose water every 4 hours

### Irritation caused by bad guy's mischief or offence:

1. Smell the rose-water at bedtime for 7 nights
2. Take 7 dates per day for 7 days
3. Take a dessertspoon of honey in a fasting way and at night for 7 days

Infectious ulcer along with chronic fever:

1. General cupping once
2. Impregnate the ulcer with honey for 7 days
3. Take a dessertspoon of Dosin per morning and night for 7 days

Types of cupping:

In general, there are two types of cupping: one is just cupping and the other is cupping on the body and scratching and bloodletting from

The cupping position.

Authorized age for cupping:

The cupping could be done at 4 months of life, and this beneficial treatment can be continued until the end of life, provided that the patient has the patience.

Cupping Times Rate:

In general, for a person who is completely healthy and does not have a particular disease, it is recommended to cup (phlebotomize) once in the spring and once in the autumn, and it is much better if he is cupped in summer and winter. If a person has certain illness or diseases, the cupping should be performed under the supervision of traditional medicine specialist and according to a certain scheduled planning (Usually once in a month). However, except in exceptional cases, he/she should cup per twenty days.

Tip: if the person's temper is phlegmatic, it is recommended to cup three times in a year, one in the middle of the spring, the second in the end of June and the third in the middle of the fall. (It is very important to observe the ages and temperament of individuals in cupping.)

The best time for cupping:

The seventh day of the Hezrān and the fourteenth of Hezrān (Hezrān is the Roman months), which is coinciding with the end of June (Khordad). The aforementioned days are the best and most stressed days for cupping, and cupping in these two days has many spiritual and physical benefits.

The best time for cupping is the second half of the lunar month, and it is best to cup in days (17-19-21-23,) of lunar moon month. The best day for cupping is 17th lunar month.

Tuesday and Thursday are good for cupping.

The worst day for cupping is on Friday. Tip: The observance of the month days is preceded by the days of the week, so if, for example, 17th day of the lunar month was Monday, we will cup on that day and we would not wait until Tuesday.

Prohibition of cupping:

When we should not or should cup (phlebotomize) according to physicians order and special measures:

1. Extreme weakness
2. Severe anemia
3. in very cold-tempered persons
4. Recovery periods of diseases
5. High blood coagulation disorders
6. during the mensuration period

Cupping is prohibited:

Other bans on cupping are those who have a transplanted limb/organ. The condition for the successful transplantation of the organs is to keep the patient's immune system weak. In this



sense, several drugs are prescribed which called immunosuppressive to keep the patient's immune system weak. If the immune system is strengthened or activated for any reason, there is risk of rejection of the transplanted organ.

The cupping, although it strengthens the immune system, is dangerous in transplanted patients and is prohibited.

Salvage and profitable cupping:

Cupping (phlebotomize) the head (salvage)

The place of cupping is at the top of the head. Therapeutic properties: Treatment of neurological and psychiatric disorders, eye and brain enhancement.

General cupping (profitable):

Therapeutic properties: Blood purification, respiration treatment, bloody Cough cure, Bronchitis Hemorrhagic, Heart palpitations, acne and blemishes, migraines and chronic headaches. . . .

Tip: Cupping has a variety of types; refer the relevant books for further study.

The measures before and after cupping:

1. Sexual intercourse is prohibited 24 hours prior to cupping and 24 hours after it.
2. Bathing is not permitted after cupping for 12 hours.
3. Do not take dish and egg 8 hours before and after cupping.
4. Drink a glass of honey or pomegranate or cherry juice one hour before the cupping.
5. Ability to read the cupping prayer.
6. Rub the honey on the cupping surface.
7. Cupping is prohibited when you are hungry.
8. Don't smoke 12 hours prior to cupping.
9. During the cupping, you should not get an agate ring.

### “Logical Nutrition Treatment by Medium Number of Nutrition”

Disease treatment

Adopting several examples of new diseases with old diseases

Tremor (**rashe**<sup>1</sup>): Parkinson's

Ileus (**Gholenj E Roodeh**): Colitis of the bowel

Piles (**Bavasir**): Hemorrhoids

**ErgonnesA**: Sciatica

Gout (**Neqres**): uric acid

**Davali**: Varices

**Estekhra**<sup>1</sup>: MS

Leprosy (**Bars**): vitiligo

Goiter (**Ghambaad**, believed to be caused by sorrow): Thyroid

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<sup>1</sup> The names that are written in parenthesis and bolded are the names in Farsi.

- Cancer treatment: Poplar leaves.
- Treatment of parasites
  - A) Swallow a teaspoon of **Sphand** (something that you cense) with a glass of water.
  - B) Chew slowly a teaspoon of cockle
- Asthma treatment
  - A) **Dosin**: 1 unit of half-mashed cockle + 3 units of honey (everyday, each 12 hours: 2 teaspoon) 40 to 120 days)
  - B) Mint hookah without smoke, half an hour, every day (The hookah, which is filled with mint instead of water, does not require smoke and tobacco).
- Note: If you smoke, you should use olive oil from tobacco (40 to 120 days)
- C) Stop or decreasing cold foods<sup>2</sup> especially choleric foods (40 nights);
- D) Lung cupping every other night, 21 times.
- E) Generalized bloodletting<sup>1</sup> to 3 times a month depending on the severity of the disease.
- Treatment of **Mounir's** disease (periodic dizziness)

The disease is caused by cold sores and the duration of treatment is from 40 to 120 days.

  - A) Inhaling the smell of flowers (Maryam-Yas-Mohammadi) at bedtime  
Embrocation the skin of the head with sesame at nights (for 14 to 40 days).
  - B) Eating 2 to 3 servings of almond's **Fesenjan** stew per week (Half of almonds and half of walnuts).
  - C) Scapula cupping on scapula 14 times every other day.
    - Attention: It is very helpful to use cuppings during dizziness.
  - D) If you are a woman, eat 1 glass of fennel essences per day (up to 120 nights)
  - E) Stop or decreasing use of cold foods, especially dairy, tomatoes and cucumbers.
  - F) Eating 2 to 3 servings a week of Tahini with grape syrup as the breakfast.
    - Attention: Do these things as long as your body gets warm.
- Eyes prescriptions
- **Treatment of eye ptosis and the puffiness under it (caused by increased phlegm in the eye)**

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<sup>2</sup> When referring to cold and warm foods, it means the food's temperaments.

- A) Embrocation the skin of the head with cockle oil or using a salt crown (Pour the sea salt inside of a syringe bag and leave it on your head at nights for one to two hours.
- B) Stop or decreasing use of cold foods, especially at nights
- C) Eating Tahini with grape syrup for 4 breakfast meal a week).
- Treatment of eye infection:
    - A) A drop of honey in the eye at nights (7 to 10 nights).
    - B) After two weeks, rinse your eyes with fennel essences from 7 to 14 nights
    - c) Eye massage
  - Treatment of nyctalopia (40 to 120 days)
    - A. Put the cocked alfalfa soup on the eyes, so that it stays from the night until the morning.
    - C) Wash your eyes with fennel essence
  - Nervous eye tick treatment: (The duration of treatment is 120 days).
    - A) Inhaling aromatics
      - B) **Fesenjan** Stew of almond for 2 to 3 meals
    - c) Massage of the head and hand palms and feet
    - D) Stop or decreasing the use of cold foods, especially in the evenings
      - E) A glass of orange flower with a teaspoon of Lemon balm and a little honey, every night.
  - Treatment for cataracts
    - A) Wash your eyes with fennel essence (40 nights).
    - B) A drop of fresh lemon juice in the eyes at nights (40 nights).
    - C) After 40 nights of lemon juice, every night use a drop of honey in the eyes.
    - D Mastoid bloodletting (behind the ear)
    - E) Two weeks after the phlebotomy, the bloodletting of the temporal area

\* Cure is achieved by repeating this procedure.
  - Keratoconus therapy:
    - A) Massage the head with sesame or cockle oil.
    - B) Rinse the eyes with fennel essence (40 nights).
    - C) Cupping for back of the ear 7 to 14 times.
    - Note: Cupping should only be done under the supervision of the traditional medicine expert.

- Treatment for severe amaurosis (weakness of the vision): Is there any short-term treatment for eye farsighted weakness with a dioptr of 7? Do you recommend or confirm the LASIK operation? Meanwhile, we live in a small town and do not have access to a excellent physician like Dr. Kheirandish, please provide a clear explanation.
- Answer: Simple treatments can greatly help the patient, but I am confident about the cure of this problem up to 90% by going to excellent experts of traditional medicine, but what can be said to help the patient is:
  - A) Rinse your eyes with fennel essence every night (120 nights)
  - B) Continuing use of kohl or use antimony or almond kohl while sleeping.
  - C) A drop of natural honey inside the eyes, every night and it is better to be after rinsing the eyes with fennel (40 nights).
  - D) Bloodletting after massaging the head with oil, two weeks later, the head bloodletting is recommended, and two weeks after that, the bloodletting of the temporal area is recommended.
    - Attention: It is necessary to go to traditional medicine expert to do the bloodletting.
    - Attention: Leech Therapy and temporal phlebotomy can also be part of the treatment that is practicable by the decision of a traditional medicine practitioner.
  - E) Drinking carrot juice one glass a day, thymes infusion one glass a day and eating 7 almonds a day are recommended.Considering the above issues, the problem will be greatly overcome.
- Blepharitis treatment: Rinse the eyelashes with violet oil
- Treatment of pterygium:
  - A) Rinse the eyes with fennel essence
  - B) Massage the head with cockle oil
  - C) Bloodletting of the head
  - D) Two weeks later, Bloodletting of the temporal area
- Note: Therapy can be achieved by repeating bloodletting and, in some cases, if the practitioner decides, leech therapy, and even phlebotomy in the temporal area can be done.
- Treatment of irritation and redness and inflammation of the eyes: Use a Combination of fresh lemon juice + sweet almond oil. Use a drop inside the eyes at nights.
- Epiphora treatment:

A) Use a drop of honey in the eye at nights (7 to 14 nights)

B) Stop or decreasing the use of cold foods (40 nights)

- Presbyopia treatment:

Drink **oxymel**, eat things that tastes pungent, do bloodletting, two weeks after the mastoid bloodletting (behind the ear), and two weeks later, temporal bloodletting (temporal).

- To increase vision: Rinse your eyes at nights with fennel essence.

- Floaters treatment:

A) Rinse your eyes with fennel essence

B) Bloodletting of the head

C) Two weeks later, bloodletting of the temporal area

- Hordeolum/Stye treatment: Mash a combination of hollyhocks, thymes and sand plantain with hot milk or water, put it on the eyelids, keep it closed and soft until it breaks, and rinse it with thymes infusion.

The bloodletting of the temporal area or just using two leeches near the eye or under the eyelid in a session.

- Glaucoma treatment:

A) Mastoid bloodletting (behind the ear)

B) Ten weeks later, bloodletting of the temporal area

C) Rinse the eyes with fennel essence

- Children's diseases

Regular bloodletting is better than vaccines, and the baby's immune system is strengthened.

- Treatment of fever: enema reduces fever and cleanses the intestine, and if it didn't work, mix cassia and manna of hedysarum (2, 3 burble), it is cathartic and reduces the fever and Descurainia sophia is also good for treating a fever.

- Treatment of infectious or unknown fever: Cockle (3 to 21 seeds). If it is a child, we will give him/her cockle oil (1 to 3 drops) and if it didn't work, we reduce the intervals between each use, (every 4 hours) and the best thing to eat it is apple after chicory and salix alba and washing the feet with cold water.

If the children catch a cold, scapula cupping is useful and if they have **constipation**, **midsection cupping can be useful**.

- Strengthening the immune system and increasing the height of the child: Grease the back of the children with warm oils, and put them in the sunlight for half an hour.
- Children who are impatient and cry a lot and have stomachache and flatulence:  
Rub the stomach with oil and massage it for half an hour.
- Cure brain disorders and children's cerebral palsy: Rub the child's spine and head with oil and shave his/her hair.  
Shaving of children's hair increases the body's strength in adulthood.  
Ibn Sina says that if the infection infects the whole body of the child, the kid should have three leeches around his/her anus.  
A memory: The parents of a little girl said that their child had a pain in her stomach and within 17 weeks we took her to 18 experts. She did not get well enough, so they visited a doctor of traditional medicine, after examinations, he noticed that cholera was seen in the womb of the girl so her first period didn't happen. She was recovered by bloodletting under the midsection, cupping and cholera cathartic and enema.
- Treat children's hearing loss: Use leech behind of the baby's ear.
- The types of watercourses (sitting in the tubs) are curative, depending on the illness that you have, put the infusion in the tub and then sit in it for half an hour, it's equivalent to three months of medicine and pills' use.  
Massaging the feet palm of the children with oils will activate the child's entire system, and the child will not get sick later (Every day).
- Treatment of chicken pox: generalized and liver bloodletting.  
Oatmeal soup with a lot of coriander is great for treating childhood infections, and the combination of honey + fresh lemon juice + water is very good, and mashed apple + rose water is very useful for a child whose body is exposed to the disease.
  - ❖ Cold child characteristics: If you have too much cold foods during pregnancy, the fetus's brain will be so cold, i.e. the child that is born is sleeping, quite naive, puffy with white skin, having little hair on his head, bright fluffy hair, loose mouth and returns the milk so soon.
- Warm child characteristics: Dark skin color, hairy body, long hair and clever.
- Quick treatment of returning milk in babies: rub the sesame oil over the baby's stomach and head, and the mother should eat warm foods.

◆ Treatment of neonatal jaundice: Eating chicory essence by mother, laying the baby on salix alba leaves, purslane (eating and rubbing it on the jaundice), bloodletting behind the baby's ears with little scratches and coming a few drops of blood.

- To relieve the pain caused by pulling teeth in children: massage gums with olive oil
- Treatment of children who are picky eaters and have no strength and are weak: eat 1 tablespoon of descurainia sophia with a glass of hot water for 21 days.
- Treatment for children with epilepsy, seizure and cerebral palsy: Rub the baby's head until 2 years old with cockle oil and bitter almond oil once or twice a week (before the complete application).
  - ❖ It can cause brain development, better breastfeeding, and calmness and physical growth in children.
- Anorexia treatment for children: Rub the stomach and midsection of children with castor oil or cockle oil. This also helps to treat bloating, tenesmus and colitis in infants.
- Treatment for infants who suffer from dysuria: Rubbing the grinded myrtle leaf on the spot, rubbing the solid oil on the spot and breast milk where is burnt.
- Treatment for late talker children: Eating 1 tablespoon of honey and almond farina, every day.
- Treatment for babies' constipation: Rubbing the olive oil over the stomach, warming the breast milk (mother should be eating honey and fennel essence), and soaking 7 figs in the water, and giving the water in which they are soaked to the baby drop by drop, at nights.
- Treatment for children's nocturnal enuresis: The reason is bladder coldness and this coldness is because of the coldness of the whole body, or it is localized. If it happens at the nights that he eats cold food and feels cold, it means the entire body is cold and if it happens whether he eats cold foods or not, it is localized coldness. Why did he get cold? Because he had urinated for two years and they did not change his diaper for several hours and he has stayed in his urine. For treatment: you should do localized warming, and if you give him warm foods, he will get warm a lot, and rub the rose oil or sesame oil in abdominal areas, on his side and back, and also give him warm foods.
- Treatment for softness of baby's fontanelle: The breast milk should be **nutrient** by eating warm foods, such as: fennel essence with honey, dates, wheat soup with sheep's trotter, take a bath

with olive oil for kids (7 to 14 days) and after 24 hours take a bath and rub olive oil on the baby's fontanelle.

