

## Sai Vibrionics Newsletter

[www.vibrionics.org](http://www.vibrionics.org)

"Whenever you see a sick person, a dispirited, disconsolate or diseased person, there is your field of seva."  
...Sri Sathya Sai Baba

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### ☪ From the Desk of Dr Jit K Aggarwal ☪

Dear Practitioners

I have much to share with you this time.

#### Gratitude for the Conference

Let me begin by saying how moved I was to receive your feedback in response to our last newsletter on the First International Sai Vibrionics Conference. Many practitioners have written to let me know that they felt the Conference was a resounding success. A number of you have commented that the Conference helped advance your knowledge of Sai Vibrionics and gave you a much-appreciated opportunity to exchange ideas and experiences with fellow practitioners. Some of you have said that the Conference has inspired you with a new commitment to Vibrionics seva. I am indeed glad that attendees tell me that they enjoyed themselves beyond expectations and are now asking: When we will have our next conference?

This is all due to Swami's Grace.

So many of you contributed in important ways to make this possible but I would like to say a special word of thanks to these individuals/groups:

- All of the participants;
- All those who contributed articles, speeches and case histories to our volume of *Proceedings*; and the core team who reviewed and edited the voluminous material.
- The team from Maharashtra, who provided all meals and refreshments during the Conference and one practitioner who provided the Conference badges.
- The team from Kerala, who provided the registration folders and Conference banners;
- The UK team, who took complete charge of managing the accommodation for the delegates and handling the distribution of the *Proceedings* volume, and other materials;
- The Italian Team, who transformed our venue, the Old Mandir, with beautiful decorations;
- The mixed team from USA, UK and India who carried out on-site registration and issued badges.
- The Polish Coordinator, who took care of all the audio/visual requirements for the Conference and also produced the *Vibrionics* video DVD (see below); and
- The Head of the Chaitanya Jyoti Museum, who organized and mounted the Exhibition.
- Several delegates who lovingly prepared in-house the Prasadam provided by a Greek practitioner.

I also wish to heartily thank the many other individuals who worked very hard especially during the last 3 days leading up to the Conference to bring everything together and oversee all of the arrangements, under the able leadership of Dr Michael Rakoff from the USA. Altogether, about 45 volunteers helped out. We are grateful for your help.

#### Sai Vibrionics new YouTube channel

Turning now to new developments, I am pleased to announce that Vibrionics is officially on YouTube.com with our own channel called **Sai Vibrionics Healing**. You can access it at <https://www.youtube.com/channel/UCdmKv4O1ILswMEe7TfTVvJQ>. Two Vibrionics videos are posted there. These were screened during the Conference. The first video, *Vibrionics, Sai Ram Healing Vibrations* ([https://www.youtube.com/watch?v=roXS0\\_WcU28](https://www.youtube.com/watch?v=roXS0_WcU28)), answers the question, "What is Vibrionics?" It provides a helpful introduction for patients and general audience. The second video, *Blessing of Vibrionics* (<https://www.youtube.com/watch?v=fB8DDtQiOoo>), is a slide show commemorating Sai Baba's blessings of Vibrionics during Guru Poornima 2008-2010.

You can also access the video *Vibrionics, Sai Ram Healing Vibrations*, on our website (<http://www.vibrionics.org>) through links on the Home page and the "What is Sai Vibrionics" page.

The videos are in English. They are being translated into various languages and will be posted on our YouTube channel and our website as they become available. Polish is already loaded now.

### **Kerala's extraordinary plan to expand Vibrionics**



I am also very pleased to share an important development from Kerala.

The Kerala State Coordinator reports that the first Kerala Awareness programs were conducted at Thrissur on March 12 and Ernakulam on March 23 (see photos). Committees were then organized in each of the two districts to support the expansion of Vibrionics. Their mission is to help educate the public about vibro, organize treatment camps, and identify qualified individuals for training as practitioners. The committees comprise members of the general public and vibro well-wishers including patients who have benefited from treatment. Kerala now

plans to expand this effort to other districts. Accordingly, District Coordinators and other practitioners have been mobilized to organise programs for their respective areas.

