

4 October 2006

By: Alexandra Lupu, Health News Editor



[Eat Sand to Stay Fit and Preserve Your Health](#)

A kilo of sand a day keeps diseases at bay, says octogenarian Indian woman

Even if unbelievable for many people, it seems that ordinary sand may become the modern 'healthy food' and 'medicine' at the same time, which keeps us safe from health disorders and prolongs our life span. The new type of 'preventive medicine' or 'remedy' has been discovered by an Indian woman who is now 80 years old and states that sand is her miraculous ingredient to fight against old age and related diseases and conditions. Ram Rati lives in Lucknow's Chinhar locality, India and she believes she has 'unlocked' the mystery of long healthy life. She considers that having a kilo of sand every morning before eating is the best way to preserve one's health, including her own. Therefore, she eats sand every morning before consuming any other food and then goes on with her daily housework, businesses etc. Before trying sand, Ram Rati consulted many doctors when having health problems. Specialists recommended her to take calcium supplements and other medication, but nothing was efficient. Until one day when, just for fun, she tried to eat sand. Noticing that her symptoms eased, the Indian woman went on eating sand every day and amazingly saw how all the pain vanished like erased with a sponge. She reported that she has never suffered from stomach problems since she started her 'sand treatment.' "I have been eating sand daily for the past 40 years. When young, I tried it for fun once. Since then, I am used to it. My brothers and relatives pestered me to quit it but it was all in vain. I have no health hazards. Although I quit mud concrete, I could not get rid of eating sand. I eat on an average around one or one-and-a-half kilos of sand per day," she confidently stated. Ram Rati's granddaughter described the 'sand ritual' of her grandma, when and how she uses to consume the remedy: "She gets up at 4 am, performs her prayers and then eats sand before breakfast. She eats it before lunch and evening tea. She collects sand from outside, dries it up in sunlight and decants it. At times she roasts it too to suit her taste."