

# Treating health using the traditional method of medicine.

(according to the advice of the honorable Prof. Dr. med. Tran-Quang-De, former Director of Hospitals in Paris and Saigon, Rector at the University of Saigon VN)

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## Daily problems of life:

### 1. Constipation problem:

Every morning before breakfast, take a cup of hot tea or coffee, e.g.

\* **Nettle leaves tea (for men with painful prostate problems to urinate more easily.**

If the problem is being treated at an early stage, surgery can be avoided).

\* or another sort of tea (choose a type of tea below that suits you or that you prefer).

\* or coffee with honey and milk.

Note:

a. Coffee is good for blood circulation; good for the heart and for waking up after light sleep (therefore, one cannot drink coffee in the evening or at night – to avoid insomnia).

b. Coffee also increases human blood pressure and helps people with low blood pressure to raise their blood pressure (therefore, people with high blood pressure do not take coffee).

**To avoid constipation, for breakfast (after drinking tea or coffee) you should eat fresh fruit:**

\* Apple, pear, banana, plum (or some seasonal fruits) with 1/2 cooked sweet potato.

At the same time eat the grains mentioned below (two teaspoons of each kind already chopped) to have substance in the stomach and intestine and a balance between vitamins and proteins:

\* Hazelnut: helps strengthen the spinal column

\* Almond: contains vitamin B12 (for vegetarians or people who lack proteins in meals).

\* Cashew: helps osteoarthritis disease.

\* Walnut: helps memory (Alzheimer disease).

Note: Normally man must “relieve oneself” once a day at a usual time for each person (early morning or after breakfast). In case of heavy constipation you need to drink milk and orange juice at the same time, then the problem will be solved immediately (it is important not to allow constipation one or more times in the following days, because long-term constipation can create hemorrhoids, then damage the appendicitis which leads to urgent surgery).

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### 2. Diarrhea problems:

In case of repeated diarrhea problems, you should take mint tea or black tea and eat dark chocolate and sticky rice to calm down. Avoid drinking milk, cream, fatty foods.

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### 3. Sleep problems:

\* Avoid eating a too heavy meal in the evening

\* Read a few pages of a book or watch a short film while having a linden or goodnight tea (never coffee, green or black tea).

\* Empty all the problems and worries of the day before going to bed.

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#### **4. Pain problems that suddenly arise:**

- \* Stomach pain after a meal: perhaps caused by food products.
- \* Headaches: caused by worries or problems in life.
- \* Back pain - Knee pain - Lower back pain - Shooting pain in the heart etc.
- \* Cold snap / struck by a draft. This case is especially urgent to treat: you must

immediately massage around the neck, shoulders and back on both sides of the spine with the products below, p. ex. Voltaren ointment – and drink Elderberry tea several times.

(These problems happen all of a sudden)

#### **Before consulting the doctor, we can try the simple method of natural medicine such as:**

Rub and massage with one of these products:

- \* Voltaren ointment (Swiss product)
- \* or Plast-Salonpas (Japan product)
- \* or: Menthol oil - heating the body and painkiller (Singapore product)

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### **Important products for good health**

#### **During the day, after the main meals you can choose to drink:**

\* Green tea: for people who have type two diabetes problems (this tea can lower sugar in the body and digest meals).

\* Mint tea: moderate meals, avoids constipation or diarrhea - urinating easily - reduces headaches and improves illness.

\* Linden tea or “Good Night” tea (especially for the evening): helps people who have sleep problems due to stress, etc.

\* Fennel tea: stimulates digestion, limits bloating, and reduces nausea and vomiting, effective against constipation and diarrhea, good for the eyes.

\* Elderberry tea: against the flu (Covid-19), colds, bronchitis, fever, intestinal disorders.

\* Herbal tea against colds, osteoarthritis and rheumatism: For people who always feel cold in their body.

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#### **You should also take vitamins in addition to a main meal**

\* Vitamin A: for the eyes (liver, carrots, cabbage).