- Treat an anemia for one year old baby: breast milk with honey, dates and warm fennel essence, and rubbing the baby's body with cockle oil
- Recommended foods for pregnancy
  - 1- Honey
  - 2- Fig. (7 figs at nights)
  3. Olive (7 olives in the morning)
  - 4- Sesame (1 teaspoon a day)
  - 5- Using (wheat, oatmeal and pea) in soups or pottage without noodles.
  - 6- Zante currant (21 per day)
  - 7- Essences and Mint infusion (refreshing and stomach heater)
  8. Dates (2 per day), especially in the last month, (increases patience, natural vaginal childbirth and womb's warmth)
  9. Almond (14 per day)
  10. Grapes, Apples, Quince, Pomegranates, Pears
- Treatment of bad breath: Bad breath is due to three reasons and for removing it, the main reason should be treated, which may be one of the following:
  - A) Sinusitis and postnasal drip in the evening: sinusitis treatment will be explained in details.
  - B. Oral infection: using salt and honey toothpaste (5 units of honey + 2 units of salt)

✓ Digestive problems treatment: Treatment of gullet and stomach problems such as (esophageal ulcers, gastric ulcers, flatulence, **eructation**, acidulate and gastritis)

  - C) Gastric reflux, gastric Helicobacter: Take a glass of mint essence, with a teaspoon of Broadleaf plantain in the pan, after boiling, let it stew for ten minutes, after it gets lukewarm, drink it with honey at bedtime. The duration of treatment is 40 to 120 days depending on the type of disease. It is worth mentioning that in patients with gastric ulcer disease, one can use a tablespoon of broadleaf plantain to see the results sooner.
  - Attention: This prescription is simple and works out perfectly, just give it a try.
  - Note: Sweet tea has conflict with food, and it leads to reflux.



• Note: For a better and sooner results in the gastric problems, the following should be taken into account seriously. It should be noted that many problems are caused by not doing the following issues:

• A Never drink very cold water.

• B Stop drinking water while eating meals. The best drinking time is half an hour before and two hours after the meal.

• C decrease using cold foods, especially in the evening (yoghurt, milk, dough, soda and tea)

• Attention: try to be eat cool foods with things that are consistent, for example, Yogurt and Dough with Mint, Ziziphora and Milk with honey or dates and etc.

• Treatment of diarrhea:

A. If diarrhea is common:

- The prescription is just the same in this case, but depending on the severity, it should be done every 4 to 6 hours to get the desired result.

B) If you have Dysentery:

- Melt some barley sugar. Add two to three tablespoon of broadleaf plantain seeds. After about one to two minutes, mix it with water and let it boil. After ten minutes of stewing, drink it (one glass, every 6 hours).

• Attention: **astriictive** foods: figs, dates and mint essence

Treatment of intestinal problems such as (intestinal wind, colitis and intestinal ulcers)

Using of the same broadleaf plantain and mint prescription only with the difference that you should use a glass of rose water instead of mint essence.

• Note: If the intestinal problems are accompanied by problems with the stomach, half a glass of mint essence is used in the above prescription.

• Treatment of headaches

In traditional medicine, headaches are divided into 4 generalized categories:

- Melancholic headaches: Melancholic headaches symptoms include: Pain in the forehead and forehead of the eye and is usually seen in men.

Treatment: Eating oxymel (two units of honey + two unit of mint essence + one unit of natural grape vinegar) or barberry juice and any cold food or inhaling vinegar, orange juice or lemon

juice, etc. can be an emergency treatment. For the main treatment, oxymel should be used for 40 days. Then generalized bloodletting is the definitive treatment.

- Sanguine headaches: Symptoms of the Sanguine headache include: pain starts from the forehead and spreads in the whole head, and it has a pulse in the temple, it is increased by the heat, anger and warm perfumes are other exacerbating factors and more often are seen in men. Treatment: Generalized bloodletting in two steps, once a month and then the bloodletting of the head step that is two weeks after the second generalized bloodletting. It is better to do the generalized bloodletting in the second half of the lunar month, especially on the 17th or 19th or 21st lunar days. If the headaches' severity is high, generalized bloodletting should be performed in three steps, then the head bloodletting will be done.

- Phlegmatic headaches: Symptoms of phlegmatic headaches include: Pain usually starts in the neck and behind the head, it becomes severe in coldness and stress, and reduces with warm smells, and sometimes is with nausea. (Usually seen more often in women).

Treatment: Depending on the severity of coldness of the head, the treatment takes 40 to 120 days.

- 1) Bloodletting of the scapula (21 steps)
- 2- Eating tahini with grape juice for breakfast 5 times a week
3. Aromatherapy (inhaling warm aromatics) at night in the bedtime
4. Rubbing the **fontanelle** with sesame oil
5. Stop or reduce eating cold foods, especially at nights

Note: If the patient was a woman, using a glass of fennel essence with honey at nights is recommended.

- Choleric headaches: Symptoms of choleric headaches include: This headache usually spreads in the entire head, usually caused by any stimuli, and the person is sensitive to light, sound and smell, loves darkness, and in this case, more headaches may occur (noise, anger, traffic, stress and air pollution, etc.). This type of headache is prevalent among women and men.
- Treatment: Choleric headaches require 4 to 6 months to be treated.
  - 1- Eating a glass of oxymel at nights
  2. Head and toe massage
  - 3- Comb the hair with hard-toothed comb

4. Warm cupping of scapula in 21 steps
- 5- Generalized **bloodletting** in two steps, once a month
- 6- **Bloodletting** of the head in the third month
- 7- **Bloodletting** in the back of the ear in the fourth month
- 8- A drop of Nazil drop in the nose, every day for up to 40 days.
- 9 – Stop eating foods that make cholera, including (eggplant, sausage and salami, spicy spices, red meat, black and green tea, coffee and nescafe, cakes, cigars and hookahs and ...

- Constipation

There are two types of constipation: mild and severe

- Treatment of mild constipation: Treatment of this kind of constipation is *Descurainia sophia* that is warm and choleric and it should be drunk with warm water twice a day, because its effect is more with warm water. *Descurainia sophia* is warm with warm water, and cold with cold water, and is consistent with various temperaments.

- Treatment of severe constipation: severe constipation means defecation with intervals more than once in three days, and the treatment of it is:

- 1- Laxative drugs like figs, olive oil and *descurainia sophia*

2. **Purgative** such as senna leaf, a leaf of *Golmohamadi* flower. Two teaspoon of each an hour after breakfast. The reason to use purgative is to clean the body and defecation. Using the leaves of senna without *golmohammadi* will cause scratches on the intestines walls and bleeding.

If it didn't work out, double its dose two days later, prescribing a **purgative** is one to two times, and more than that is wrong and causes weakness in the body, and if it didn't work out, then it turns out that it is a chronic condition, that is, the material is dried in intestine And it's glued to the intestine's walls. In this case, we use enema (a glass of olive oil + three glass of water) or the juice from **kalepache (a food with sheep's trotters and head)** to increase the moisture and to defecation to happen. Aloe vera from the senna leaves is stronger in being a purgative.

Note: The repeated use of the senna leaves needs something else to balance it which is rose flower.

Cold foods cause constipation and warm foods lead to diarrhea, but peppermint is an exception, and **astrigent** and if someone has diarrhea and eat peppermint with cold food as a treatment, such as: peppermint with rice and yoghurt (some cold foods + peppermint) and if we want the defecation to happen, we soak 7 figs and after half an hour we drink the water left from soaked figs which is useful for osteoporosis, and sweet almond oil is a better laxative, which is both food and laxative.

For really severe constipation that the patient is ready for operation, you will find that the **kalepache (a food with sheep's trotters and head) or bouillon's enema** is very good. Women should first have their infection treated. During the two weeks, all of the women who had visited the office had infections, but 50% of expert doctors had said they had no problem.

● Prohibited cases:

- 1- Being under 14 years old
2. **Gastric** ulcer
3. Stomach weakness
- 4- Hemorrhoid
- 5- Less than two days before the previous purgative
6. Ileus
7. Skinny people
8. Sanguine temperament
- 9- A few days after phlebotomy
10. Old and weak
11. Pregnant and nursing women (It causes the kids to have diarrhea in the case of the nursing mothers)

• Note: It is good for them to vomit.

If the cause of the fever is problem in defecation, giving purgatives decreases the fever.

Cold water and intimacy are prohibited after purgatives.

In children, the cause of constipation is either infant formula, and the treatment of this type of constipation is Manna of hedysarum or the mother has constipation and it is passed on to the baby and the mother should be treated.

- Hair loss treatment:

Hair loss in men is usually because of heat and warmth. If the heat is caused by a fissure of the sanguine **sputum**, the hair begins to fall in the middle parts and if the heat is because of the melancholic sputum, it start to fall in the frontal parts. But the hair loss in women is because of coldness, which causes the hair loss, actually the hair becomes thin.

- Treatment of hair loss in men:

A) If the hair loss is inherited in the family is inherited, it is better for adolescents to start doing generalized bloodletting once or twice a year in the spring so that they never lose hair (continue this process until the age of 28).

B) Those who started hair loss and it is increasing, should start to do bloodletting as soon as possible in order to stop their hair loss. They should do bloodletting in the springs twice a year until they are 28 and head bloodletting once a year, and cockle oil is also good for **fontanelle**.

- Note: One of the tested methods for hair restoration is continuous massage of the head.

- Treatment of hair loss in women:

The length of treatment varies from 140 to 120 days depending on the severity of the coldness. But treatment for hair loss in women is definite.

A) Rubbing the **fontanelle with cockle oil or bitter almond oil or any other warm oil**, such as sesame oil and olive oil.

B) Inhaling warm perfumes (jasminum, tuberose, mohammadi, narcissus and musk) ... It is better to sleep with their smell under the nose.

C) Eating warm foods especially tahini with grape juice - almond fensnjan stew (half almonds + half walnuts) - raisins and etc.

- Note: If a person is phlegmatic in the head, he or she can use boswellia. To do this, take a bite of boswellia like a chewing gum everyday (40 days)

D) A glass of fennel essence with some honey (except the menstrual cycle)

E) Reducing using cold foods especially at nights

F) Massaging the head or combing the hair with a metal brush every day for five to ten minutes.

- G) Walking in the **craggy** or rugged surfaces or massage the foot palm for half an hour a day
- H) After washing the head in the bathroom, use a portion of the solution of water and salt (3 tablespoons in a glass of water), because the salt is warm and the paste stays hard and the only mineral that the body absorbs quickly is salt.
- Note: For **sparse** eyebrows, the use of hazelnut oil is excellent.
  - Attention: Those who suffer from choleric sputum in their head should do a bloodletting after having done the above work.
  - Note: In massaging the head with olive oil, you can burn a few dry figs and combine it with olive oil and then apply it on the head and let it stay for one or two hours, using this combination has a great effect (14 to 21 nights).
- Dermatological problems  
Most of the skin problems are often due to excessive choler, which should be treated both systemically and locally.
  - Treatment of brown spots on the face and body (choleric spots): The length of the treatment is 40 to 120 days.
    - A. Eating oxymel (2 units of mint essence + 2 units of honey + 1 unit of natural grape vinegar). Take one third of the glass of this combination and the remaining with water for drinking at bedtime.
    - B. Rubbing industrial vinegar (vinegar sold in stores) with a **washcloth** on the spot for 3 to 5 minutes - using washcloth and white lead in the bath.
    - C) Generalized bloodletting once a month, After 40 days until the spots are gone.
  - Psoriasis treatment
    - A) Drinking oxymel (2 units of mint essence + 2 units of honey + 1 unit of natural vinegar). Take one third of the glass of this combination and the remaining of water and drink it at bedtime.
    - B) Rubbing violet or cockle oil at nights.
    - C) Wash the spot with vinegar in the morning.

D Generalized Bloodletting once a month (2 to 3 times).

E) If it didn't work out, localized bloodletting or leech therapy.

● Treatment of facial spots:

A) Drinking oxymel (2 units of mint essence + 2 units of honey + 1 unit of natural vinegar). Take one third of the glass of this combination and the remaining of water and drink it at bedtime.

B) Use cedar henna + vinegar

C) Generalized bloodletting once a month (2 to 3 times)

● Removing tattoos: Pumpkin (vinegar + cedar) (3 to 7 beets for 2 hours)

● Acne and pimple treatment for the face and body:

A) Eating cold foods

B) Drinking chicory essence 1 glass a day and **acerbic** things, oxymel, **pickles**, vinegar and lemon juice.

C) Generalized bloodletting 2 to 3 steps or local bloodletting near the acne

D) If it didn't work out, try leech therapy.

● Treating dandruff (burned bile):

A) Drinking oxymel (2 units of mint essence + 2 units of honey + 1 unit of natural vinegar). Take one third of the glass of this combination and the remaining of water and drink it at bedtime.

B) For warm dandruffs, washing the head with vinegar after shampooing and washing it after a quarter is recommended.

C) Generalized bloodletting once or twice a month.

D) For cold dandruffs, sesame oil can be useful.

● Treatment of Dermatophytosis: Rubbing the **ostrich** 's oil on the spot

● Treatment of dark circles under the eyes (choleric circles):

A) Combining 4 tablespoons of olive oil + 4 tablespoons of salt and rubbing it twice a day and washing it after 10 minutes (it makes the blood diluted).

B) Drinking oxymel (2 units of mint essence + 2 units of honey + 1 unit of natural vinegar). Take one third of the glass of this combination and the remaining of water and drink it at bedtime.

C) Generalized bloodletting once or twice a month.

D) If it didn't work out, try bloodletting behind the ears and for temples and leech therapy on the spot.

E) 2 teaspoons of honey + 1 teaspoon of vinegar, massage the combination with your finger and wash it 20 minutes later.

- Treatment of cheeks ptosis in women: Fennel oxymel (2 units of fennel essence + 2 units of honey + 1 unit of natural vinegar). One third of the glasses of this combination and the remaining of water should be drunk at bedtime.

- Treating the vitiligo (white spots and phlegm crystals on the surface):

In classical medicine, it is same as Vitiligo:

A) Drinking oxymel (2 units of mint essence + 2 units of honey + 1 unit of natural vinegar). Take one third of the glass of this combination and the remaining of water and drink it at bedtime. Drink it 1 to 2 glasses at morning and night. The duration of the treatment is 4 to 12 months.

B) Stop eating cold foods such as beef, sausage, **salami and fish**. It can be cured in one year.

C) General bloodletting once a month, after 3 months

- Treatment for scars of acne:

A) Rubbing the violet oil at nights.

B) Leech therapy on hair growth line, 1 to 2 steps.

- Treatment of lipomas under the skin:

If your temperament is warm: drink oxymel, **acerbic** flavors and bloodletting and if the temperament is cold, eat warm foods like warm oils.

- Freckle treatment (the reason of this is blood concentration)

A) Drinking a glass of oxymel at bedtime. (Its combination is: one third of the glass of oxymel and two thirds of water)



B) Eating **acerbic** flavors; (Pomegranate juice and tomato juice)

C) Reducing the use of fried foods

D) 2 steps of bloodletting in the spring and 1 time in the fall.

Treatment of open pores (big pores): Using aloe vera gel at bedtime for 40 nights.

Treatment of warts and broilers (increase in environmental cholera)

A) Massage

B) Drinking a glass of oxymel at bedtime. (Its combination is: one third of the glass of oxymel and two third of water)

C) 2 stages of general bloodletting or 1 stage of local bloodletting

D) Using washcloth in the bath for washing

E) Localized using fig leaves (leaf latex)

● Treatment of itching heel: Using henna with lemon juice and salt:

● Treatment of cracked heels: Rubbing with camel hump's oil or **fat tail** oil

● Treating itchy hand palms:

A) If accompanied by dryness, take a glass of oxymel (one third of the glass of oxymel + two thirds of water) and drink it at bedtime.

B) If accompanied by sweating :Drinking oxymel with a teaspoon of **Sphand** (something that you cense). Don't chew sphand, but swallow it.

● Dry skin treatment:

A) Rubbing violet oil

B) Use aloe vera gel at nights

● Treatment of red spots on the whole body (Choleric Spots):

A. Drinking oxymel (2 units of mint essence + 2 units of honey + 1 unit of natural vinegar). Take one third of the glass of this combination and the remaining of water and drink it at bedtime.

B) Walking

C) Rubbing the olive oil in the bath for 20-30 minutes and then use vinegar with washcloth.