Through the Awareness Program and the activities of the supporting committees, Kerala aims to train at least 90 new VP's and to increase the number of patients treated to not less than double the present number before Bhagawan's 90<sup>th</sup> birthday on November 23, 2015. Kerala is to be highly commended for its dedication to Vibrionics seva!



In loving service to Sai  
Jit Aggarwal

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## **❧ Case Histories Using Combos ❧**

### **1. Diabetes, High BP & Depression<sup>10001...India</sup>**

In May 2008, a female patient, 52, who was a distant relative of the practitioner, sought treatment for diabetes and high blood pressure. She had been diagnosed with diabetes 10 years earlier and was now insulin dependent; she took 15 units of insulin before lunch and 10 units before dinner daily. With this, her random blood glucose was 150. In addition, she had been taking allopathic medicine for high blood pressure for 3 years and also a drug for "overall weakness." The patient confided that she had been feeling depressed (anxious, dull and lacking in self-confidence) for a few months but was not taking any treatment for it.

She was given the following remedies:

**#1. CC6.3 Diabetes...OD half an hour after lunch**

**#2. CC3.3 High Blood Pressure + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic ...TDS**

With Vibrionics, the patient showed steady improvement in diabetes. She was able to reduce the dosage of insulin on average of over 2 units every fifteen days. After one year, her doctor discontinued insulin and placed her on an oral medication, with which she was able to maintain normal blood sugar.

Also after one month of Vibrionics, her blood pressure returned to normal, so her doctor began to gradually reduce her medication, and she reported that her depression had lifted. She began to feel fresh and energetic.

However, soon after starting Vibrionics, she developed a backache. She had suffered from backache a long time ago. It returned during treatment. She was given the following remedy:

**#3. CC20.1 SMJ tonic + CC20.2 SMJ pain + CC20.5 Spine...TDS**

The patient reported total relief from back pain after one month, so the dosage was reduced to BD.

After one year, the patient was taking the following remedies:

#1. as above and

**#4. CC3.3 High Blood Pressure + 12.1 Adult tonic...TDS**

She continued for a second year before stopping.

In all, she was able to reduce her allopathic medicine for diabetes by 80% and discontinue her BP medicine, and she experienced complete recovery from depression and back pain. Her doctor agreed that her recovery was solely due to Vibrionics.



**2. Burns on the Hands**<sup>11520...India</sup>

A 53-year-old male patient came to the practitioner in December 2013 with second-degree burns on both hands, caused by a molten plastic stick. He was in much pain. The palms were blistered and red. He could not move his palms and fingers due to the swelling, so he could not do his daily work or even change his clothes. The patient was too poor to afford allopathic treatment. His only remedy was to place his hands in cold water.

He was given:

**CC10.1 Emergencies + CC12.1 Adult tonic + CC14.1 Male tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.1 SMJ tonic + CC21.1 Skin tonic + CC21.4 Stings & Bites + CC21.11 Wounds & Abrasions...6TD**

In 8 days the patient's symptoms improved by about 50%. The swelling of the palms was gone and he was feeling less pain, so he was able to move his fingers slowly. The dosage was then reduced from 6TD to TDS. After 7 more days there was 100% improvement. The skin of the palms became normal and the patient resumed his normal work. The burns had healed completely in a total of 15 days.



**3. Boils on the Buttocks**<sup>11210... India</sup>

A 50-year old man was suffering intense pain from boils on his buttocks. The boils would appear one after another, swell with pus and then burst, but always new lesions appeared. Twice some had to be surgically removed. Initially the patient was given:

**#1. CC12.1 Adult tonic + CC21.2 Skin infections...TDS**

In a month there was 20% improvement. The number of boils decreased, but the remaining boils caused severe pain. The remedy was changed to:

**#2 CC15.1 Mental & Emotional tonic + CC21.1 Skin tonic + CC21.11 Wounds & Abrasions...TDS**

In 2 months there was 50% improvement. The above remedy continued to be given for 6 months until gradually the patient became free of all boils, and could sit and work comfortably. The dosage was then reduced to OD and later was further reduced to 2TW to prevent a recurrence.

