

***LONGEVITY***

**THRU**

**ALTERNATIVE  
MEDICINE**



**Dr. S. P. SHARMA**

**LONGEVITY**  
**THRU**  
**ALTERNATIVE MEDICINE**  
(a body friendly medicine)

By

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(a branch of alternative medicine)

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Dedicated

To

# **My parents**

Who inspired me  
To enter into world of knowledge

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2<sup>nd</sup> Edition : 2008

3<sup>rd</sup> Edition : 2016

4<sup>th</sup> Edition : 2019

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## PREFACE

The biochemic medicine has been discovered long back by Dr. Schushler, who was a allopathic doctor. He found that certain diseases can be cured by giving minute quantities of inorganic salts. These salts take part in the biochemical reactions only as a catalyst and therefore do not get depleted in normal working but if there are certain losses due to some problem in the system than the problem is rectified very fast by making up the loss of particular tissue salts.

Dr Schushler made this discovery almost two hundred years ago and no further research has been done in this field. I was amazed by seeing the effect of this medicine, in some cases like diarrhea, it is faster than allopathic medicine and simultaneously it is a body friendly medicine because of being administered in molecular form. This medicine does not leave any permanent bad effect on the body.

My experience shows that if the biochemic medicine is used as a preventive medicine or as a first aid along with magnet therapy as a supporting medicine along with vitamins as and when felt necessary, the human body can have a life span of around four hundred years probably the design life of human machine. That is why there are cases of people living as much as 145 years as on now.

This medicine is purely chemistry applied to human biological reactions, also called biochemistry. Any person having interest in chemistry, can understand the medication and put to the best use of humanity. Sometimes mere understanding the body condition on the basis of pH of various fluids flowing in the body like saliva, stomach, intestine, urine can give indication to the real state of biochemical reactions taking place in relation to the sickness symptoms of the body. This study gives us quick learning to treat almost 95% of diseases of human body and thereby treatment through natural medicine.

It is hoped that this book will spread the message to the reader and zeal to live longer than 400 years. It may seem miracle now but slowly it can turn into reality in near future.

**Dr. S. P. Sharma**

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## **Description of diseases includes following:**

Anemia 47	Kidney Troubles 72
Aphthous 47	Leucorrhoea 73
Appendicitis 48	Liver Troubles, Jaundice 73
Arthritis 48	Memory, Lack of 74
Asthma 49	Menstruation, Heavy 74
Balanitis 51	Menstruation, Painful 74
Blood Pressure 52	Menstruation, Scanty 74
Burns 55	Migraine 74
Cholera 55	Muscle Sprain 75
Constipation 55	Numbness 75
Cough & Cold 56	Obesity 76
Cyst, Sty 56	Parkinsonism 77
Delivery, Easy 57	Phimosis 77
Dengue Fever 57	Piles 77
Diabetes 61	Pimples & Acne 79
Diarrhoea 62	Pneumonia 79
Dropsy/ Ascites 63	Prostate Enlargement 80
Dysentery 63	Skin Cuts 80
Eczema 63	Skin Dryness 81
Etching 63	Skin Ulcer 81
Foot sores/ hard skin 64	Sleeplessness 81
Gall Stone 64	Spermatorrhoea 81
Gangrene 64	Stomachache 82
Growth (Height) 64	Stomach Ulcer 82
Hair Fall, Whitening 65	Teething Troubles 83
Headache 66	Thinness 83
Hearing Problem 67	Thyroidism, Hyper/Hypo 84
Heart problem reversal 67	Urine Dribbling 84
Hysteria 69	Urine Infection 84
Indigestion 69	Viral Fever 85
Infertility, Female 69	Vitality 87
Infertility, Male 70	Vomiting 87
Influenza 70	Warts 88
Insect Bite 71	Watering Nose 88
Intestinal Ulcer 71	Worms 88
Kidney Stone 71	