\* Vitamin B1: helps the heart, nerves, muscles, good for the elderly (pork meat)

\* Vitamin B2: helps the development of children’s bones (calf, cow, pig liver)

\* Vitamin B3: gives thin skin (fish, salmon, mushrooms, cow/veal meat, pork/cow liver).

\* Vitamin B5 and B7: help hair grow longer and stronger.

\* Vitamin B12: helps vegetarians who lack protein (bananas, etc.)

\* Vitamin C: against the flu and gives good health (broccoli, fennel, strawberries, pepperoni, oranges, etc.)

\* Vitamin D: for bones and teeth (fish, seafood, mushrooms).

\* Vitamin E: helps blood circulation (avocado, asparagus, spinach, olives, pepperoni, celery, etc.)

\* Vitamin K: cures joint aches, helps people with thin blood (broccoli, cauliflower, chicory, Chinese cabbage, endive, spinach, onions, pepperoni, chicken meat, liver, etc.)

### **Important notes:**

\* Calcium: Children need to take extra Calcium to grow but do not exceed 800mg per day to avoid bone cracking.

\* Magnesium: Good for older men to avoid the numbing problem caused by sitting or in bed for too long (**solve this problem immediately: get up or get out of bed then walk a few steps**).

\* Vitamin C: people who lack vitamin C often have the problem of "hiccups" - (**fix immediately: drink a drop of lemon or eat a Ricola lemon candy**).

\* Iron: people who do not eat meat or fish (like vegetarians) often have a problem with dizziness. You need to take an iron supplement. But we cannot exceed the dose – because if there is too much iron in the body, there is a risk of nose bleeding.

\* Salt: people in tropical countries need more mineral salts in the body. People from cold countries should not eat meals with too much salt – they risk a heart attack.

\* Sugar: Helps strength in the human body - but people who have diabetes problems should avoid eating sugary products.

\* Fat and oil: avoid eating meals with too much fat or oil, as well as industrial products, because you risk gaining weight and having a heart attack.

\* Alcohol: A glass of wine with meals helps digestion, but drinking excessively and constantly leads to alcoholism.

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## **CONCLUSION:**

**No matter how we take care of health, God decides upon our life.**

(please read the text "The Life of Man" below):

# **The human life by the doctrine of religions, philosophers and science**

(by HuynhDung RUHIER)

## **1. Christianity**

The first book of the Bible describes how God (the creator), after creating the universe, created man from clod of earth: ADAM and EVE. They are the first humans on earth.

The lesson of Jesus: God used the clod of the earth to create man and gave him life and full freedom. Man might live a short or long life, under good or bad conditions. He however is fully responsible himself for his life and his destiny. But at the moment when he has to leave this world, he cannot take anything with him. Because the body of the human being is made by clod, he returns to the earth.

Thus the day man arrives in this world he possesses nothing. The same way he will leave this world without any possession – ashes to ashes as dust to dust.

**This is the law of equality of all humans before God.**

For this reason, Jesus instructed:

The human being while living in this world should be a good, wise and honest person. He should love others and live with them in peace and not harm anybody. Because those who sow good seed, will reap good fruit. On the day of death when man's life ends, he has to appear before God to receive the last judgment. The gates of heaven are open for the good ones for eternal life and the gates of hell are for the bad and the wicked ones.

## **2. Buddhism**

According to Buddha's teaching the life man receives today is the result of the former one. When man ends his present life, he will be reborn for a future life. This is the Buddhist's concept of "reincarnation".

This explains why a person who receives in the present life positive things such as happiness and wealth, it's because in his previous life, he was a good person. Those who get just misfortunes, it's because they were bad persons in previous lives.

### **The Ideology of Buddha:**

If someone wants a better life in the future life cycle, he must be good in the present life. A bad guy in the present life might escape the judgment, will however suffer in the coming life cycle. Buddha called this "the law of cause and effect".