- Treating greasy hairs: Drinking oxymel and take one third of the glass of this combination, and two third of water and drink it at bedtime. (General bloodletting 40 days later).
- Dry lip treatment (Increasement of bile):
  - A) Drinking oxymel and take one third of the glass of this combination, and two third of water and drink it at bedtime.
  - B) If the corner of the lips cracks, use the **ostrich's** oil on the spot locally.
  - C) If the middle of the lips cracks, use sesame oil or olive oil inside of the navel.
- Treatment of bad smell of the feet: Salt henna + lemon juice
- The cause of jaundice and its treatment: the reason for this is that the mother used to eat warm and dry foods at the time of pregnancy, so we use gentle cold foods in the treatment of it, like milk that is used for babies' head and Hollyhocks for baby's whole body (We'll make the ending part of the Hollyhocks and mix it with hot water to make a paste). For the treatment: first, the bloodletting of both earlobes and if it didn't work out we use general bloodletting. You shouldn't be afraid if you see that your baby has a little blood, because the baby has a lot of blood and if the baby's jaundice is too much, it may take 24 hours for bloodletting behind the ears again.
- Causes of Infertility in women
  - 1- **ovarian cysts**
    - 2 - Infection
    - 3. Premenstrual problems (the person is angry and has pain). These problems may be because of tilted uterus, or obstruction of the tubes or small uterus that they require operation.
    - 4 - Polycystic ovary syndrome
  - Causes of infection:

One of the causes of infertility is infection that needs to be treated. If the man has dysuria or frequent urination, it may be due to his wife's infection and so it should first be suspected.

Wet spots means infection and so women's underwear should not be wet.

Tight pants also cause infection

Condoms can also cause infection and itching.

- Treatment of female diseases: treatment of uterine infection:
  - A. If the infection is accompanied by itching: The treatment is sitting in a bathtub of vinegar .Pour a glass of natural vinegar in 3 liter of lukewarm water and sit half an hour a day for about 7-14 stages.
  - B) If the infection is not accompanied by itching: vaginal injection of honey, once every night in 7 to 14 steps.
    - Girls who are not married use a combination of a glass of lukewarm water and 4 tablespoons of honey.
- 2- Treatment of dysmenorrhea (menstrual pain): This disease is because of coldness and one of the causes of painful menstruation, infertility and **ovarian cysts** of women is that they wash their vagina during their period or go to the bathroom .Because moisture is absorbed through the uterus and it makes phlegm and this problems is because of phlegm crystallization that is mostly because of the sitting on cold and humid surfaces and eating hormone chickens and eating cold foods during the period. Nowadays, around 50% of the girls have ovarian cysts.

Treatment:

  - A) Abdominal and back cupping.
  - B) Drinking a glass of fennel essence with a teaspoon of honey except on **menstruation time** (up to 120 nights)
  - C) Emergency treatment: eating cinnamon or dill, ginger + warm water + honey (during the **menstruation time**), sphand (swallow a spoon of sphand with a glass of water)
  - D) Warm bloodletting of ovary.
- Treatment of the ovarian cysts: Not to take a bath during the **menstruation time**, ovary and waist cupping (14 steps every other day), drinking fennel essence and honey, general bloodletting and sacral bloodletting (Dimples of Venus), honey vaginal (one to three night), massage the ovaries with ginger oil and eating two teaspoons of dosin (1 unit of mashed cockle + 3 units of honey) at nights and yarrow essence.

Tip 1: There is no problem with cupping during **menstruation time**, except in some people who cause bleeding.

Tip 2: Cupping works out very well for cysts with diameter less than 6 cm.

- Regular infections of women: General and sacral bloodletting, vaginal honey when the woman is not on period (10 cc), eating dosin, fennel essence and honey, bathtub of vinegar (a glass of vinegar + 3 liters of water in the tub and staying there for half an hour). If it didn't work out, try right and left hand basilica vein (hand vein) phlebotomy.

✓ Cold women: fennel essence + honey + sphand (except pregnant and breastfeeding mothers), vaginal honey, stop eating cold foods, eating Russian olive, figs, olive, cupping inside of hips and using gold and dates.

Note: If we eat cold foods at night, our bodies will get cold and we become heavy sleepers, and in the middle of the night we will have to go to the bathroom, but in the morning, if we have a hard physical work and eat cold, we'll have no problem, or else we have to combine a mixture of cold and warm foods.

- Treatment of ovarian problems such as: polycystic ovary syndrome, hormonal problems, fibroma, ovarian cysts and infertility due to the ovules.

The length of the treatment is 40 to 120 days.

A) Abdominal and back cupping every other night.

B) drinking a glass of fennel essence with a teaspoon of honey except on **menstruation time**

C) Eating 2 teaspoons of dosin a day in the morning and evening (three units of honey + one unit of half-mashed cockle)

D) Using the following combination vaginally in four steps when not being on period (Alum (pea size and not more than that) + a teaspoon of honey+ a teaspoon of unrefined olive oil

• Note: Girls who are not married should use the smoke of drugs (sphand + boswellia + alum).

The smoke should be near the uterus for 14 days.

• Note: Supplemental therapy is general bloodletting, sacral bloodletting (Dimples of Venus), abdominal bloodletting every two weeks that should be performed under the supervision of experts in traditional medicine.

- Treatment for urinary problems: frequent urinating, urinary incontinence and urinary tract infection and etc.

- A) Abdominal cupping in 21 steps
- B) Vaginal honey every night in 7 to 14 step
- C) Eating 3 teaspoon of mashed dosin of cockle (1 unit + 3 units of honey) a day (every 8 hours)
- D) Massaging oil on the kidneys and abdominal areas with cockle oil
- E) Eating warm foods, especially tahini with grape extract

Important Note 1: If you mash cockles, you should immediately mix them with honey otherwise it will produce poison.

Important Note 2: Kidneys are locations for crossing humidity. If these kidneys are warm enough, they can be immune to damage. Urinary retention is very damaging for the kidneys. From childhood, keep the kidneys closed with a scarf. The level of kidney disease is that high that the health minister said that in the next 10 years all the beds in hospitals should be dedicated to kidney patients. Cold water and cold foods are harmful to the kidneys both inside and outside.

- Uterine prolapse treatment: For both conditions, the abdominal bloodletting (21 steps) is recommended
  - A) If the prolapse is not a lot, vaginal honey will be applied once in every night and in 7 to 14 steps.
  - B) If the prolapse is a lot, Aloe vera vaginal will be applied once in every night and in 7 to 14 steps.
- Note: If the prolapse is a lot, there is a need of supplementary treatment, be sure to visit a traditional medical practitioner.
- Treatment of breast masses: Treatment length is 40 to 120 days.
  - A) Cupping on the breasts 21 steps one every other night
  - B) Drinking 3 tablespoon shonesil syrup every 8 hours (4 units of cockle oil or unrefined olive oil + 2 units of honey + 1 unit of natural vinegar)
  - C) Drinking a glass of oxymel (2 units of mint essence + 2 units of honey + 1 unit of natural vinegar). Take one third of the glass of this combination and the remaining of water and drink it at bedtime.

D) A teaspoon of sphand with oxymel (don't use this more than 40 nights)

E ) Using dorna powder (pour 1 tablespoon of this powder in a half glass of boiled water for 20 minutes, use it after cooling with a little bit of honey).

• Important Note: Those who have breast masses should not use fennel essence.

- Treatments that want bigger breasts: Using a glass of fennel essence every night for as long as it feels heavy in the chest, then use cupping on the breasts every night (7 to 14 steps).  
If you don't do the cupping, the breasts will get small again.

- Treatment of severe bleeding or seeing blood spots:

A. Cupping underneath breasts 7 to 14 times

B: Drinking the essence of the yarrow in a glass with a little honey at nights

C) Using of egg yolk and dark tea

- Treatment for unwanted hair: Eating a glass of fennel essence with a teaspoon of honey (except during menstrual time) for 120 days. Then, when the unwanted hair was thinned, shave unwanted hair rub a combination of vinegar and cedar on the spot. It should stay on the face for at least seven days and one hour a day.

❖ Women's infertility treatment: 50 grams of fennel seeds+ 25 grams of natural sugar (if there wasn't any natural, use honey), it should be milled and eat a teaspoon of it after the breakfast and dinner other than menstrual time. Eating a teaspoon of dosin (1 unit of cockle + 3 units of honey) morning and evening), midsection and lower back cupping in 14 stages, every other day, except for menstrual and pregnancy time.

- Another treatment for women infertility:

A) Waist and abdominal cupping every other night in 21 steps.

B) Rubbing oils on groins and waist and abdominal parts with a mixture of sesame and olive oil

C) Drinking a glass of fennel essence with a teaspoon of honey except during menstrual time

D) Drinking a glass of orange blossom essence with a teaspoon of Lemon balm with a little honey.

E) Bloodletting if necessary

F) The following are recommended on a daily basis: 3 dates, 7 figs at nights, 7 olives in the mornings, 21 raisins and 14 almonds.

G) Stop or decreasing the use of cold foods, especially at nights.

● Treatment for the reduction of sexual desire in women:

A) Drinking a glass of fennel essence with a teaspoon of honey for 4 to 6 months except during menstrual time

B) Aromatherapy at nights.

C) Eating tahini with grape juice for breakfast, five meals a week

D) Daily use of dates (3), figs at nights (7), olives in the morning (7), raisins (21) and almonds (14)

E) Stop or decreasing the use of cold foods, especially at nights

● Absent menstruation treatment:

A) Drinking a glass of fennel essence with a teaspoon of honey, except on menstruation time.

B) Groin and leg cupping in 14 steps every other night

❖ Treatment for male sexual dysfunction and infertility: Nowadays, sexual problems in men are very common, and the main cause is the coldness of their sex organs. Issues such as decreased sexual desire, early ejaculation, reduced sperm count, decreased sperm pace, etc. are significant symptoms of sex organ coldness in men.

In some cases, these dysfunctions result from reduced or lack of mental ability, which is also because of brain coldness. For the treatment, doing the following in a period of 40 to 120 days (depending on the degree of coldness of the body and organs) is very helpful.

1. Rubbing oils on abdominal parts, waist groins, testicles and the external male sex organ with a combination of olive oil and sesame oil

2 - Abdominal and waist cupping every other night in 21 steps

3 – Using pea in the following ways

A) Chickpea water (a glass of pea + onion + olive oil + salt and pepper + water)

B) **Bouillon** (3 meals per week as dinner)

C) A handful of peas and raisins

4 - Using three meals a week: Saute some onions in olive oil, add some organic eggs and use it 3 meals per week (for better results you can add some dates to the food).

5 – Drinking Tarune essence and a teaspoon of honey every night.

6 - Eating tahini with grape juice, 3 to 4 meals a week as a breakfast

7. Stop or decrease the use of cold foods, especially at nights for at least a 40-day period

8. It is recommended to do the following:

A) Eating 3 dates every day

B) Eating 14 almonds per day. It should be eaten one by one like a chewing gum with intervals of 30 minutes.

C) 7 Olives in the mornings

D) Eating 7 figs at nights.

E) Eating Fesenjan (1/2 almonds+1/2 walnuts) once or twice a week.

C) Using of Seven Seeds: Alfalfa, Onions, Flax, cockle, Sesame, garden cress and Carrots. (A teaspoon of its powder with its equivalent amount of honey every night).

9- A teaspoon of dosin (3 units of honey + 1 unit of half mashed cockle) every day

10 - Using fertility bread for treating infertility in men perfectly works out.

Note: This nutrition system threatens our generation, and therefore we should give our children chickpea water to prevent this problem. Peas for men and fennel for women will strengthen their sexual strength, and verjuice will do the opposite and reduces sexual desires.

Fertility bread recipe: The combination of 40 germinal egg's **albumen** +pea powder + onion. Cook it like cutlet, divide it to 7 parts and eat it in 7 days. You can add some spices and vegetables to it.

Chemical anti pregnancy drugs are carcinogenic. It has been heavily restricted in the United States for 10 years, and it has been damaging to the liver, and it concentrate the blood and makes it chloric and has many side effects.

❖ Anti-Pregnancy ways: If you eat too much peppermint, you will not get pregnant. Other ways: vaginal sesame oil before intimacy, vaginal Sodium bicarbonate+ honey is good for half an hour before the intimacy.

✓ Cure for colds: the common cold is the boss of all diseases and the treatment of it is sweating and it is because of common cold that harder illnesses occur. The patient with cold should relax



and rest and by rest we mean giving heat and energy to the body. We catch a cold through the head so we must cover the head either with oil or with a hat.

1- If you only have cold in the head, apply the mint essence to the forehead.

2- If the fever is high, eating a teaspoon of dosin (1 unit of mashed cockle + 3 units of honey) is useful.

3- If you have a runny nose, rub sesame oil to the scalp.

\* It is highly recommended to follow the following:

1) Scapula cupping (hot cupping without blood)

2- Drink the mint infusion every 4 hours.

3) Hot Soup (Wheat + oatmeal + pea + Hot Vegetables especially mint and tarragon)

4. Dill essence is also useful for treating fever.

- Treatment of swollen gastric and **constipation**: A tablespoon of mint essence + rose water and honey + sweet almond oil with honey every 8 hours and oxymel (we use rose water instead of mint essence)
- For getting fat: Wheat soup with olive oil, rice pudding and grapes
- Treating itching and warmth of the feet palm: Rubbing henna, salt and lemon juice on the spot
- Treatment of spinal canal stenosis: Rubbing cockle oil + bitter almond oil 3 times a day until it is always wet and humid, and cupping on both sides of spine in 14 steps (7 cups for each side) and then scapular massage.
- Cure for liver cancer: Drinking half a glass of oxymel every 2 hours or a glass of dosin every 4 hours (1 unit of mashed cockle + 3 units of honey) one teaspoonful every 4 hours.
- Bone fracture treatments: cockle oil, dosin **poultice**, albumen dish, figs, camel's dough, tahini and grape juice, warm environment and soft powder of wheat with albumen poultice.

- Treatment of continuous beeping in the ear: 7 drops of cockle oil in the ears and waiting for 4 hours and leave it half an hour on cup of boiled water to return. Massaging the head to the neck with a soft brush, drinking lavender infusion, walking
- Reducing the blood urea: For example, it is recommended to use sumac for gout.
- Toothache treatment: Chewing a pea size of sa'ad as a remedy for gingivitis and tooth whitening. Toothpaste (salt + honey, 4 to 1) to be used every night. The sweet flavor of toothpaste is one of the main causes of tooth decay.
- Treating a large abdomen: Stop eating lunch and swallowing a tablespoon of sphand or cumin with water at nights.
- Areata alopecia treatment: Leech therapy in warm spots
- Treatment of nervous tics in the face: Inhaling the smell of fesenjan for 2 to 3 servings per week. Massage of the head and fee with lemon balm essence or orange blossom.
- Treating trembling hands: Lavender valerian infusion
- Treatment for growth failure children: Bloodletting of the height, in the spot of general bloodletting, the scratches of the surface will stimulate and secrete the growth hormone.
- Forming the face: Grape is useful for men and fennel for women.
- Face & Body dryness treatments: Violet oil, natural gel of aloe vera, use a layer of it every night.
- Nasal congestion treatment: Apply peppermint essence into the nose
- Ear washing: Add 7 drops of sweet almond oil in the ears and 4 hours later, put a hot water bag on it to remove excess materials. This procedure is repeated for up to seven days.
- Natural anti-toxic drug

The mixture of honey and cinnamon has many good features. According to the prevention site, these two beneficial ingredients should not be ignored, and it is therefore recommended to add them to your daily diet plan. Using the same amount of honey and cinnamon helps to treat hearing loss. Acne occurs by accumulating toxin in the body. With using the combination of water and cinnamon and honey, **detoxifying happens** and you can apply it your face locally. Using these two substances with enough water will remove the toxin of the body. Using honey and cinnamon improves the immune system's performance.

A mixture of 2 teaspoons of cinnamon powder and two teaspoons of honey and tea effectively and promptly reduce cholesterol levels.

Mix lukewarm water with a little honey and cinnamon to relieve constipation and make this a regular drink.

These two ingredients have anti-inflammatory feature. So, to relieve the pain of arthritis, mix a little bit of powder of cinnamon and honey with lukewarm water twice a day and use it.

Gastric ulcers are followed by irregular eating habits and chronic acidity. With these two substances, you can treat gastric ulcers.

Cancer cells feed on sugar, so it's best to replace it with honey.

