HEALTHY TIPS

The Oldest Self-Healing Method in the World: It only Takes 10 Minutes a Day

By bestfolkmedicine · 07/08/2018 · 3 min read



In today's article, we decided to present a powerful Ayurvedic technique for self-healing which requires no more than 10 minutes of your free time on the daily. When you start practicing it on a regular basis, you will significantly better your mental, physical, and spiritual health, according to Conscious Reminder.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

What Is Ayurveda?

Ayurveda is an ancient holistic healing system which is widely-used nowadays. In some parts of the world, such as India, people consider Ayurveda to be superior to conventional medicine and it is

therefore studied in schools and universities. The core of Ayurveda philosophy is that a person will remain healthy as long as the body, mind, and soul work in harmony. And, according to Ayurvedic teachings, everything and everyone in the universe is energy-permeated and interconnected.

According to Ayurveda, what keeps the body alive and functioning are the three doshas or pitta, kapha, and vata. Pitta is in charge of the metabolism, kapha regulates the strength, whereas vatta is in charge of the breathing. To better our self-healing capacity, it is of great aid to follow a healthy diet, get regular massage, do yoga, and meditate.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

10-Minute Self-Healing Practice

In the morning

30-second tongue cleaning

Once you have brushed the teeth, remember to brush the tongue as well to eliminate by-products of metabolic processes, as well as sediments and toxins that get accumulated onto it. If you do not do this on the regular, you will block the energy flow in the body.

2-minute sesame oil therapy

Once you are done with the teeth and tongue brushing, swish a tbsp of sesame oil in the mouth for 2 minutes and then spit it out and rinse the mouth with lukewarm water. This oil, as explained on Conscious Reminder, will keep your teeth safe from tooth decay, dental plaque, and gingivitis.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

3-minute self massage

For this massage, you will need gloves and a soft brush. Massage parts of the body in the following order: neck, back, shoulders, hands, and fingers. Use circular motions. Massage the upper chest with horizontal movements and then go towards the stomach and massage it from top to bottom and then from left to right. Continue the massage towards the thighs and rub them gently and then continue towards the knees and feet. This massage will better your blood flow and restore energy.

In the afternoon

30-second water therapy

Boil 1/2 a liter of water and then transfer it into a thermos. Drink small sips every half an hour. The boiled water will boost your digestion and aid the body to eliminate toxins from the body easily.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

2-minute breathing therapy

First, take a deep breath through the nose, hold it for a bit, and then breathe it out through the nose. Relax. Repeat for 2 minutes to encourage the production of endorphins, the happiness hormones, and to feel better.

In the evening

2-minute method for a good digestion and quality sleep

Heat some sesame oil and use it lukewarm to massage the stomach with clockwise movements. Then, soak a towel in warm water, squeeze out the surplus water, and place the towel onto the belly. Lie down. Relax. Once the towel cools down, remove it and wipe the stomach clean. This massage will help you improve the digestive processes in the body and alleviate insomnia caused by poor digestion.

Sources:

HEALING LIFE IS NATURAL

CONSCIOUS REMINDER

Read online: https://bestfolkmedicine.com/2018/08/oldest-self-healing-method-world-10-minutes/

Downloaded on 27/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.