

The Pechoti Method

Submitted by: Elizabeth Whelan

Do you know that you can put different oils on your navel?

Our belly button is an amazing gift that our body has given us. According to science, the first part created after conception is the belly button. After it is created, it joins the mother's placenta via the umbilical cord.

All our veins are connected to our navel, which makes it the focal point of our body. The belly button is life itself!

Pechoti method was discovered 3000 years ago. The "Pechoti" is behind the navel, which has more than 72,000 veins. The total number of blood vessels we have in our body is twice the circumference of the Earth.

To lower the temperature in babies they used to put a cotton swab with alcohol in the navel, now we know oil is better. However, the medics want you pumping your precious baby full of paracetamol which can go on to lead to other issues. They've even made Calpol strawberry flavoured to entice the child to sip it up!

Applying oil on the navel treats dry eyes, poor vision, pancreas, heels and cracked lips, keeps face shiny, hair healthier, joint pain, chills, lethargy, joint pain, dry skin...and so much more.

Your belly button can detect which veins have been dried and by applying oil these nerves open them up.

Apply **neem oil** on your navel, to get rid of stubborn pimples and acne.

Apply **almond oil** to your navel, to help achieve a glowing face.

Apply **mustard oil** on the navel to remove dry and cracked lips. This will also keep the bowels moving to eliminate harmful bacteria, while keeping the good. This really works like a light detox.

Apply **olive or coconut oil** to improve fertility.

Oregano oil in your belly button to help when you have a cold, flu, stuffy or runny nose.

Castor oil is great for a stomachache, IBS or constipation, you put a few drops directly into the belly button and massage for a few minutes around the naval area. At night before bed, put 3 drops of castor oil on your navel and spread 1.5 inches around your navel for period pain. CBD oil is also very effective for all gynaecological issues.

Sesame oil is used for all kinds of joint pain. It's also known that it strengthens bones. Lots of parents use on their children every night before bed to prevent growing pains.

Use **ginger oil** for stomach discomfort, bloating, nausea and digestive problems.

Using hot oil improves blood flow to the nervous system and also improves the immune, digestive and cardiovascular systems.

Thyme oil is antispasmodic, it helps to relax the arteries and veins, reducing blood pressure and heart stress. May also help strengthen and tone heart muscles.

Also used as a diuretic, thyme oil can help your body remove excess water, salt and toxins from your body, which helps with weight, blood pressure, digestion and more.

Thyme oil is an expectorant, meaning it can help eliminate airway and lung mucus. Thyme oil is approved by the E Commission of Germany to treat bronchitis, mucus and inflammation of the upper respiratory tract.

Remember that thyme oil is a powerful compound and should not be used directly on your skin, as it can cause sensitivity and irritation. First, dilute with a carrier oil (such as olive oil, coconut oil or almond) 100% pure therapeutic essential oil is what you are looking for.