

3 Step Heat Protocol Poster



For details, go to: www.biswaroop.com/heatprotocol

3 Step Heat Protocol - 30 min

- Step I → LL HWI (Lavender oil)
- Step II → Sipping very hot water (500 ml + Lemon)
- Step III → Jal neti (200 ml water + salt)

Whooping Cough

Roast pomegranate for
4 to 5 minutes

+

Eat while its hot

Heat As Medicine