

Terms And Disclamiers

- Statements and remedy written in this website are deemed true according to the writer's own opinions, experiences and knowledge. The writer and the owner of this site will bear no responsibility for any unforeseen harm/ hurt/ mental or physical disabilities that occurs upon the use of this website or remedy.
- Upon enter to this site, you agreed to act according to our rules and regulations and would indemnify the owner of this site herein as www.12buyonline.com , the writer and Disc Remedy provider with any harm/ lawsuit/ claim/ upon unsatisfactory of the use of this website or remedy unless otherwise stated.
- This remedy shall be used only with the approval of the writers or the site owner, full details for the remedy will only be provided to the users upon the permission of the writer or the site owner of this website.
- All terms and conditions are subject to change with our own discretions, with or without prior notice or announcements.
- Any purchasing of the Chinese Medical Herbs Package should be done in <http://www.12buyonline.com/remedy/buyherbs.htm> or email to postmaster@12buyonline.com for any enquires.
- **Users or readers are FREE to make copies or distribute this E-Book to any other personnel, provided the contents written herein are intact without unauthorized alteration.**

Copyright Jones Ng, Ng Boon Chek
www.12buyonline.com All rights reserved

Visit our Sister-Sites for other information

Visit [The Answering Machine](#) for informative articles focused on Phones and Network Services.

Visit [Credit Card Deals Website](#) for information of Credits and financial loans.

Visit [The Writer's Resources](#) for informative articles in major categories.

Visit [Apartments For Rent News Article Blog Site](#) for tips on Apartments and Houses.

Visit [Funny Video Site](#)

Visit [Consumer Guides](#) for Your Online Information Searches.

Visit [PicturesWedding.com](#) for Wedding Pictures and Photography Album.

**The Most Affordable Yet Effective And Risk-free Bulging-Disc Remedy
(May refer to Slipped Disc)**

Thanks for your interest in this tradition remedy!

Introductory page for this remedy is located at <http://www.12buyonline.com/remedy>

Well, I was skeptical at first to use this remedy for myself too, since it sounds a bit weird for healing Bulging Disc (Slipped Disc) with only traditional Chinese Medication Herbs and daily groceries.

Yet after so many tests and usage, finally convinced that it's one of those wisdom of the Chinese physician. Only after you try it and right for the very first usage, you will know that the theory is definitely true.

With a 100% successful rate which I believed, that sometimes doctors in this high-tech world wouldn't even have 100% successful rate of healing it by surgery. The best part is you can do it yourself at home without expensive surgery, painful injection, acupuncture, exercises and direct consumption and all those unforeseeable risks! Day by day it goes better and better.

Right, enough of those saying. If you don't try it out yourself ONCE, you can't even have the chance to prove me wrong! With my 60-days refund policy, which I will remind you by email again, you have nothing to lose.

Let's get to the next page to start with those information.

Copyright Jones Ng, Ng Boon Chek
www.12buyonline.com All rights reserved

The Most Affordable Yet Effective And Risk-free Bulging-Disc Remedy
(May refer to Slipped Disc)

Items needed for your preparation

Prepare all the ingredients and materials as stated below:

- 2 kilograms of Old Ginger.

(Old ginger so called here are those aged and bigger gingers that are suppose to be more spicy than young ginger or ginger-root) You can get those at any grocery shops or supermarket as you might have known, of course as cheap as possible as long as they are spicy enough in their kind.

Wash it gently with brush for any mud on the surface and let them get drier by placing it on any water-absorbing sheets or cloths, newspapers etc.

- One flat-bottom Cooking Ware

Made with stainless steel. Preferred flat-bottom to prevent accidentally spillover. Make sure it's large enough to hold all those ingredients and the Herbs Package. The height and diameter should be around 12 cm X 35 cm; it's better if it has a cover included, easier to get heated up with a stove.

NO aluminum cooking ware! The solution itself will leak through aluminum cooking ware after a period of time. It's just not strong enough! Well, you don't need to get one that is branded though! In Singapore I can get it at a price of approximately S\$18, considered cheap enough!

- 2 full bottles of Chinese White Rice Vinegar

There are different types of vinegar, some are expensive and some are as cheap as S\$1.50 per bottle. Just get two that are the cheapest! Most grocery shop will sell premium White or Black-vinegar too, but be sure to get only WHITE RICE-VINEGAR, as cheap as possible as it's not for your cuisine.

- 6 full bottles of Chinese White Rice Wine

Yes, the cheapest again. You are not going to drink it anyway.

Can be found at the grocery shop or Chinese Joss-sticks chandlers! Those rice-wine selling in Joss-stick chandlers are cheap enough at around S\$3 per bottle.

- Two pieces of Nylon Cloths approximately 35 - 40 cm²

The reason to get a Nylon cloth is this kind of material won't absorb solution too easily and it quite tough. Of course you can use other type of material if you think it works well like Nylon. Baby nappy is one of the choices. One piece will be used to wrap up all the herbs and it becomes a Herbal Wrap. And be sure to tie it up tightly after you place all the herbs onto it by crossing each of the end so that the herbs won't get expanded too much as time goes on. Another piece, which you will need to fold it into rectangular shape and use it to dip onto the heated solution, twist-dry then applies on your spine or back.

- The Medical Herbs Package of course!

You can't do it without them! It consists of 10 different kinds of Chinese Medical Herbs.