These two substances are a natural way to get rid of the flatulence.

It cleanses blood vessels from dense fat, which keeps the heart healthy.

Sugar produces false energy that is rapidly dissipating, while the energy of these two substances is more durable and confronts excessive fatigue.

Indigestion has become a common problem, and these two substances cause digestive enzymes to work in the stomach.

Cinnamon is a tranquillizer, so drink a glass of warm milk with honey and cinnamon before going to sleep.

The orange blossom is refreshing, and if lemon balm is added, the refreshing speed will increase further (a teaspoon in a glass).

To lose weight, use honey as an alternative to sugar in foods and drinks.

A mixture of both substances and a little basil cures colds and coughs.

Drink a combination of cinnamon and hot water half an hour before breakfast and going to sleep to remove the fats.

- Definitive treatment of sinusitis

1. Mix a teaspoonful of honey with two teaspoons of water and pour two drops of the liquid in each nostril while you are lying down. You can do this with a dropper, this is accompanied by a little burning, but try to be patient. Lie down for 2 minutes and 2 minutes in prostrate. Poisoning and infection is accumulated in the mucus of the nose and back of your ring, and you should try to throw out the mucus of your nose and behind your throat. This drainage from the nose and throat continues for up to 15 minutes and it's better to try to throw it out, as soon as it is felt.

2- After 15 minutes, wash the nose mucus with the serum available at the pharmacy. Pour the serum in a glass in a way that it fills half the glass, then take the serum in through your nose so that it goes out of your mouth. Those who can't do this can use a syringe to do this

3- After 5 minutes of using the serum, it's time for the most important part of the work, and now your nose mucus is clean and there is more access to the sinuses. At this point, you must buy anbar nesara from a **perfumery**, which has the same ingredient of donkey stool and place it on the stove. Minimize gaslight and expose yourself to its smoke. Inhale it through the nose and exhale it through the mouth. Do this with variety i.e. do 20 seconds with low smoke and 20 seconds with intense smoke so that you get burned up in your nose. You have to wait until the anbar nesara is black. It takes 3 to 4 minutes for the anbar nesara to become completely black. The dirt and infection comes out of from your nasal passage while doing this, try to empty your nose mucus at the time of sensing the dirt and keep doing this. When buying the anbar nesara, be careful that it is open and not closed and sealed inside the nylon.

4 - Using cockle oil at bedtime, pour only one drop into one of the nostril and one drop in the the next night into another nostril.

- Treatment for sinusitis 2

Health and Food Recommendations:

1- Avoid being in two different weather. In cold weather, keep a clean piece of cloth near the nose and mouth until it gets normal.

2- Avoid breathing polluted air, especially car and cigarette smoke, dirty dust and odor.

3. Avoid using cold and hot foods together, especially ice water, which is very harmful.

4- Inhalation with gargling water that is required for ablution. After gargling the water in the clean mouth that is warmed up and mixed with saliva, immediately pour it in your fist and inhale it through the nose which cleanses it and keeps the mucus healthy.

5- Practicing for deep breathing of healthy air with nose, keeping your breath in your chest, and then slowly exhaling from your mouth to the extent that the lungs are empty as much as possible (Bending on the abdomen will help you to fully exhale). Doing this should last for up to three weeks and 15 breath every hour, then 5-6 deep breath is enough in an hour.

6. The longer we breathe, the more we will have healthier body and mind. Going to the mountains and deserts has an effective role to play in it. Do not expose yourself to the wind, and if you have to, wear a hat and something to cover forehead.

7- A daily shower with hot water is recommended for at least ten minutes.

8- Do not use stimulants such as garlic and foods such as Fesenjan and vegetable ghourme stew.

9 - Gargle and rinse your mouth and nose a few times a day with warm and diluted water and salt liquid (half a teaspoon of salt in a glass of water).

10. Avoid ice and water and only use lukewarm water

11. Pour Eucalyptus into water and then cense it. Eucalyptus is a deadly venom, so don't eat it.

12. Avoid riding on a bicycle and motorbikes and do not be at the expose to cold weather.

13. Using lukewarm fluids every day (light tea, soup and pottage)

14. Use a surgical mask outdoors.

● Treatment for sinusitis 3

The cockle oil should be used according to the following way:

First night, a drop in the right nostril

The second night, a drop inside the left nostril

Third night, two drops in the right nostril

The fourth night, two drops in the left nostril

In the fifth night, three drops in the right nostril

Sixth night, three drops in the left nostril.

After this 6 days, stop using the drops for a week and then continue again according to the above sequence, and then on the fourth week, inhaling lukewarm water with a teaspoon of honey in both nostrils is recommended every night.

- Note: Rubbing the mint or cockle oil on the forehead is useful during this time.
- Attention: When using cockle oil, the head should be completely backward or the head is in prostrate position
- Note: The number of drops is the number of drops that actually fall into the sinuses.
- Note: The use of these drops usually has a burning sensation and increases the phlegm behind the throat.
- Description: Nazil's drops are made by the doctor himself and it is available at his clinic in Tehran.

- Treatment for Neurological problems: Someone who suffer from neurological problems and comforts himself with cigarettes, suffers from cold problems, because the smoking gives temporary warmth so he must eat warm foods. Aromatherapy with mohammadi flower, using the fennel essence with honey (for women), tahini with grape juice, a teaspoon of Lemon balm with a glass of orange blossom at nights is useful. He should go to bed early and wakes up early and drink a glass of lavender with valerian and honey infusion. In order to strengthen their brains, add 14 almonds to the daily diet for 40 to 120 days, and smell the narcissus flower at bedtime.

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Noe 1: Those who want to be fresh while working should always have orange blossom, and if you want to be joyful you should eat saffron.

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Note 2: Gradually reduce the chemical drugs use after 40 days and stop taking them after 120 days.

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- Exhilarating foods: chickpea, saffron, hemp and dates, sphand smoke, incense,, narcissus and mohammadi smell
- ✓ Treating horrible dreams: It is caused by choler and must be treated.
- Stomachache cure: Eating honey with empty stomach

- Treatment for **dislocation** and strengthen the joints: Rubbing the camel's hump oil for 3 to 4 weeks to strengthen it. Wash it with salt and water liquid or an egg yolk paste + salt **poultice**.
- Treatment of cardiac weakness and cardiovascular obstruction: honey syrup with saffron .Add garlic to lemon juice and cook it and add the equivalent amount of honey and saffron.
- Treatment of addiction: Drinking oxymel, general bloodletting: 3 times and once a month, two weeks later, lower back bloodletting in between of the general bloodletting, after 3 times of the general bloodletting, head bloodletting from 3 weeks to 4 weeks, after the head bloodletting, leech therapy on the head, especially behind the ears, knee cupping, scapula cupping, lemon balm + orange blossom + mint essence + honey
- Treatment of wounded in action who are effected by explosion shock waves: Their blood pressure has been pressured and this pressured blood should get ready to be excreted and then excrete and it is sometimes accompanied by negative memories, and therefore they cry out because the cell blood carry the same waves and live in their heads. Classic medicine dries these cells to make them not disappear, but the traditional medicine first makes it ready and soft and makes expansion and movement and produces a laxative, and then it is excreted. A level of this laxative should be eatable, a level of behavior, a level of bloodletting, a level of massage and a choleric removal from the small vessels level. Doing so for surface vessels is possible with leeches and deep vessels with **sternutatories**  
First, Nazil drops have to be used to make the expansion of the sinus, and in the second step, you should give a sternutatory to empty the sinuses and in another step, you should do vocal choleric removal such as singing and crying.  
The prescription of master Bagheri for nerve strengthening (highly experienced): For the strengthening of nerves and calmness and mental illnesses, this prescription is more effective: Valerian (4 grams), echium (4 grams), dried lime (8 grams) and water (8 glasses), mix the combination in a teapot and boil it so that six of the eight glasses of water remain from eight glasses of water, drink it with some rock candy and honey, drink three glasses in the morning

and three glasses at night, and do it for one week or more depending on you need, to see its miraculous effect.

- Fast tranquillisers (highly experienced): This is a very effective way to calm your brain. Almond seeds (50 g) + honey (3 tablespoon) + cold water (4 glasses), soak the almonds in cold water and peel it and then mix it with honey and water and mix it in a mixer for 5 minutes to make a milky substance, and drink a glass of it or more every day.
  - Treatment for osteoarthritis and intervertebral **disc** herniation: These pains are cold, and if they eat cold foods, they will get worse. They should rub bitter almond oil to the lower back, legs, and knees (40 to 120 days) and take a spoon of sphand at nights and in the mornings with empty stomach and (after 14 days) do warm bloodletting for discs and eat warm foods at nights.
  - Treatment for neck arthritis: Take the following precautions for 40 to 120 days to get cured:
    - A) Apply bitter almond oil on the neck twice a day (every 15 minutes )and wait until the oil is absorbed to the body and then dress.
    - B) 14 days after rubbing the oil, start the scapula bloodletting every other night in 21 steps.
    - C) Using Indian club 40-70 times a day
    - D) Warm bloodletting of scapula in 7 steps after general bloodletting (If it is severe, the same treatment + injection)
- Note: Steam sauna is the best way to sweat, but you shouldn't go in cold water afterwards.
- Cardiomegaly treatment: In the context of traditional medicine, a heart that gets bigger means that it's phlegmatic and the following must be carefully done:
- A) Eating tahini with grape juice 5 servings a week
  - B) Eating dosin: 1 unit of half mashed cockle + 3 units of honey for 120 days (3 teaspoon every 8 hours)
  - C) Drinking a glass of orange blossom essence with a little bit of honey (120 nights)
  - D) Eating a quince per day with empty stomach (120 days)
  - (e) Reduced daily usage of cold foods (80 days)

- Arteriosclerosis treatment

The following should be carefully done in order to prevent Arteriosclerosis:



- A) Press 7 garlcs, use the juice of 3 fresh lemons and add to garlcs and drink it after lunch and dinner (120 days)
- B) Drinking shoonisel syrup (4 Units of unrefined olive oil + 2 units of honey + 1 unit of natural vinegar). Drink 3 tablespoons of this combination per day (120 days).
- C) Scapula cupping in 21 stages every other day
- D) General bloodletting once in 3 month
- E) One month after the third bloodletting, place 14 leeches in the bloodletting spots.
- Note: If the problem is not solved, place 7 leeches on the heart with the consultation of traditional medicine.
- F) Decreasing the use of cold foods
- G) Eating Tahini with grape juice for 5 servings a week as the breakfast
- Foot cramps treatment: Massage the bitter almond oil from your toes to the calf and, if it is very intense, it would be beneficial to do a calf bloodletting.
    - Treatment for lost sense of smell
  - A) Inhaling hot water and sea salt (14 nights).
  - B) Massaging mint essence twice a day on the forehead.
  - C) Rubbing cockle oil or sesame oil every night on your scalp.
  - D) Eating warm foods and reducing the use of cold foods.
  - E) Eating tahini with grape juice for 3 to 4 servings a week
  - Symptoms of **choleric depression: Insomnia, obsession in doing things, isolation, choleric temperament, face blurriness, and nightmares.**
    - Treatment for choleric depression:
      - A) Drinking oxymel (3 glasses of honey + 2 glasses of mint essence + 1 glass of natural vinegar) Take one third of the glass of this combination and two thirds of water. Drink it after one hour. (40 to 120 nights)
      - B) Inhaling warm perfumes (jasmine, narcissus, mohammadi, tuberose and musk, etc.) at nights for 40 to 120 nights.
      - C) Applying sesame oil with olive oil on the scalp every night (40 to 120 nights)

D) Drinking a glass of orange blossom essence with a teaspoon of lemon balm with a little honey (120 nights)

E) Eating tahini with grape juice 4-5 servings a week.

F) Eating 7 figs at nights, 7 olives in the morning and 21 raisins a day

G) Eating 14 almonds a day one by one like chewing gums.

• Note: You can add these 14 almonds in a glass of water inside a mixer and add 2 tablespoon of honey. After it was mixed, drink it sip by sip.

H) Almond fesenjan stew (half almonds + half walnut + **grenadine** (2 to 3 meals a week for dinner).

I) Reducing the use of cold foods especially those which are choleric

J) Scapula cupping every other night in 21 steps.

K) General bloodletting in 1 to 3 steps, once a month in the third quarter of the month under the supervision of a traditional medicine expert.

- **Symptoms of a phlegmatic depression**

**Sleeping a lot, nightmares, weakness, phlegmatic temperament, irritability and being sensitive and white hair color.**

- **Treatment of a phlegmatic depression**

A) Swallow a teaspoon of sphand with a glass of water at nights. (40 nights)

B) Inhaling warm perfumes (jasmine, narcissus, mohammadi, tuberose and musk, etc.) at nights for 40 to 120 nights.

C) Applying cockle oil on the scalp every night (40 to 120 nights)

D) Drinking a glass of orange blossom essence with a teaspoon of lemon balm with a little honey (start after one month for 80 nights)

E) Eating tahini with grape juice 4-5 servings a week.

F) Eating 7 figs at nights, 7 olives in the morning and 21 raisins a day

G) Eating 14 almonds a day one by one like chewing gums.

• Note: You can add these 14 almonds in a glass of water inside a mixer and add 2 tablespoon of honey. After it was mixed, drink it sip by sip.

H) Almond fesenjan stew (half almonds + half walnut + **grenadine** (2 to 3 meals a week for dinner).

I) Reducing the use of cold foods especially those which are **phlegmatic**

J) Scapula cupping every other night in 21 steps.

K) Chewing slowly a pea size of boswellia every night in the second month. (One month)

L) Bloodletting must be done under the supervision of a traditional medicine doctor.

• Important Note: In both types of depression, if the patient has **constipation**, he must use one tablespoon of the following combination with empty stomach in the mornings (5 units of sweet almond oil + 2 units of honey). In the morning, one tablespoon of food should be desired.

- Types of knee pain and their treatment

**The knee pain and associated problems are one of the most common pain in our present community. Therefore, this article discusses how to diagnose and treat them. The knee pain in terms of traditional medicine can be caused by causes such as phlegmatic, choleric, melancholic problems. In rare cases, sanguine can also cause knee pain.**

A) Melancholic knee pain: This type of knee pain has a low prevalence.

- Symptoms of diagnosis: This type of knee pain is found in people who are melancholic and have a high degree of that. The cause of knee pain in these people is too much dryness of their joints, which is associated with severe bile. This dryness can be seen in dryness of the knee joint, joint sound, burning and pain in the joint.

- Treatment method:

1) Drinking oxymel (2 units of honey + 2 units of chicory essence + 1 glass of natural vinegar). Take one third of the glass of oxymel + 2/3 of water to be drunk one hour after the dinner. (40 nights)

2- General bloodletting in the third quarter of the lunar month

3. Reducing the use of melancholic foods

4. If the time has elapsed since the onset of the disease, use the following combination at bedtime to repair the cartilages (40 to 80 days): a glass of natural milk + two teaspoon of Russian olive powder + two tablespoons of honey

B) Phlegmatic knee pain: This type of knee pain is very common in women.

### Signs of diagnosis:

This type of knee pain is commonly found in phlegmatic people, which is due to the sediment of the phlegm in the knees' joint, which, when phlegm increases in the joints and sediments, it causes swelling with pain. In Farsi, the term is said to have brought the water to the knees.

### How to treat:

- 1- Reduce using cold and humid foods
- 2- Using a teaspoon of the combination of (3 units of honey + 1 unit of half mashed cockle) every 8 hours (40 to 120 days)
- 3- Eating a cup of tahini with grape every day
- 4- Rubbing cockle oil and mixed bitter almond oil
- 5- Knee cupping, every other night in 21 stages
- 6- Soak 7 figs and nights and eat them.
7. Drinking a glass of ginger and cinnamon infusion every day is recommended.
8. Rubbing a pastry of flour and salt to knees like a poultice.

The length of treatment for this knee pain depends on the severity of phlegm and is between 2 and 6 months.

### c) Choleric knee pain:

This type of knee pain is very common in the society and is abundantly found both in women and in men.