*Note: Boils are a sign of a septic condition in the body, so it could have been helpful to have also given CC17.2 Cleansing, as well as to have checked the sort of diet the patient was following, or whether there were any poisons in his immediate environment that he was breathing to cause the boils.*



#### 4. Cyst on Left Eyelid <sup>10604...</sup> India

A 28-year old woman came to be treated for a cyst on her left eyelid for which her doctor had suggested surgery in a week's time. She was given:

**CC2.3 Tumours & Growths + CC10.1 Emergencies + CC15.1 Mental & Emotional tonic...QDS**

In a week the cyst had softened, so surgery was postponed for another week and the Vibrionics treatment was continued. After one more week, the cyst had disappeared.

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#### 5. Difficult Pregnancy <sup>11476...</sup> India

A 33-year old woman came to see the practitioner in October 2012 because she had been trying to have a child for 7 to 8 years without success despite allopathic fertility treatment. She was also taking allopathic drugs for hypothyroidism (Thyronam 25 mg OD, since 2008) and for diabetes (Centapin XR tablet OD, since 2005).

She was given:

**#1. CC6.2 Hypothyroid + CC6.3 Diabetes + CC8.1 Female tonic + CC8.4 Ovaries & Uterus...TDS**

She became pregnant within 10 days of taking the above remedy. She was apprehensive about the safety of her baby because of her diabetes and thyroid, so the practitioner changed her remedy to the following:

**#2. CC6.2 Hypothyroid + CC6.3 Diabetes + CC8.2 Pregnancy tonic + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...TDS**

Given the patient's concerns, the practitioner kept in regular contact with her during her pregnancy. During this time the patient carefully monitored her sugar and thyroid levels. Beginning with the fifth month of pregnancy, the patient took insulin injections from an insulin pump for the diabetes and increased her hypothyroid medication to 50 mg OD. The patient continued her Vibrionics treatment during the whole of the pregnancy and for one month afterwards.

Her healthy daughter weighing 2.4 kg was born on 17 July 2012 by C-Section. The mother breast-fed her baby. After giving birth, she recovered completely from diabetes, and her thyroid level remained stable at her previous dose of Thyronam 25 mg.

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#### 6. Benign Tumour <sup>11278...</sup> India

On January 23, 2013, a male patient, 62, sought treatment for a benign soft tumour (1 cm x 1 cm), located on his back below the right shoulder. He had this for 10 years. His doctor had recommended an operation to remove it but cautioned that the tumour could recur. Since the tumour was painless, the patient avoided the operation. He was given the following:

**#1. CC2.3 Tumours & Growths + CC12.1 Adult tonic...TDS**

Within two weeks (February 2), the tumour had become reddish. It also got softer and began to cause slight pain. On March 21, a foul-smelling white substance oozed out when pressure was applied. By April 9, about 60% of the fluid had leaked out and the skin over the tumour turned black. The remedy was then changed to:

**#2. CC2.3 Tumours & Growths + CC12.1 Adult tonic + CC21.2 Skin infections...TDS**

By June 18, the tumour had become completely flat; the skin was still blackened. By July 24, the tumour was almost gone. The dosage was lowered to a maintenance level of OD for one month then stopped. Presently the tumour is gone; only a black patch of skin remains to mark the spot.