Birth, death and rebirth are the concept of reincarnation of human life. The life cycle repeats endlessly like the rotation of the earth and the universe never ends. Whenever man dies and is reborn, he must accept all the sufferings of life (birth, diseases, misfortunes, social fights, old age and death...).

Therefore if man wants to escape from the cycle of life and sufferings, he has to be of good heart and do good deeds to others. The day when he leaves this world, he will be freed from the cycle of reincarnation and be able to reach an eternal life in Buddhist's heaven (Nirvana).

### 3. Two Chinese philosophers of the past

**The first explains:** Life is a dream and death is the moment of waking up to live another life.

According to this ideology while sleeping man makes strange experiences and is confronted with unknown situations. When he wakes up, he realizes that it was just a dream.

Conclusion: Death is not death, but it is the awakening from a dream to live another life.

**The second explains:** Sleep is like a short death with a wake-up, while death is like a long sleep with no more wake-up.

According to this philosopher, the human's sleep occupies one third of his life time, because man needs more time to live (two thirds of the time) in order to resist and to cope with all different circumstances and emotions of life.

The author's opinion: For this reason nature lets the child enjoy a longer sleep than older people, because the child has still a very long way of life before him; there is no haste to be involved in the society. While for the old man, he doesn't need to spend his time sleeping, because he must enjoy life as his time will run out soon.

### 4. Sciences

Leaving the doctrines of the two religions and the two philosophers behind, what does science tell?

Scientists have discovered that the earth is 4.5 billion years old. At the beginning there were different sorts of organism that live in the water like fish. Then these animal species slowly crept out from water on land. They transformed their shapes all the time... And during some time the dinosaurs dominated other species on earth (240 million years ago). When the dinosaurs died out, small animals arrived which can still be found today on five continents. Finally, the human primates who share common ancestors with the monkeys, appeared 2.8 million years ago.

So scientists explain that the 'monkey' might be the ancestor of human being!

(This assumption is unacceptable for the religions!)

Despite the extraordinary progress of science and medicine, researchers and scientists cannot confirm how human being is created (compared with the ideologies of the two religions, Christianity and Buddhism). Nor do they explain the existence of dreams during human sleep as assumed by the two philosophers.

But we can say that sleep is composed of 4 stages: The 1<sup>st</sup> is a light sleep; the 2<sup>nd</sup> follows with a little deeper sleep; the 3<sup>rd</sup> and 4<sup>th</sup> stages are of very deep sleep, during which dreams are produced. Dreams do last no longer than 20 minutes, because if they exceed 20 minutes, man wouldn't wake up anymore.

Nevertheless, medical researchers can nowadays create a child by using sperm from the man and woman's egg and placing the fetus in the womb of a surrogate mother or in the incubator of laboratories. Researchers can also create clones or many children... (like a factory of robot

men). The scientists explain: the heart is a pump whose function is to circulate the blood in the body; the brain is the central computer that directs all functions.

## **The author is wondering:**

How the soul enters into the fetus created in the laboratory? – Does it come from the brain? –Or from the heart? – Or from both? – And when man's life ends, does the soul fly away after death or is it dissolved with the body? But we notice that in countries of war there are many deaths and at the same time many births. Can the soul survive in the fetus of a new body?

## **Science cannot answer!**

Scientists cannot explain everything about human life, but still we must honor the world's pharmaceutical laboratories, which continuously develop new drugs to save human life and extend it longer.

A recent innovation is that surgeons can engraft a healthy organ from a person into the body of a sick patient to prolong his life. This extraordinary medical progress can save human life – at the same time cost another human life taken by criminals of organ-trade!

## **The conclusion of the author:**

Researchers nowadays might be able to create human life. But still we don't know yet where the soul is located. Despite the most advanced progress in science there are no explanations why there are different fates and lives as well as why human beings dream while sleeping. All these remain a mystery.

## **Man will never discover God's secret!**

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