Symptoms of diagnosis: Those who are choleric may have a knee pain like this. The knee pain in which the knees are lean and makes noises during the opening and closing. Due to the sediment of choler in the joint and the occurrence of dryness with cold, the knee becomes painful, which is always cold and, if it develops, the joint is deformed, and most of those with rheumatoid arthritis are from this category.

### How to treat:

1. Use this combination (2 units of honey + 2 units of mint essence + 1 glass of natural vinegar). Take one third of the glass of this combination and the rest of water and drink it one hour after the dinner. If the patient is over 40 years old, and Or the patient's temperament is very cold. Use the following combination instead of the above one: 4 units of unrefined olive oil + 2 units honey + 1 unit of natural vinegar. Drink a tablespoon of this combination every 8 hours.

2. Rubbing the bitter almond oil on the knees, every night, until 4 months.
3. Knee cupping every other night in 21 steps.
4. At night, soak 7 figs in a glass of rose water and eat at night.
5. Eat 7 Olives in the mornings with empty stomach, 40 raisins and a cup of tahini with grape juice.
6. Reduction the use of choleric foods.
7. General knee bloodletting and even leech therapy should be performed during treatment, depending on the patient's condition.

Note: If the disease has developed, the deformation of the joint will only increase the length of the treatment.

The treatment will last for 4 to 6 months in usual mode and 1 to 2 years in developed mode.

- Acne on the buttocks treatment: Treated with a low back bloodletting.
- Treatment of ear infections: In the evening, take a drop of natural honey in the ear (3 nights).  
✓ Hiccups treatment: Hiccups occur due to stomach cramps and numerous therapies exist for them, and the easiest treatment of all is to do something that makes the person to sneeze. If it didn't work out, eating onions and honey together is recommended, and if, in the end, no treatment was good at all, "Akhddeen<sup>3</sup>" bloodletting is done.
- Varicose Veins Treatment:
  - 1- If the veins are thin, drink 1 teaspoon of sphand with a glass of water for a period of 40 nights (you should not chew, but swallow it).
  - 2- If progress is made and the veins are big, after eating sphands for 40 nights, you should use leech therapy between varicose veins in 3 steps in every 2 weeks.
  - Note: During this 40-nights period, it is best to eat less cold foods.
- Treatment for all types of hepatitis: The length of the treatment is usually 4 to 6 months:
  - A) Drinking 2 or 3 glass of oxymel a day, take one third of the glass of oxymel and the rest of water.
  - B) Using 3 teaspoons of the combination of (3 units of honey + one unit of half mashed cockle + half a unit of natural vinegar) every day.

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<sup>3</sup> The two vessels behind the neck on the left and the right.

C) Three stages of bloodletting once in a month (it is best to have bloodletting in the 17<sup>th</sup> or 19<sup>th</sup> of the lunar months).

- Note: Take a virus counter test, once every three months, to see the decrease of the virus number process.

- Low blood platelet treatment:

Combine 2 units of camel's brain + 1 unit of sheep's Brain and squeeze them. Use a teaspoon of this combination a day, depending on the amount of blood plateau. After 40 days, take a test and see the increase in platelet count. If there was a need, repeat another course.

Generally, eating gum causes increased blood platelets. They are best served with grape juice.

- High blood platelet treatment:

A) Drinking oxymel (2 units of mint essence + 2 units of honey + 1 unit of natural grape vinegar).

Take one third of the glass of this syrup and the rest of water. It can be drunk one hour after dinner (up to 120 nights)

B) General bloodletting 2 to 3 times (once in every 40 days)

- Attention: Stop eating choleric foods like eggplants, tea, cucumbers, red meat, lentil, sausage, salami, etc.

- Treatment for hypothyroidism: The deficiency of this gland in terms of traditional medicine is due to the coldness of the body.

A) The main treatment of it is the 14 stage cupping for under the throat. (This cupping needs expertise so it should be done by the traditional medicine expert.

B) Swallow a teaspoon of sphand with water at nights.

C) Inhaling warm perfumes while sleeping

D) Eating tahini with grape juice for 5 meals a week as the breakfast

E) Stop or reducing the use of cold foods, especially at nights.

G) Mastic gum arabic, sea water, fumaria officinalis, nasturtium

- Treatment of hyperthyroidism: The hyperactivity of this gland in terms of traditional medicine is due to warmth.

A) Cupping under the throat in 7 steps

B) After the cupping, a general bloodletting in one step

C) Under the chin bloodletting, two weeks later

Treatment for migraine: If the pain begins from the forehead, the migraine is warm and its treatment is 3 steps of general bloodletting and 1 stage of head bloodletting (once a month) or if the patient is afraid of bloodletting, he can inhale vinegar when he's in pain and wash the head with vinegar.

If the headache gets started from the back of the head and is heavy, it's cold and this headache gets worse when you're tired and eat cold foods or sleep a lot or during menstruation time and cold weather and comes with nausea. This headache can be treated with a felt hat, salt, rubbing cockle oil and sesame oil to the scalp and saffron infusion with honey in 40 days..

The shoulders warm the entire upper organs and scalp causes the head to get warm.

- A Corn is a kind of phlegm and crystallized cholera and its cure is eating sphand (40 days)  
✓ Severe irritation of the eye is because of too much phlegm and it can be treated by eating phlegm removals such as sphand and boswellia.
- Treatment of blood concentrations: Eating and drinking acerbic things like, pomegranate, oxymel, barberry juice, kiwi juice, walking and general bloodletting in 2 to 3 steps and once a month.
- Treatment of any type of ulcer: As long as it is infectious, use 5 units of honey and 2 units of salt (for as long as the ulcer's color turns from gray to red which takes 3 days, then use 5 units of honey and 2 units of olive oil (that makes the flesh grow in 40 days and the scar bruises will be fine), and if the patient needs serum because of bleeding, give him water and honey, and the body will remake the lost blood and he will no longer require blood or serum. It is possible that due to this bleeding, his heart also gets weak. Add some saffron to the honey and water and his heart is also strengthened.
- Treating a person in coma: A patient in coma can gradually get treated with honey with saffron infusion. I had a patient in Tehran that went into a coma, and he got out of the coma with inhaling the perfume of Mohammadi, foot massage, honey and saffron syrup, a scapular cupping, getting blood from the spot between two little fingers in the left hand.
- Treatment of skin itching: If it is because of warmth, try general bloodletting in one step and washing the head with vinegar in 7 days.

✓ Treatment of urticarial and rashes: If the rashes are red or yellow, it is a warm rash and topical treatment of cedar + yogurt is useful and they should drink lemon juice and barberry juice and pomegranate juice, and if it didn't work out, they should try bloodletting.

- Acne under the skin treatment: In this case, the skin is not gentle and is rough and it is not like acne: Use oxymel and massaging the skin with vinegar with a washcloth in the bath. Vinegar opens the pores of the skin and drains the choler.
- Treatment of ichthyosis disease: In this disease, the skin becomes rough and hard and like a sack and becomes the skin of a fish.  
Drinking oxymel (4 to 6 months), and after the fourth month, perform 1 to 2 times of general bloodletting, and if you want to see the results sooner, apply violet oil at night.
- Treatment of face darkness: It is the same as the dispersion of choler: Drinking oxymel and things that have acerbic taste.
- Treatment of alopecia: Hair loss in the form of a coin: Eating warm foods, almonds and bloodletting, or local leech therapy.
- Treatment of a watering mouth: It is because of coldness of the stomach: Eat honey with empty stomach in the mornings and sphand at night and if it is a kid, give warm foods to the mother (eating 3 dates a day makes the milk warm) and warm your baby's **fontanelle, in that case** if your baby can't breathe easily, it will remove his nose congestion. If the mother wants to have warm and full-fat milk, she should eat dates with fennel essence.
- Treatment of gum infection: brush with honey and salt.
- Treatment of aphthous stomatitis: It is either warm (ie, when one eat warm foods, he/she would have aphthous) or cold. If it is warm, try the taste of pomegranate **grenadine** in the morning and night, general bloodletting and bloodletting of chin and if it is cold (That is, when he has stress, he would have aphthous in his mouth): Try tasting honey at nights with empty stomach.
- To strengthen the voice: try running or hiking, and when he starts to heave, drink the honey syrup and sing.
- ✓ Quran chanter and elegists: Boil Flaxseed, mix it with honey and drink it in between reading. (To relieve the tiredness of the voice and making the low voice high), If you want to see the results sooner, we recommend rubbing the rose oil under the throat.



- Treatment for whistling ears: This sound is the result of cholera. Try massaging the head, **sternutatory**, drinking oxymel and walking to treat it.
- The ear tinnitus treatment that has a sharp sound like cars: general bloodletting, behind the ear bloodletting, drinking oxymel, and sternutatory.
- Treatment of tinnitus itself: Massaging the head, sternutatory, oxymel, general bloodletting and behind the ear bloodletting in the third month.
- Note: It is better for women not to use caraway, because it wrinkles the skin, but it's not a problem for men.
- Treatment of stomach coldness with constipation: Honey, plantago major, mint essence with rose water (half of mint essence + half of rose water).
- Dry cough cure: 5 units of sweet almond oil with 2 units of honey (Taste). If it is a night cough, first treat the sinusitis and then the dry cough.
- Another remedy for coughing: Pour honey on an onion and eat it (It is a **muciferous** and softener combination).
- Intensive treatment for cough: We take the onion in the form of 7 and fill it with honey and put it in a pot of a salt layer and cook it with a gentle flame (one onion a night). We usually give this prescription to the chemical patients that have a lot of infections).
- The treatment of old coughs (highly experienced): Boil some Licorice (Licorice stem, not itself) and dried figs and oregano in water and drink a glass of it in the mornings with empty stomach for three days or more (depending on your need). You can have it with a little honey and you will see its extraordinary effect. I used it for my old and one-year cough and thanks to god, I got well in one day and it also has a tremendous effect on the treatment of stomach problems. .
- Treatment of severe stomach coldness that has led to diarrhea: Cold diarrhea is a diarrhea that results in unprotected food being excreted, which is so watery and smells so bad. Because it drains a lot of water from the body, it is dangerous. To treat it: drink the combination of a spoon of honey + a teaspoon of plantago and a glass of mint essence (every 4 or 6 hours). This combination also treats cholera (cholera is the worst form of cold diarrhea). Those who eat honey, don't get cholera.

- ✓ Warm diarrhea: the stomach works, and hot and droplet food is excreted from the body, and it happens, if you eat too much of warm foods. Its treatment is stop eating warm foods and start eating yogurt, and rice and yogurt and drinking dough.
- Frequent urination treatment: It is due to the bladder coldness. How to treat it: Eating warm foods, Stop eating cold foods, topical treatment, rubbing under the stomach with rose oil and any other oils.  
For men: Add cockle or honey to the above mentioned.
- Dysuria treatment: It is caused by excessive bile and may be so high that bleeding may occur. As the bowel burning may be so severe that anal bleeding occur. How to treat it: Drinking oxymel, eating cold foods and dosin (one unit of cockle + 3 units of honey), general bloodletting, sacral bloodletting (Dimples of Venus) and rubbing rose oil under the abdomen.
- Note: Warming the body is harder than cooling it.
- Treatment for obesity due to fat: It is treated by eating honey with empty stomach in the mornings, a tablespoon of sphand at nights, eating warm foods and stop drinking water while eating.
  - Note: Drinking vinegar and any other pickle with empty stomach is not good. It is true that they make the warm temperament people to lose weight, but they have bad effect on the nerves and make the cold temperament people to gain weight.
- Treatment of large boned fatness: Stop eating lunch.
- Treatment of gas and fecal incontinence: It is caused by bowel coldness and is treated by rubbing cockle oil to the waist, eating warm foods, eating honey with empty stomach, and a tablespoon of sphand with water in the evenings.
- Treatment of hand Hyperhidrosis: It is caused by coldness and eating sphand at nights and honey with empty stomach in the morning is recommended.
  - Note: Using fennel until the breasts and face are filled, i.e. cheek sagging is gone. (some people reach this rate for two months, some 4 months, and some 6 months)
  - Note: Infusion effect can be seen late but have a lasting effect, and essences' effect can be seen early but have unstable effects.
- Foot pain treatment: It is more common in women and is associated with knee and leg swelling. Its treat is using warm knee bloodletting, rubbing bitter almond oil, eating honey and sphand.

The legs of hot pain are even more common in men, and the knee-bends sound like cracks. Treating this type of disease is rubbing bitter almond oil and after 40 days of kneading.

- Treating body pain: Performing 7 steps of cupping, drinking peppermint infusion, rubbing peppermint essence to the forehead and sweating. If this pain is more painful in eating cold foods, it is a cold pain and its treatment is rubbing peppermint essence or bitter almond oil or peppermint essence with cockle oil.
- Treatment of melancholic madness: Drinking oxymel, performing general bloodletting and bloodletting of the head.
- Treatment of sanguine madness: In this disease, a person laughs during anger: Perform general bloodletting in 2-3 steps, once a week.
- Treatment of phlegmatic madness: The person is crazy but he harms himself in the head and says the negatives: eating warm food, saffron syrup with honey (persistent).
- ✓ Treatment for partial amnesia: That is a kind of amnesia when you forget the name of someone. It is because of melancholic burning that crystallized and caused this amnesia: Drink oxymel, walk, sleep on time, Wash your head once a week with vinegar and **sternutatory**.
- Treatment for total amnesia: That is a kind of amnesia when you forget about everything: eating warm foods, inhaling the perfume of mohammadi and rubbing sesame oil on the scalp.
- Obsession treatment: Eating one to three pomegranates a day.
- Obsession treatment: Drinking oxymel, walking, jogging with sweating, 2 stages of general bloodletting and bloodletting of the head in one step.
- Treatment for warm blood pressure: It happens for sanguine people: Drinking oxymel or vinegar with food, general bloodletting (2 to 3 steps with one month intervals for woman and with two weeks intervals for men, Stop eating lunch, Using cockle with honey, if the blood pressure goes up too much, use a needle on the tip of the finger .
- Treatment for cold blood pressure: It happens for phlegmatic people: For treatment, you should eat warm foods and you should treat the nerves by drinking saffron syrup, orange blossom essence or lemon balm essence, and eat dosin for both blood pressure type every 8 hours.
- Emergency treatment of blood pressure:
  - A) Press between the thumb and forefinger for 3 to 4 minutes.
  - B) Use a needle on finger tips to get a few drops of blood.

C) Chew 12 to 20 cockle to reduce the pressure.

D) Pickles, such as vinegar, lemon juice, verjuice, orange juice and etc. are helpful during an emergency.

**Note:** Try one of the emergency treatments and try the next one if you do not get the result.

- Cholesterol and triglyceride treatment (highly experienced): Triglyceride is a cold sputum and cholesterol is a warm sputum, and it is because of it that the cholesterol is reduced while bloodletting but the triglyceride does not decrease, but when you eat warm foods, triglyceride will also decrease and when we eat warm foods or do phlebotomy, both cholesterol and triglyceride is reduced (in sanguine persons, both of these are high)

For treatment: eat an apple in the morning with empty stomach every morning and have raw garlic with the food which is the best medicine and drink a glass of burdock essence before each meal, and also use forty jujube that are boiled in the water. These are highly experienced prescription, provided they continue to be used.

- Diabetes treatment: (Blood glucose) (Experienced): This prescription has been tested for blood glucose treatment provided by doing the regimen.

First prescription: Take a teaspoon of sphand with lukewarm water daily.

Second prescription: Buy one kilo or more dates (depending on the need) and remove the cores. Now put the cores in a pan and cook them without oil until it has a perfectly brown color. But be careful that the cores are not burnt, now put them in a manual or electric mixer and powder them, and the resulting powder is something similar to the powdered coffee. Add this powder to a large dish and add a couple of glasses of water and boil it. After cooling down, take a cup of it after each meal. This prescription has an extraordinary effect for one month, but you will take a test again after 2 weeks and check to see how low your blood glucose is.

Third prescription: Mix this combination and have a glass of it every morning with empty stomach (a cup of fumaria officinalis essence + two tablespoons of descurainia sophia)

Fourth prescription: Take the layers inside a walnut, which is in the middle of the nutrients, and boil it with water and drink a glass of it each day. Walnut essence has also an excellent and experienced effect on treating diabetes.