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#### 7. Treatment of crops: Tur, Mosambi, and Cotton <sup>11279...</sup> India

##### Special Feature: Practitioner Profile

My name is Namdev Raut. I belong to a small village Dhawalapur, which is about 50 km from Nagpur, Maharashtra. I did a Master's Degree in Veterinary Science in 1954, held a government job for a brief period and then chose farming because my father insisted that I do not leave the village but instead develop our own farm. I became a farmer. You know the plight of farmers in the Vidarbha region of

Maharashtra. It is pathetic. Many have committed suicide due to their inability to repay their debts. Being educated I had an inclination towards scientific farming but it meant using pesticides, fungicides and fertilizers, which were too costly, while the harvest entirely depended on nature.

In 2009, the Sathya Sai Medicare Project, Nagpur, started their free Medicare program in our village. Both allopathic as well as vibro medicines were given free of charge. We knew the benefits of allopathy but this new Vibrionics was doing wonders especially with patients suffering from asthma, arthritis, skin infections, and so on.

The vibro healers who came with the ambulance told me that these vibro remedies could also be used on plants and animals. With the encouragement and support of the local vibro coordinator I did the vibro training course at Nagpur with Dr Nand and Mrs Kamlesh Agarwal.

Included in my monthly vibro reports are many cases of use of vibrionics for plants, crop acreages. I also treat 4-5 animals each month. [Editor's note: *We will publish additional reports later*] By Bhagwan Sri Sathya Sai Baba's grace, I have become a very much sought-after person in Dhawalpur because of my success in organic farming and getting high yields because of use of vibrionics. Jai Sai Ram.

### **Case study experiments in treating crops**

My first experiment was on a 100 sq ft plot of Tur (Red Gram, Laxmi Niwaran seed) planted in June 2012 by the Peti Master (harmonium player) of our Bhajan Mandali (bhajan circle). In this plot, I found that worms were eating away the flowering Tur plants. I told him that I had recently done a course in Vibrionics and there were remedies for the infestation. The local people were already witnessing the successful cures of Vibrionics on human beings but for plants, this was new. The Peti Master permitted me to try vibro on his Tur field. Accordingly I prepared:

**CC1.2 Plant tonic + CC21.7 Fungus, 4 drops each in 1 litre of water.**

This water was then mixed in a plastic bucket with 15 litres of water and on August 15, I myself sprayed the vibro water with a plastic hand pump chanting 'Sai Ram, Sai Ram'. Overnight the worms were gone and later on, we discovered that even ants were not climbing these plants. There was a bumper crop.

My second experiment was on my own 2-acre plantation of 550 Mosambi (Sweet Lemon) trees. This was the 4<sup>th</sup> year (2011) of the orchard. I sprayed the above mixture in the same manner on the plants 3 times during the flowering season at monthly intervals (June 11, July 11, and August 11). I did not use any insecticides as they were too costly. In the same year, I had a Mosambi yield worth Rs. 3.5 lakhs. Next season (2012) too I sprayed the above mixture during flowering season three times at monthly intervals. The Mosambi yield was Rs. 3 lakhs and last year (2013) I sold Mosambi worth Rs. 3.75 lakhs.

One thing I wish to mention that while spraying I didn't speak but silently chanted 'Sairam, Sairam'. I feel this was important to the successful use of the vibro.

To conclude with a third case, using the above combo and method, I grew 26 quintal (1 quintal = 100 kg) of Brahma cotton on 1 acre in 2012. I planted the cotton on June 1-2 and sprayed it weekly with the above combo, doing 5 rounds during July. No pesticides were used, only vibro. My adjoining fields produced only 5-6 quintal per acre. Thus my neighbour asked me to spray vibro on his fields. I readily agreed and his crop also increased manifold.

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## **❧ Important: Attention All Practitioners ❧**

Many of the cases we receive are excellent but we are not always able to share them because some essential information is missing, which only the practitioner can supply. So PLEASE when you send in your cases do make sure to include the following:

**Age of the patient, male/female, date treatment started, detailed list of all acute symptoms, detailed list of all chronic symptoms, duration of each symptom, possible cause of each chronic symptom, any other past/existing treatment, combo given and its dosage, date-wise record of percentage improvement, final condition, any other relevant information.**

**This will help us include your cases in future Newsletters.**

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## ☞ Health Tips ☞

Sai Vibronics offers health information and articles for educational purposes only; this information is not meant as medical advice. Counsel your patients to see their medical doctor about their specific medical condition.

