

Lotus Health Services

# Herbal Glyceride Water

Using Water As Gateway For  
Herbal Therapy

# Why Do We Use Water

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- ◉ 80% of the body is made of Water.
- ◉ Water is present in almost every tissue of the body.
- ◉ By adding the Glyceride to water and sipping slowly during the day, we are able to infuse the intelligence of the herbs into the deepest level of the physiology.

# Unique Delivery System

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- We use a unique delivery system for our herbs through intelligent spring water. This is done in order to bypass the acidity of the digestive system while repairing those systems. The products we use are called Herbal Glycerides and were developed by my teacher Dr. Mishra. The uniqueness of these products comes from Dr. Mishra's 5000 year old family lineage from which he knows how to capture the vibrational intelligence of the herb (Prana) and keep it intact in a base of squash syrup. Squash is high in the stable cooling lunar vibration called Soma. Keeping in mind that about 80% of our body is water, the glyceride is delivered to the deepest cellular system through that water.

# Keep Glycerides Out Of The Sun

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- The Glyceride have no preservatives and being in a base of syrup, can break down easily in the direct sunlight. So keep them out of the sun.

# Water Type

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- The best water to use is Spring Water with a neutral pH, 7.0- 7.5. Many conditions including osteoporosis, cancer, Fibromyalgia, arthritis, and plantar fasciitis can be linked to a low blood pH. Water can be a problem if it is acidic, below 7.0. We have tested about 30 bottled waters and found most of them to be around 5.5 pH. Very acidic.
- Make sure you test your water. Low pH water can be a cause for Ama Visha.
- Note: Purified water is depleted in Prana.

# Preparation

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- ◉ Put the Glyceride in about 1 liter of water (or about 1 quart). Then sip the water slowly during the day to sustain the release of herbs into your physiology.
- ◉ Drinking the glyceride water does not preclude you from drinking plain water during the day if you are thirsty.

# Preparation

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- Please make your water fresh each day. Also, if you re-use a glass bottle for your water you should clean it regularly to keep any mold from growing. We suggest baking soda and water for this purpose.



# Making One Bottle For All Drops

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- ◉ To save time, you may make a composite bottle combining all of your Glyceride and draw from one bottle daily. The formula for this as follows:
- ◉ To make a 10 day supply. Multiply each glyceride by 10. For example 1 drop of fennel would become 10 drops in your composite bottle.



# Composite Bottle

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- To know how many drops to take out each day. Add your prescription. For example 1 drop of fennel, 1 drop of cinnamon, 1 drop of Brahmi would equal 3 drops to take out of your composite bottle each day.

# Thank You

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