Fifth prescription: Use fenugreek seed powder (about 5 grams in the morning and 2.5 grams at night before bedtime).

- Treatment of heart attacks: Eating a teaspoon of dosin (1 unit of mashed cockle + 3 units of honey) every 8 hours, drinking oxymel once a day, three steps of general bloodletting, leech therapy on bloodletting spot, 14 leeches in two steps with a week interval.
- Heart valve prolapse treatment: It is because of coldness, the treatment is eating warm foods, and its supplementary treatment is warm scapula bloodletting.
- Treatment for increased heart rate: If the beats are full, drink oxymel and if the increase in beats is accompanied by weakness, it is recommended to drink saffron oxymel.
- Treatments for stroke and decrease in platelet counts: Eating a spoon of the combination of camel's brain with honey, doing warm scapula bloodletting, drinking honey syrup, stop eating cold foods, foot massage, **sternutative**, and rubbing oils on the scalp.
- Breast Cancer Treatment: Put half-salt paste (1/2 salt + 1/2 flour) on the breasts (12 hours and 12 to 21 times). Eating dosin, fennel essence and warm foods.
- Anticancer potage: Eating chives, basil, alfalfa, carrots, turnips, garden cress, cockle, cumin, portulaca oleracea and olive oil (one serving a day)
- Treatment for preventing metastasis (cancer part): Warm bloodletting of scapula and lungs (40 to 70 steps). 7 to 14 cupping for the lungs and scapula at the same time. If you do so, you prevent metastasis.
- Treatment of warm cancers: Put a paste of chives + coriander + flour + sugar on the cancer tumor. It will blow it up after 7 days, and the continuous using of the populus leaf infusion is also helpful.
- For having strong children and warming up the uterus: eat 3 dates in a day, 14 almonds a day, inhale the mohammadi smell at bedtime, ablution, drink two spoon of ocean water every day, use olive oil, eat 7 figs at nights and 7 olives in the morning.
- Stuttering treatment: Warm stuttering is that when occurs during anger. The person does not have running mouth and is also intelligent, but when he wants to speak fast, it stutters, and cold stuttering occurs when shame, crying and **inhibition** and the person has running mouth and does not like coldness and pickle, the treatment of this stuttering is: Tasting honey, morning and evening, chewing warm gums with empty stomach like boswellia or saqqez (boiled boswellia that is like gum), pigeons' egg and rub under the throat with sesame oil.

Warm stuttering treatment: Have acerbic foods and, if stuttering is high, try under the tongue phlebotomy.

- Removing kidney stones and gallstone :Eating one to three teaspoons of dosin.
- For increasing the number of sperms, cockle is useful.
- Definitive treatment of prostate: In prostate, the patient does not have bladder control which is caused by phlegm and its treatment is to eat dosin and doing warm and wet bloodletting and eating urtica seed and melon seed infusion and cupping under the abdomen.

Note: If someone chew cockles every day, he would treat prostate and also prevents prostate.

Treatment for warm migraine headaches: Three steps of general bloodletting and after that bloodletting of the head in two steps, eating a teaspoon of cockle in the morning and evening, because a lot of the headaches are caused by vasoconstriction and lead to the lack of blood supply to the brain and using sternutative once a day. If the bloodlettings were not enough, try cupping behind the ear.

- Treatment for cold migraine headaches: Cupping the scapula in 7 to 14 stages, eating dosin (one unit of mashed cockle + 3 units of honey), Nazil drops, using warm drugs, grate a red apple every night and eat it with honey and natural lemon juice.

Note: Mayonnaise and ketchups are the cause of many headaches.

- Treatment of shingles :Sometimes after the chickenpox illness, the virus remains dormant in the body (probably in the spinal nerve near the spinal cord). This virus is dormant and may cause the shingles disease many years later. The disease is caused by the reactivation of varicella zoster virus in spinal nerve which is seen with severe pain and skin lesions and its treatment is general bloodletting with an interval of one to two weeks, eating dosin (1 Unit of cockle + 3 units of honey), topical bloodletting, leech therapy from 5 to 7 on the spot and myrtle essence.
- Treatment for skin itching: Bloodletting, eating oxymel, washing with vinegar, bloodletting of the legs, eating chebulic myrobalan and 5 times more honey
- Treatment of Herpes: The cause of the herpes is virus and its cure is the bloodletting. Do it two or three times with an interval of one month to it go away completely, and now rub a combination of honey and vinegar on the spots, with the repetition of the above steps, it would be treated.
- Treatment of gallstone pain: Phlebotomy

- Treatment of intestinal obstruction: Enema.
- Thinness treatment: Bloodletting, eating figs and almonds, add one third of a teaspoon of ginger in a bowl of orange blossom essence and boil it, and after cooling add a teaspoon of a pomegranate, and use it half an hour or 20 minutes before a meal.
- Liver warmth treatment: chebulic myrobala + yogurt is stronger than chicory.
  - Attention: wearing tight and plastic clothes can cause heat.
- Cure for measles: Bloodletting
- Treatment of hemorrhoids: First, correct the blood and bloodletting. Next, add 3 liters of water in a mixture of (50 grams of sumac, 500 grams of pomegranate peel + 50 grams of mazo and add a glass of vinegar in a tub and boil it. Sit in it for twenty minutes every night and if it is severe add a glass of vinegar every morning and night, since vinegar is volatile and do it for seven nights. If it does not work out, try leech therapy.
  
- Falling off the umbilical cord: The cause of this is weakness of the muscles around it which makes them to let it go which later becomes infected and painful. Treatment of that is cupping on navel with a large glass for 20 minutes to half an hour, and then massaging around that area and then the first day fill it with castor oil and the second day fill it with honey.
- Hernia treatment: Treatment of the hernia is cupping around it and rubbing warm oils.
- Strengthening the ear: Pour 7 drops of violet oil or sweet almond oil into the ear, and after four hours, place the ear for half an hour on a sack of boiled water to excrete the unwanted substances.
- Tinnitus treatment: Drinking oxymel after two weeks of general bloodletting and using **sternutative**, walking and leaving mobile use after two weeks of behind the ear bloodletting is the tinnitus treatment.
- Epilepsy treatment: There are two types of epilepsy:
  - 1 – Warm epilepsy: In this type of epilepsy, when the attack occurs, the face, lips and eyes are red, and the faint state occurs.
  2. Cold epilepsy: in this case, coldness, weakness and paleness happens and the immune system goes down. Most epilepsy in Iran are cold epilepsy. Treatment of them in general is eating warm foods and tahini with grape extract 3 to 5 servings a week, wheat soup with olive oil

3 servings a week, and orange blossom infusion + honey +lavender (it is called the brain cleaner), valerian + honey which cleans the sputum in the brain, and these things should be used permanently. Inhaling warm perfumes, rubbing sesame oil on the head, rubbing the whole body with olive oil or sesame oil, and if it is very weak, cockle oil + ginger infusion with honey or cinnamon with honey. If it is too warm, drink lemon juice or verjuice to cool the liver and not to feel warm. Massaging the feet toes causes the cold sputum to go down and makes the attack go away.

- Fractures treatment: Cockle oil and camel's hump oil work out fast.
- Treatment of nose sensitivity: The nose sensitivity is a runny nose, and too much sneezing. Shower and wash the scalp with hot water. It will become worse in the first days and then it will go away gradually. Rub violet oil to the scalp.
- Treatment for liver cancer: Liver cancer is the entry of bile in the liver, and since bile prevents blood from reaching the organs, then his hands and feet are like ice but the liver is like a fire. To treat it, drink a glass of oxymel every two hours and it's best to make it with chicory (2 units of honey + 2 units of chicory essence + 1 unit of vinegar) and his drinks are also chicory essences.
- Treatment for anger: Children's anger is either because of warmth that in this case there they move a lot and have a little appetite that we use cold foods to treat them (lemon juice, oxymel, yogurt and bloodletting) or their anger is cold, that is to say, they are weak and cry a lot and make a lot of excuses. We treat them with warm foods, like the syrup of honey, ginger, and muts. In adults, if it is melancholic: oxymel, yogurt, bloodletting and cold water for the head (cold foods)
- Stress treatment: This disease is associated with an increasing appetite in melancholic people and they have to use warm foods for its treatment.
- Treatment of pruritus: Washing the hair with vinegar. No softener softens the hair like vinegar. After we wash the head with soap and shampoo, we apply vinegar for 5 minutes, and then we wash it..
- Hair leprosy and greasy hair treatment: Wash with Vinegar
- Skin clarity and its scars treatment: Washing with Vinegar



- Treating anxiety: If the anxiety is warm, it will cause diarrhea and stomachache, and if it is cold, it will cause weakness and sadness. In the first case, we use oxymel and in the second case we use Esphand.
- Stomach pain treatment: If the pain of the stomach is accompanied by bloating, the pain is cold, this coldness causes late digestion in the first stage, borborygmus in the second stage, burping in the third stage, and bad breath in the fourth stage. In the treatment of it, it is recommended to eat honey with empty stomach at nights and mint essence with honey. If it is because of warmth, your mouth tastes bitter.
- Nausea treatment: The gastric and gastric acid are both cold and the stomach is warm. When we eat cold foods, the stomach wants to maintain its own warmth, thereby it excretes the cold and causes nausea and its treatment is to eat honey with empty stomach at nights and mint essence with honey.
- Anemia treatment: wheat soup, honey syrup and grate red apple in a non-metallic dish, add the pussy willow essence and honey and drink it. Chew 7 almonds dish, and eat cooked Beetroot, red or yellow Beetroot in the winter.
- Tip: How to use the apples: Take apple juice and boil it, keep it in the refrigerator and drink a glass of it in the mornings and this juice will keep the person joyful and fresh and is hematopoietic. Those with anemia should use mashed apple with honey.
- Shortness of breath treatment: Warm bloodletting of the lung
- Treatment of seizures: Rubbing the sesame oil to the head, eating almond puddings, inhaling mohamadi perfume at bedtime, and eat honey + manna syrup.
- Treatment of cardiac palpitations: Performing general bloodletting and after two weeks, dropping 14 leeches on the spot;
- Treatment of stroke: Leech therapy will prevent from subsequent strokes.
- MS treatment: There are 50,000 MS patients in Iran, but in India this disease dose not exist, as Indians use pepper and warmth a lot.

This disease is cold and progressive. This coldness sometimes has a phlegmatic and occasionally a melancholic and phlegmatic background. When it cools down and turns to cholera, it creates a crystalline substance called plaque, and it's like a water that is frozen. When it

freezes, it is larger and if it causes eye dysfunctions, it will cause visual problems and if it affects motor nerves, it will cause motor disabilities. We must melt this plaque, which will be done by eating tahini with a grape juice, honey syrup and ginger syrup. Often, the most vulnerable people are the coldest. In our society, there are a cold MS that their whole body is cold and a warm and cold MS which their upper organs are warm and lower ones are cold.

The treatment of these people is eating warm foods and when the warmth entered their body and they are warm enough, the next step is a combination of choler removals and oxymel is the best one (2 units of honey + 2 units of mint essence + 1 unit of vinegar)

Treatments: Eating warmth, rubbing the head with oil, Warm bloodletting of scapula and low back and continuous head massage

- Not enough breast milk: Mothers who breast feed will have a lot of milk if they use grape diet and if they eat dates, it will strengthen their milk and makes it a lot. Grape juice is equivalent to mother's milk.
- Treatment of fatty liver: Fatty liver is caused by bad nutrition, drinking ice water, eating ice cream, eating several things together, and eating too cold foods with too warm foods. In this case, the bile in the liver penetrate the liver walls and it will turns into a fatty layer that makes the whole liver fatty and its treatment is stop using cold foods and drinking cold water while eating food, walking, drinking oxymel (40 to 120 days), general bloodletting (2 steps). If you have a advanced fatty liver, try bloodletting of the liver. This prescription is general and if you have liver fat due to alcohol, it's good for the liver to use onsol oxymel which is refreshing and choler removal of the brain. Since oxymel can't beat this disease, so we boil 2 liter of oxymel in onsol onion and filter it and drink it.
- Treatment for early menopause: This disease is caused by cold temperament. Seyedeh women have later menopause because they have a warm temperament. As we move from warm environments to cold ones, the menstrual period occurs later, and the menopause happens sooner so we have to warm the temperament. Menopause-specific hormonal medication is fennel essence with honey, tahini with grape juice, 5 figs per night and 5 olives in the morning for up to 40 days, all the warm foods.

- Treating bone problems: If you correct the oil, you would not have Osteoporosis, and its treatment is eating figs and eating Russian olive farina (add three spoons of Russian olive powder in a glass of milk and honey) and drink a glass of it every day.
  
- Treatments for burns: Memory: I had gone to a hospital. Some patients died of burns and I told myself is it possible that there is no medicine for burns? We are now treating deep burns with honey and we leave a layer of it but do not cover or bandage it. Honey works out great and it's sufficient if even 10% of it is real and it treats each wound on any surface and wherever it is and we treat the pressure drop with honey syrup, and if you want to go beyond this, say that you can treat any cold disease with honey. If we close the burn wound and the colloid was produced, leech therapy can treat it.  
Important note: 97% of Patients who visit me, have cold diseases.
- Treatment of surface burns:
  - A. Rubbing honey
  - B. Continuous rubbing of Aloe Vera gel
  - C. Egg white
  - D. Grated potatoesNote: Each of the above items can be used alone and using honey repairs the skin quickly and prevents blisters.  
Note: Olive oil can be replaced with **ghee** or sesame oil.
- Sunburn Treatment: Rubbing olive oil  
You can use olive oil or aloe vera gel to prevent sunburn.
- Treating deep burn wounds and scars caused by a knife or an accident:  
(5 units of honey + 2 units of olive oil) makes the meat tissue and skin and wounds to be repaired where necessary. Don't close the burnt wound, because skin tissue is like spiderweb and if you close it, it will cause **colloids** and if it is open the new skin will grow where necessary. The other drug is Aloe Vera, which contains some morphine and when you rub it to the wounded spot, it quickly relieves and heals.  
Wherever we want hematopoietic, we use honey, apple and grape extract and warm bloodletting. We use olive oil everywhere we want to the meat tissue to be repaired.

The most severe wounds can be treated with honey + olive oil. Honey itself repairs the wound, but it does not make muscle and tissue, and olive oil should be added to repair muscle, and tissue.

The best thing for healing the wound is the Aloe Vera leaf that should be found in any house that they keep drugs in it. The wounds burn and do not hurt and repairs.

- To tighten the teeth: Massage the gums with 2 units of vinegar with 5 units of rose water, after brushing the teeth.
- Treatment of nose and gingival bleeding: Pour 2 to 3 drops of rosewater (5 units) and vinegar (1 unit) to the nose and massaging the gums with this combination after brushing.
- Uterine congestion treatment is marriage.
- The small uterus treatment : It is because of coldness and eating dosin for 4 to 6 months is recommended to make it warm.
- Treatment of depression :An amitriptyline chemical medicine that a psychiatrist prescribes for depression patients can be replaced with eating 7 dates for 40 days and inhaling the rose water and mohammadi perfume, stop using cold foods, eating a teaspoon of sphand at nights or a glass of orange blossom essence or a glass of saffron (saffron refreshing effect is more than orange blossom), especially when accompanied by honey, and eating honey with empty stomach, the patient would be treated without any side effects in a 40-day period. These psychotherapist, with these chemical medicines, continues to kill millions of people and still go wrong. The disease has the most dispersal in the world.
- Rapid treatment of poisoning (highly experienced): This prescription is used to eliminate severe food poisoning and is highly experienced and has immediate effect  
Cardamom + boswellia + dried lime + alhagi essence  
Take equal amount of each and boil with 2 glasses of alhagi essence or dried alhagi and drink it.
- Treatment of Poisoning with snake and scorpion venom
  1. Bloodletting on the spot
  2. General bloodletting

3. Mint essence + honey (1 glass in every 4 hours and after 24 hours, a glass in every 8 hours for 7 days)

Note: Apple juices is the best thing to use in poisonings and the yellow scorpions' venom is warm so we have to use salt and wash with vinegar in the treatment after bloodletting. Because the salt drains poison from the depths and the black scorpion's venom is cold and salt is also useful. If it was a vipera venom, we'll use salt on the spot because its venom is cold and If it was a echis venom, we wash the spot with vinegar. Mint can also be eaten and be a topical treatment.