Order it through our website -

<http://www.12buyonline.com/remedy/buyherbs.htm>

- You can have a preview of the preparation to what I had done in this URL below as your reference -

<http://www.12buyonline.com/remedy/preview.htm>

That's all the ingredients and materials you'll need to prepare. Let's go on to the next step.

Applying the remedy

1. Put the Herbal Wrap (That is, all the herbs which has wrapped and tied up with a cloth) onto the center part of the cooking ware.
2. Slightly smash-split all the gingers so that their essence are able to give out easily when heating by using smash-split tool or the back of a heavy chopper knife. Put all the gingers within the cooking ware surrounding the Herbal Wrap.
3. Pour in the Chinese Rice Wine and White Rice Vinegar onto the cooking ware now in the ratio of 3:1 respectively. On the other words, if you pour in 3 bottles of Chinese Rice Wine, you must pour in 1 bottle of White Rice Vinegar! Be sure the mixed solution must cover the herbal wrap and gingers to get their most essence! If your cooking ware is big enough to hold more, you can pour all the bottles of Chinese Rice Wine and Chinese White Vinegar in the ratio of 6:2 respectively.
4. Heat it up on a fire-stove (Not Oven). When you see slight bubbling and hot vapours of the solution coming, it should be ready to use! For the first time, you should heat it a little longer to get it ready; but DON'T over-heated it till the solution gets too much evaporation! It's a waste right? Turn down the fire of your stove to just maintain the certain required heat that is suitable to apply on your back or spine when ready.
5. Take a chair with you and sit in front of the solution with the other piece of rectangular cloth (Folded into rectangular shape). Use both hands to pick up each end of the rectangular cloth and dip the center part onto the solution for a few seconds to absorb the solution without throwing the cloth in! If you do so, you will have problem to hold the hot heated cloth!
6. Twist-dry and let the solution run through the center parts of the cloth except the holding part that you are holding with both your hands. Remember, the theory of this remedy is to let the ingredients and the herbs to form up a certain form of heat to transfer to your problem disc. It's not really ONLY the solution to cure your disc problem! Many people didn't really twist-dry at first, because they thought they needs a lot of those herbal solution to apply to their back. In fact, it's not! Heat of those essences is the one which do the job! So twist-dry.
7. While the center part is still hot enough, lower your pant and apply vertically onto the back or onto the spine that you believe is the area to have Bulging disc. Why vertically onto the spine? Because you are APPROXIMATELY trying to get the heat of the cloth to the spot that is having Bulging disc; it keeps accuracy for the spot in this way. Even if you are feeling uncomfot from any area, you should always apply the heated cloth onto the spine vertically. Once it is working, the pain and numbness will go away gradually.
8. Remember, DO NOT burn your back with the solution or cloth that is TOO hot! You can flip the cloth for a second to cool it down after twist-dried, to the suitable temperature! Of course, don't apply with temperature that is too low too; the temperature should be just like the hot-pool in spa.
9. Use it for 45 mins per treatment. Two times a day at least. When finished, cover the cooking ware with a cover to prevent evaporation as possible.
10. If the solution runs low, and you need to carry on your treatment, please get more Chinese Rice-Wine and White Rice-Vinegar to add upon with the same ratio as 3:1 or 1.5:0.5 respectively.

Things to take note of

1. The gingers should be changed after every two weeks of usage for best effect! Just take out the gingers and replace with newly bought.
2. The herbal wrap and the solution should be changed after four weeks of usage for freshness and best effect! Untie the herbal wrap and throw away the used herbs, then put in a new package with the same procedures as told. On the other words, make another all-new preparation (Except for your cookware and cloths of course!) after 4 weeks. If you are not using the treatment for that day, always heat it up once or twice to avoid contamination so you can still use it on the other day.
3. If you want to take a shower, please do it BEFORE your treatment to prevent Arthritis. Don't take shower within 2-3 hours AFTER you've finished your 45 mins treatment.
4. Remember to wash your hands with soap thoroughly after used, as the solution is quite spicy if touched your eyes with your hands.
5. AVOID carry heavy weights within the period of treatment and within a week after you've stopped the treatment as it might slow down your recovery. Be careful when doing heavy weight chores after even you've healed yourself with this treatment to avoid relapse. (Person like us seems not suitable to carry weights especially with inappropriate position like bending over).
6. For me, I experienced the healing from two weeks for minor Bulging disc, to 3 months for serious Bulging disc in my lifetime. Every time, after you finished your session, this remedy should be able to relief a certain level of your pain for a period until it gets totally stabled! You can stop using it whenever you think it has been healed or has reduced to some sort of minor problem within 3 months. To me, 3 months is the most for this treatment. If you are not satisfy with the result, wait for a week or so to feel its "chemical" reaction; it will get better even if you stop applying after 1 month of usage, let alone 3 months. Then decide yourself whether or not to reapply it again or start the cycle.

Any enquires, please use the Contact Page here <http://www.12buyonline.com/remedy/contacts2.htm> or email me at postmaster@12buyonline.com

Remember, you can always purchase your Medical Herbs Package that consists of 10 different kinds of Chinese Medical Herbs by this site - <http://www.12buyonline.com/remedy/buyherbs.htm>

Wish you in good health soon!

Copyright Jones Ng, Ng Boon Chek
www.12buyonline.com All rights reserved