- A child who pours milk from his mouth while breast feeding: This is due to a large amount of phlegm and for treatment, we need to warm the mother's milk first, which takes about three and a half hours to warm it up, and we warm the baby's whole body with olive oil.
- Treatment of hyperactivity of the child: if it is caused by intense warmth, the hair is dry and the body is warm. In the treatment of this, we should try bloodletting twice in the spring and once in fall, drinking oxymel or barberry oxymel, oatmeal soup and rubbing olive oil on the head, and also using cold food.

If it is caused by intense coldness, the baby will break everything, is restless and weak, and screams, and its treatment is to eat wheat soup with olive oil or sesame oil and almonds and tahini with grape extract. In our country, hyperactivity is seen its warm type and we prescribe cold foods for its treatment.

- The phlegm accumulated in the stomach should be excreted by vomiting and the best way to do so is honey + salt + warm water + salt or rose water + salt.
- A person with anemia who has high blood pressure means that has a lot of phlegm. The warmer it is, the pressure is less, and we prescribe the anti-phlegm like a teaspoon of esphand which should be swallowed with water.
- We use bitter almond or cockle oil for joint sounds.
- Bone tilting treatment: Vinegar softens the bones. If it was crouched, it should be put in vinegar for 7 days. Then, after getting soft they straighten it and use warm oils.
- **To soften and warming the voice:** boil flax seeds to become like gelatin, after that add some honey and drink at bedtime.

The hosts and singers should eat warm foods at night to strengthen their voices. Before the program, they can lick some of the honey slowly, or slowly start to drink the honey syrup slowly. In the climbing season, they can drink honey syrup and when they get to the top of the mountain, they can sing according to its rules. If someone want to give a speech, he should go after eating warmth and calm sleeping so that his sound can be warm then.

**Aphthous treatment:** If the person has a warm temperament, the aphthous is removed by tasting pomegranate juice or **grenadine**, and if the person has a cold temperament, it will be treated with honey and chin bloodletting.

- **Drunkenness treatment:** Wine produces fast and hot bile and produces unconventional movements. For taking away its effect, we use vinegar that is for melancholic people and those who have sexual hyperactivity. They imported comphor instead of vinegar to cool the body and this is a betrayal.
- **Runny nose treatments:** Rubbing peppermint essence or infusion to the forehead.
- **Treatment of kidney protein excretion:** Drinking oxymel twice a day, dosin, stop using vegetable oil and using olive oil and sesame oil, walking, stop drinking water in between of eating food and ice water, warm cupping of the kidneys.
- **Treating Dullness:** Those who want to be joyful should always use orange blossom. If you want to be joyful, you should use saffron.
- **Treat the anesthetized organs because of Spinal cord injury:** Use liquorice **poultice**.
- **Treatment of low back pain from weakness, injury, bone fractures and humidity:** Use the combination of pea flour + yolk. Exercise suitable for waist is lying down bicycle exercise, and we use pea oil for rubbing oils. Pour soaked pea in a pot with half water and half olive oil until the water **evaporats**, whatever remains is oil.
- **Liver enzyme treatment:** Drinking oxymel
- **Treatment of Garlic Scent:** Eating a spoon of honey destroys garlic smell.
- **Therapy for psychic shock:** Aromatherapy with mohammadi and esphand, use esphand dish one to two meals a day
  - **Cold bone therapy:** eat figs
- **Treatment for hepatitis B:** Drinking 1 or 2 glasses of oxymel a day, general bloodletting once in every two months.

- **Treatment for pterygium:** Treat the patient's constipation and then do the following:
  - 1- It is better that the patient take some useful medicines for the liver. The easiest way is to use do two to three glasses of the combination of chicory and fumaria officinalis essence in a day for a month.
  - 2- Bloodletting or cupping around the eye.
  3. Pour a medicine that has a fairly strong astringent effect. This will cause narrowing of the vessels and decrease the blood flow to it. This will initially prevent the growth of the **pterygium**, and in the later stages, its regression, while such a medicine will diminish the pterygium from the beginning, and reduces side effects like redness, itching and burning to the very least. To do this, you can use different medications, but I suggest marigold that has almost always shown great results. To do this, use 2 drops the marigold extract in each eye 3 times a day and continue to do this until full treatment is achieved.
- ✓ **Method for preparing the marigold extract:** If you have access to traditional, saturated and Non-diluted essences, you can use a little marigold extract as eyes drop, or otherwise boil one tablespoon of marigold with half a glass of water on a low flame till a quarter of it is left, then filter and use it. Marigold essence can be used for a few months if kept in the refrigerator, but you should refresh the infusion every couple of days. The last point is to make sure that the medicine listed above has almost no specific side effects.
- **Excretion of taenia and parasite (highly experienced):** For parasites or taenia, two experienced prescription have exsit:

The first prescription: At night, eat 2 to 3 tablespoons of raw Pumpkin seed, until the morning all the worms and parasites are excreted from your body.

The second prescription: At night, grate a cub of raw garlic and pour in a glass of warm milk.
- **Three-day treatment of mumps disease (experienced patient):**

There is a very simple and modern way to treat this disease that is miraculous and can used to get rid of the disease in 3 days.

To do this, you need the following ingredients: a grated garlic + a sour lime or two large ordinary lime + a spoonful of natural honey + a glass of water + a few ice cubes. Take the lemon juice and mix it in the water with garlic and honey and cool it with ice and drink it. Use this mixture for

72 hours instead of water and food and do not eat anything else and have 72 hours of absolute rest.

- **Definite treatment of stomachache and flatulence (experienced):** mix thymes essence and liquorice essence and ajwain essence equally and drink a glass of it or more after eating lunch.
- **Treating dental abscess in three days (experienced):** There is a very simple and modern way to treat this disease that is miraculous and can used to get rid of the disease in 3 days.  
To do this, you need the following ingredients: a grated garlic + a sour lime or two large ordinary lime + a spoonful of natural honey + a glass of water + a few ice cubes. Take the lemon juice and mix it in the water with garlic and honey and cool it with ice and drink it. Use this mixture for 72 hours instead of water and food and do not eat anything else and have 72 hours of absolute rest.
- **Treatment of kidney stones (experienced):** To excrete kidney stones, before anything you should avoid eating dairy and tea and then use the following prescription:  
The first prescription: Drink a glass of this combination three times a day.  
Bindii essence + alhagi essence + ajwain essence  
The second prescription: Using at least 3 teaspoons of cockle powder with honey (Morning and afternoon and night)  
The third prescription: Use a glass of barberry juice without salt 3 times a day.  
The fourth prescription: Mashhad Melon (in the winter, Mashhad melon seed powder soup, add three tablespoons of this flour to a soup). This will open the urinary meatus and makes the prostate smaller, so make this soup for old people instead of buying them easy life diapers. The classical medicine wants to make all people to wear diapers, but all the kidney problems and dialysis is solved with this melon and its soup.  
The fifth prescription: drink a glass of watermelon juice daily
- **Treatment of gallstone:** when you have pain, use two glasses of oxymel in a row, and when the pain began to calm down, use a glass in a day. 40 days later, the stone has enlarged, or has become 3 or 4 pieces and it means that it has become empty and is going to melt.
- **Treatment of pregnant women with cold and sore throat (highly experienced):** As you know, pregnant women should not use chemical drugs as much as possible because they are



dangerous for the fetus. For the treatment of a cold of the pregnant woman, this prescription is safe and highly experienced:

- 1- Drinking a glass of Alcea + malva + violets and liquorice root infusion every day
- 2- Rosa canina infusion is both useful for mother and the fetus.

**Note:** If the mother has pressure drop, it is better to use this infusion with honey.

- **To treat the sore throat caused by cold:** Gargling the thymes and pennyroyal infusion is very useful.

Eating soup and vegetables is very helpful

- **Postpartum depression (experienced):** Usually, because of the rise or loss of hormones in the body, some mental problems including depression is seen in some of the mothers. In order to resolve this problem, use the following prescription: Mix an equal amount of fennel, echium, valerian, passion flower, chamomile and lavender, and boil it and take a glass of it 3 times a day. Use 2 lemon juice yeast from the perfumery and use after each meal.

- **Treatment of asthma and bronchitis (highly experienced):** Those who suffer from these diseases should breathe in moderate and clean weather as much as possible and use highly experienced prescriptions:

The first prescription: Use a glass of platanus essence three times a day.

The second prescription: Drink a glass of pennyroyal essence and turnip essence every 6 hours.

The third prescription: Cook two yellow apples on the fire every day so that the skin of the apple is black and it becomes soft and then remove the black skin of apples and eat it warm.

The fourth prescription: Take equal amounts of following materials and mix them, boil 25 grams of the mixture for 3 minutes, and leave it on mild heat for 20 minutes and drink a glass of it three times a day. The ingredients are: alcea + malva + Jujube + Thyme (less than the rest) + pennyroyal + liquorice root + dried figs (use figs for coughing)

The fifth prescription: Boil this combination for 3 minutes at the same time and with a mild heat for 20 minutes and drink 3 glass of it every day: malva + liquorice root + Cordia myxa + hyssop (hyssop is not good for pregnant women), raw onion + dried fig + adiantum capillus-veneris + water lily

- **Low back pain and intervertebral Disc Herniation drug (highly experienced):** It has a very strong effect for those who suffer from intervertebral **Disc** Herniation and its pains: (Black pepper + Ginger + cockle + Thymes + Olive oil). Take the equal amount of each and beat them and mix it with olive oil and rub on the spot until it absorbs the body. Do it once in the morning and once at night and continue until the recovery is gained which is very effective. .
- **Disc disease in the neck treatment:** If it is melancholic, try general bloodletting 2 times in 2 weeks, and within this time, warm bloodletting in the back area every other day.
- **Lower back pain and aching muscles (highly experienced):** Buy two male and female pills of waist from perfumery and burn them on the fire so that their shells can be easily broken. Now, beat their nuts and saute them. Then eat a teaspoon of it in the morning, at noon and at night. Along with this, you will need to have two glasses a day of pyrethrum roseum essence drug to help relieve muscle cramps, severe backache, sexual and body weakness.
- **Eczema, itching, desquamate treatment (highly experienced):** You can use this treatment for any kind of eczema, redness of the skin, sensitivity, itching and **desquamate**:  
Drink cold essences like fumaria officinalis and couch grass .Use cucumber, lettuce seed, chicory seed, portulaca seed in the same amount and beat them. Every day, take a teaspoon of this combination in a glass of boiled water and cover it and let it be that way for half an hour, then drink it.
- **Other treatments for eczema and psoriasis:** If you are melancholic, pour water and if it didn't work out and try general bloodletting and oxymel, and if you are choleric, and pour cold water and if it didn't work out and felt itchy, eat pomegranate for 40 days or drink barberry oxymel (instead of barberry juice vinegar) and topical bloodletting and rub the cockle oil + rose oil to the spot.
- **Definite treatment of iron deficiency (Highly experienced):** This is a great way for someone who is suffering from iron deficiency, and if you continue to do it for a month, it will have a great result. Beat equal amount of ginger and cinnamon and myristica fragrans and mix them. Use it before each meal with green lentil infusion and a little salt. This prescription has been used a lot for women who have anemia and iron deficiency after childbirth.
- **Hemophilia treatment (highly experienced):** Hemophilia is a condition in which unfortunately, patients do not have coagulation in case of injuries. Although there are many treatments

available today, I would like to offer a low-volume, well-experienced, natural treatment for this patients: Put 2 of the sheep's trotters after cleansing in the pot and boil it with some water, and after that mix a cup of its water with half a teaspoon of turmeric and drink it and continue doing so for one month. After doing this procedure there will be no bleeding anymore.

## Questions and answers

### Irregular menstruation

**Question:** One of my friends has irregular menstruation, and recently, hair loss and she has unwanted hair on her chin. The doctor says that he has a hermeneutic problem and given a series of hormone medications and said that she should have a baby. I wanted to see if my friend starts to use fennel, can she solve her problem and stop using her drugs? And the other question is that the fennel essence is better or its infusion?

### Answer:

The best medicine for her is fennel. Because fennel is a regulator of hormones, and there is no need to use any drugs. Meanwhile, warm foods, for example, 14 almonds a day, tahini with grape juice (4 meals a week as the breakfast) and reducing the use of cold foods at nights is helpful, because in addition to the hormone problem, a person with this features has a cold temperament and hair loss is also due to this. For the hair loss, at night, rub the cockle oil on the scalp. Fennel essence has sooner results than its infusion but the infusion effect last longer, therefore for better results use a glass of fennel essence at nights for the first two months and fennel infusion for the next two months.

**Question:** I'm a girl who has been having itching for three days. I used Sodium bicarbonate with lukewarm water, but it didn't work out. Please give me instructions.

**Answer:** Take a glass of vinegar + 3 liter of lukewarm boiled water into the tub, sit 20 minutes a day in it (7 to 14 days)

**Question:** (a) What is the treatment of Genu Varum? (b) What is the cause and treatment of Genu Valgum in children?

**Answer:** It should be checked at older ages, but the Genu Valgum is likely to be because of coldness of the organs. Rubbing with bitter almond oil every night for 4 to 6 months and eating warm foods, especially figs and almonds is a great treatment.

**Question:** Can you introduce a natural substance to replace soap for removing skin pollution and sebum, and because the soap makes my skin thin and wrinkles it, I tried vinegar, my skin becomes red and because I work outside and use creams and I come home with a dirty skin and it wouldn't come off with water and I should use a cleanser every day, Please give me some guidance.

**Answer:** Use olive soap available in **perfumery**.

**Question:** My son goes to 4th grade this year, but unfortunately he has Nocturnal enuresis and always wets himself and he says his feet/palm have pain. Please guide me.

**Answer:** Symptoms are because of too much coldness. Do the following:

- A) Massage under the abdomen, waist and legs with cockle oil (120 nights);
- B) Eat a cup of tahini with grape juice at nights
- C) Reduce using cold foods at nights, such as dairy, tea, lentil, beef, eggplant, fish, sausages and salami.
- D) Eat three dates in a day, 7 figs at nights, 21 raisins per day.
- E) Cupping under the abdomen, every other night, 14 steps.

**Question:** I can't sleep at nights because of burning of foot/palm. This burning is less in the days and sometimes my body and hands burn too. Please guide me.

**Answer:**

- A) Take a glass of oxymel an hour after dinner (80 nights)
- B) General bloodletting in 2 steps and once in a month in the third quarter of the lunar month.
- C) Reduce using choleric foods, especially in the evening
- D) Eat grape and sour-sweet pomegranate.

**Question:** I am a 38-year-old girl who had a Coagulation in the left leg (from the pelvis to the toes) 5 years ago, and it was completely treated by using the warfarin drug, but my left knee swelling is still not treated and I can't bend my knee completely. In these 5 years, I use aspirin because of the rise of the platelet in the blood and now it's been. Since I write a lot and work with the computer, and during this time, I have not moved a lot because of foot pain and capillary injury diagnosis with sonography and my back, waist and neck/lumbar hurt so bad.

I think I have a warm and wet temperament. If it is possible, give me the instructions for treatment of the pain in the neck and waist and normal number of platelets.

**Answer:** Follow the following carefully:

- A) Drinking a glass of oxymel every evening an hour after dinner.
- B) Rubbing neck, waist and knee with bitter almond oil each night
- C) Ccupulae, waist and knees cupping, every other night, 21 steps)
- D) Decrease in using cold foods.
- E) General bloodletting one month later in the third quarter of the lunar month

**Question:** What causes the skin wrinkles in men? Is there any way in the traditional medicine to treat it? (warm temperament) Please mention all the remedies.

**Answer:** The cause of wrinkles for ladies and gentlemen is due to dryness.

**Question:** A person suffers from a stomach pain and he has been taking pantoprazole pills for more than a year, I told him to use mint essence and plantago (without cutting pantoprazole off), but after a few days he said that he has stopped using plantago because of too much excretion and only drinks mint essence. I wanted to know what he must do, now that plantago is not good for him.

**Answer:** Start with half a teaspoonful and add half a spoon each week, moreover, drink with more honey and sip by sip, however, it is needed to use plantago for treatment, but now that the stomach is so cold that it reacts to it despite using mint, take the above solution.

**Question:** I had a kidney stone several years ago and I treated it. With the onset of Ramadan month, my kidneys started to have pain, and I began to suffer from severe pain once day, I am a farmer and I fast, my body is very weak, I always cover my kidneys with a cloth and if I open it, I feel pain, Please give me instructions, meanwhile, can I use cockle oil?"

**Answer:** 1- Using a teaspoon dosin (three units of honey + one unit of half mashed cockle), Every 12 hours.

Note: If the pain is severe, use a spoonful of it every 6 to 8 hours.

2. Equal usage of essences (alhagi + bindii). Two glasses a day with a little honey.

Note: If you use the above essences instead of water for one month period, the result will be excellent.

3- In summer, using melons is excellent.

Note: For a better result, you can use melon potage.

How to make melon potage:

All the materials used in potage is the same, just we put melon in the mixer and use it instead of water.

**Question:** I am in the fourth month of pregnancy and have severe **constipation** so that it may even last for nine days. I can't use olive oil with plum since I throw up immediately after using them. Please tell me what to do. I can only have **excretion by using suppository which is still so hard.**

**Answer:** Soak 7 dried figs in rose water at night, after about an hour, eat the figs before going to bed. Drink the rose water left in the morning with empty stomach for at least half an hour before breakfast. After ten minutes of walking in the house it is recommended. This program is very helpful if it is repeated for at least 40 days.

**Question:** It's been 16 years that I have diabetes, and I have been taking pills and my blood sugar was always more than 270 until 2 years ago and now it is 220 and sometimes 170 or 180. Is there a way for me to get rid of diabetes since my doctor has said my diabetes is nervous?

**Answer:** Diabetes treatment is a very technical and precise category. Yes, there is a treatment for it but it should be done under the supervision of an expert, but in order to stop using pills, you can use a combination of fenugreek powder + nettles powder (inside the capsule) and take three in the morning morning, noon and night. Of course, you should not stop using the pill at once, but check the sugar change process daily after a week and slowly lower the pill dose and then cut it off.

However, eating warmth and reducing colds have a profound effect on the treatment of neurodegenerative diseases.

**Question:** I am a 27-year-old man with choleric temperament and my waist is very dry because of my bad habits at youth and inactivity. I wanted to know if there is a solution to make the spine soft.

**Answer:** Rubbing oil every night with olive oil and bitter almonds for forty nights, using 7 figs at nights, and 7 olives in the morning is very beneficial.

Reduce using cold foods and eat a cup of tahini with grape syrup one day.

**Question:** In your opinion, is there any way for the treatment of advanced hemorrhoids that the left scar be removed completely and be done without leech therapy. (Female)

**Answer:** The treatment is hard without leech therapy. Of course, with the lower back bloodletting, some of this problem can be solved.

**Question:** A woman has asked about nosebleeds?

**Answer:** Bleeding is usually accompanied by intense warmth. She should immediately put a lot of ice on her head or pour water on her head. However, we do not recommend operation.

Smell an amount of boswellia that makes the channel behind pharynx dry and easily controls it.

**Question:** It is about 8 years that I have allergies in the form of sneezing, runny nose and throat sputum, and in the morning after waking up, I sneeze several times and my throat is full of sputum. I did allergy bloodletting for a couple of times (General and the lungs' bloodletting, but it didn't work out. Please tell me what treatment you recommend for this illness?

**Treatment:**

A. If you have sinusitis, you must first treat your sinusitis.

But if you do not have sinusitis, you first need to use cockle oil for 14 to 21 nights in your nose (a drop for each nostril).

B) Using a glass of Saint John's wort infusion with a little honey (120 days)

C) Drinking oxymel (two units of honey + two units of chicory + one unit of natural grape vinegar). Take one third of the glass of this syrup and the remaining of water and drink it (up to 120 nights).

\* Note: If you have a cold temperament, you should use the mint essence instead of chicory essence.

D) After 40 days of taking the above drugs, the general bloodletting should be done.

E) One month after the first bloodletting, the second bloodletting is done.

F) Bloodletting of the head, two weeks later.

G) After 40 days of the bloodletting of the head, bloodletting of allergy occurs.

\* Note: If you have allergy to anything special, you should bring it to the office so that after the bloodletting, the doctor put it on the bloodletting spots so that the body is not allergic to it.

\* Note: Sensitivity and allergies are usually caused by an imbalance of temperament, and for its definitive treatment, you should get the body to its balanced temperament to complete its treatment or it is because of the warmth in the head (bile), in which its treatment is allergy bloodletting.

**Question:** A woman said what should be done for handshake? What is the treatment for heart palpitations? Is handshake related to the heart?

**Answer:** The cause of this disease is increased cholera and warm and wet foods should be used. A recommendation that is without side effects and is necessary for this disease is: orange blossom essence + honey, and if you do not have it, then you can have saffron infusion with honey or a candy rock at nights. Continuous daily use of a glass of saffron flower or echium can be relaxing for the heart and gradually gain the lost peace, and you have to avoid having cold foods and pickles.

**Question:** A woman has said how to make violet and pennyroyal oil?

**Answer:** To make them, we should put dry pennyroyal in water, for example, 50 units of water and the same amount of pennyroyal or violet, then add 50 units of olive oil and boil until the whole water is evaporated. Now, we filter it and if we have used violet we call it violet oil and if we have used pennyroyal, we call it pennyroyal oil.

**Question:** A woman has asked to describe Pneumonia and how to treat it?

**Answer:** Rub cockle oil to scapula and sides and drink peppermint essence and honey. This is the best treatment. It lasts for 14 to 40 days.

**Question:** A man has said that I have a 14-year-old girl that she had severe hair loss at the age of 7 so that her scalp can be seen. Is there any hope that her hair grow again?

**Answer:** Yes, there is. Apply cockle oil to her head and she should eat almond or fesenjan stew. 14 almonds a day is good. However by doing so, her coldness will be moderated.

**Question:** A woman has said that my daughter is 7 months pregnant and has severe anemia. What can she eat to reduce her anemia?

**Answer:** Using honey at nights is the best medicine for her, and the best fruits to be eaten are apple, fig and grape. At 7th months of pregnancy, she should eat 7 dates in a day to reduce her anemia and it is also good for the baby who will be born later will be tolerant.

**Question:** Describe obsessive-compulsive disorder?

**Answer:** Obsessive-compulsive disorder is due to increased cholera in traditional medicine. Whenever blood is dry in the body or the moisture is too low and the person insists on something, either in the case of economics or in some cases such as daily routines, all of this is due to the increase in cholera. Walking on a rough surface and swimming is good for him, and



this action can be very treating. From the fruits, try sweet and sour pomegranate, so that before eating, he will say, "In the name of god, the beneficent the merciful" and the barberry juice with salt can be an alternative to pomegranate, so that the treatment can be achieved when blood darkness is gone.

**Question:** The gentlemen have said that I have a 25-year-old boy whose tonsils are large and doctors have said that they should do an operation. What is your opinion about it Mr.Khierandish?

**Answer:** Use a drink of honey and salt is given for a period of forty days, so that it can slowly makes the tonsils smaller.

**Question:** A gentleman have said that I am having severe coughs and shortness of breath and have 2 to 3 times a day of frequent and long coughs.

**Answer:** This cough is exacerbated by cold or heat. However, try cupping on the lungs from behind and if it is accompanied by a sputum, try onions with honey like bread and yogurt. Drink 7-12 nights of mint essence + honey. If this shortness of breath is very severe and he can't sleep on thin pillows, he can replace the spray by a glass hookah and full it with mint essence instead of water, and smoke it like a hookah one hour a day to increase their breathing capacity.

**Question:** The gentlemen have said that the last lumbar of his spinal cord is in severe pain. Can I treat it through traditional medicine?

**Answer:** It is recommended that they rub bitter almond oil on their back and lie down on their back, and spend 14 to 40 times a day lying down bike exercise and try waist cupping after about forty days.

**Question:** A woman has said that she has dark spots around her nails. Where does this darkness come from and what kind of medicine should I take?

**Answer:** Those with shortness of breath and dark lips have severe anemia. However, they can use the honey syrup, and if it did not go away and was accompanied by intense pain at the ending parts of the fingers, and the darkness was not treated, they should visit a heart doctor.

**Question:** A gentlemen have said that I have been ill with Parkinson's disease as having heart disease. Does traditional medicine have a solution?

**Answer:** Yes, traditional medicine sees Parkinson as a choleric illness. That is, a thick mass of blood that involves a part of the body and occurs in the form of nerve attacks or in some other

way. However, the hematopoiesis syrups that dilutes the blood is the best therapy. My initial offer is to drink oxymel syrup. Drink a glass every day. If you have coldness in your body, drink the oxymel with some salt or rose water. When their body gets warm a little bit, they can add some amount of saffron to this combination. Have a pea size of saffron infusion with tea. It can gradually slow down the vibration, and if they eat any medicine, they can decrease it under the supervision of the physician and when they get warm, they can do a bloodletting in the spot that is involved in and the accumulation exists.

Some tips to read

- If the lip is cracked, it is treated by rubbing oil to the navel.
- Almond kohl is good for eyelashes.
- Moisturizing creams are for melancholic and choleric skins.
- If you give someone a teaspoon a day of the combination of (a spoon of pepper+ 3 spoon of honey), he will be champion in sports because it produces a lot of energy and does a coat's job in the winter. .
- Honey is an immediate cure for the body's coldness (the grape extract is herbal honey, that is, if there was not honey, you can replace it with the extract of the grape.
- Narcissus is useful for alzheimer, Depression and Nervous Relief.
  - Tea is cold and choleric and closes the vessels. Use mint infusion in the winter and orange blossom infusion in the summer.
  - Eating pickles with fish can cause vitiligo.
  - Drinking milk is recommended only with honey and dates. Otherwise it will cause coldness of the body.
  - Sneezing extends the vessels and opens the tiny vessels of the brain.
  - Best competitor for bloodletting is walking.
  - If we want to increase the bile, it is possible with foods, warm environment and joyful words.
- Water, air, fire, and soil have a talent of understanding and its reasons are seen in the Quran, and so when you read a verse of Quran for the water, it becomes healing.
  - Sesame should be planted a lot, and Iran is a desert country, and sesame needs little water.

- Holy places are not a suffix; there is a ray there and there that affects humans, and therefore places are different. In some of the environments, you feel bad and in some others you have a good feeling.
- Women do not have hair on their body because they are cold and women who have hair on their body are warm and it is the same for children.
- Have warm foods during discussions and hot topics so you do not forget the information you read.
- Water therapy is only for melancholic and then for the sanguine people and is harmful for the rest.
- Narration: Cow's meat causes disease and its milk is a cure and lamb's meat is a cure and its milk causes disease, the sheep that we draw milk from them, have a weaker generation.
- Violets and oil are compatible with the temperament, and whenever we hesitate to wait for the weather, we give violet.
- All the troops of **nescience** are choleric and lie is above all.
- Laughter is the warm at first and cold at last, but cry is cold at first and warm at last.
- Tears of grief weaken the human body.
- Hot, bitter, sweet and salt flavors are warm.
- All the acerbic things are cold, here the meaning of acerbic is water and cucumber.
  - Good and delicate weather, subtle blood will cause delicate thought, and in delicate thought there is no suspicion, bad delusions and fantasies, bad spirit, confronting, and choleric thoughts.
  - Sleeping towards the qiblah causes the body's temperament to be adjusted and comforts people.
  - Happiness causes warmth and fear, disappointment and discomfort produce cold.
  - In the society, there is almost no moderation in temperament, or it is so rare because there is • If the yogurt is used with meat, it causes choler.
  - Treatment of chronic diseases lasts from 6 months to 2 years, provided that the skilled doctor and the patient are co-operating.
  - Spices are warm and dry and are Europe has the highest rate of using spices.
  - Using a fistful of nuts in a day can add 5 to 10 years of life, and the raw nuts is better and it should be shelled nuts, and if you break the shell, you should use it in a week.

- Those who have a lot of pain in the abdomen, have a problem with their navel, and it is treated with the honey bandage and cupping.
- Before being a dish, potage is a drug and is useful for any temperament.
- Using tahini with the honey will make the bone marrow hot.
- Honey is damaged if it reaches for more than 55°C.
- Rice is dry so it is harmful for constipation, and plum is more useful because it is wet, and the best thing to be used with rice is milk.
- The cause of sciatica pain is choler.
- The pain of the frontal part of the knee is usually arthritis and the back parts' pain is associated with the blood.
- In chemotherapy, because all cells, whether healthy or cancerous, are killed together, the body's immune system goes down.
- The nightmare is caused by choler, and its treatment is first monzej (A drug that is used for making the choler ready to be excreted.) and then bloodletting.
- Pregnant women should not use cockles, because they cause abortion.
- Lithotripsy drugs cause abortion, too.
- Cumin is very helpful in treating stomach tympanites (to be used with foods).
- Do not clean the honey used in the treatment of burns, and put honey on honey layers.
- Milk + Honey is a perfect meal. Milk is better to be a cow's milk and rice pudding is good with honey.
- Breast cancer comes from sexual retention.
- Fig is good for warming your legs.
- For the convenience of giving birth, have three dates a day.
- Nightmares are caused by choler.
- The concentration of blood is either from the phlegm or being sanguine.
- Almond farina is good for nervous children.
- Chicory the best thing for liver **strengthening**.
- Eating honey with empty stomach is the best way for stomach **strengthening**.
- Cockle is the best thing for kidney **strengthening**.
- The bee and scorpion are merely crystallized bile, the ant is the crystallized choler.

- Ginger oil is a very warm oil.
- Olive oil is a bit warm.
- Violet oil is very cold.
- If we want to find the love of worship, we should warm the body.
- Too much of phlegm can also produce a negative image.
- The almond kohl is the simplest of all sorts, and the method of preparing it is: burn almonds and gather its smoke, and another one of the simplest kinds, is the fennel essence.
- The best kohl, is antimony and its mine is in Sistan and Baluchestan.
- In rice kinds, Shiraz is the warmest, then the Isfahan's rice, then the north's and then the imported ones. If you want to have rice, have kateh and not rinsed pilaf because it is colder than the kateh.
- Aspirin has 5.5 billion consumers and if you use it for 100 days it will cause gastric ulcer.
- Positive fantasy is because of warmth and negative fantasy of coldness.
- Sesame is the Indian hero's food and if you eat a lot of sesame and the liver was burnt from warmth, have some yogurt.
- Hippocrates is the father of traditional medicine, which Galenus narrates his medical information from Hippocrates.
- Garlic is useful for cold blood pressure and not for warm blood pressure.
- Cold foods will cause Osteoporosis. We can supply dairy calcium from the figs and almonds that are warm.
- If you feel heavy in your head, try cupping to feel better.
- Coriander will cause too much sadness (due to coldness)
- Wheat soup is the best hematopoietic and is useful for all temperaments.
- There are many types of vitamin B12 in oatmeal bread that prevents the hair from getting white.
- Potage is the most wise Iranian cuisine.
- Mushroom is cold and its continuous usage makes the body cold.
- Obesity criteria is measuring of the wrist, which, if the wrist is small and the body was obese, is overweight, which should omit lunch from its meals.
- Singing eliminates the choler of the brain.

- The tendency to bad smells like: the smell of gasoline and petrol, and etc. is due to the large amount of choler in the brain.

### Conclusion:

In this research that shows us how we can cure most of the diseases by using the logical nutrition at the correct time to get fast and more effective treatment. We explained the logical nutrition treatment in part two. In this research we introduced our successful prescriptions that found by logical nutrition. These prescriptions applied to patients. The results were acceptable. Also the good relation among the prescriptions and curing the illnesses were found by data analyses in FFNN and SSDN.

### Recommendations:

This research is first step for the logical nutrition treatment. We hope that further researches on the combination of the nutrition treatments in the area of nutrition calculation for curing people and more accurate predictions can help us to have secure and healthy societies.

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