### **An Onion a Day May Keep the Doctor Away (Part 2)**

**Please note that in our January 2014 newsletter we covered Part 1 of the onion's health benefits**



#### **Onions and Cancer**

Although onions contain many of the same sulphur compounds found in garlic, onions bring you even more benefits with their high flavonoids content, particularly quercetin. Quercetin acts like an antihistamine and an anti-inflammatory. Quercetin and cancer are incompatible with each other. Studies suggest that quercetin may have the power and ability to slow the growth of cancer cells, stop cancer cells from migrating to other parts of the body (metastasis) and force cancer cells to die in a variety of ways, such as choking off their blood supply or by triggering cancer-killing genes.

Cornell University researcher, Rui Hai Liu, MD, Ph D, an associate professor of food science, tested 10 varieties of onions and shallots (a relative of the onion) and found that the members of the onion family with the strongest and most pungent flavour are the best varieties for inhibiting the growth of liver and colon cancer cells.

Fresh, uncooked onion samples were used, with extracts taken from the bulbs, with the outer skin removed. The study showed that the shallot, a staple in most Asian, Mexican, French, and Mediterranean cooking, had the highest antioxidant activity among the 11 varieties tested, with six times more antioxidant compounds than the lowest-ranked onion, the Vidalia, which had the mildest flavour. The shallot also had the greatest effect against liver cancer cell growth.

Studies that have analyzed the diet and health data from thousands of people have found that compared to those who ate the fewest onions, those who ate the most onions lowered their risk of developing colon cancer by 56%, breast cancer by 25%, prostate cancer by 71%, oesophageal cancer by 82%, ovarian cancer by 73%, oral cancer by 84%, kidney cancer by 38% and a 54% lower risk of pancreatic cancer.

Researchers also found that women who ate two or more 80-gram (2.82 oz) servings of onions a week had a 60% lesser risk of developing endometrial cancer. Consuming onions at least one time or more than one time a week has been shown to lower the risk of stomach cancer in China. The researchers of this study proposed that increased onion intake prevented the growth of the ulcer-causing micro organism, *Helicobacter pylori*, that has been linked to stomach cancer. The onion contains fructo-oligosaccharides—compounds that have been shown to stimulate growth of healthy bacteria and suppress the growth of potentially harmful bacteria in the colon. This may explain the onion's role in preventing colon cancer. Onion extract was found to kill tumour cells in test tubes..

#### **Onions and Diabetes**

Studies show that onions reduce blood sugar in people with diabetes. One study compared the effects of administering either insulin or 100g of crude red onion to patients with Type 1 and Type 2 Diabetes. The results showed that although the blood glucose levels did not decrease to the extent achieved with insulin, onions nevertheless dramatically decreased the blood sugar levels. Also, there was an increase in blood sugar levels for the first hour *after* onion consumption. This was attributed to the onion's glycogenic effects, which would counteract the common side effect of hypoglycaemia of many anti-diabetic drugs like insulin.

The main active ingredient in onions that lowers blood sugar is the sulphur compound known as allyl propyl disulphide (APDS) which blocks the breakdown of insulin in the liver leaving higher levels of insulin in the body for it to cope with diabetes. Onions also contain a mineral called Chromium that helps cells respond to insulin thereby assisting with blood sugar control.

### Skin Conditions

The juice of an onion has been used to treat insect stings, warts and itching from chilblains, a skin inflammation due to poor peripheral blood flow to the extremities. As published in the *Journal of Cosmetic Dermatology*, USA, researchers have found that the use of onion extract gel on surgical scars made the scars softer and less red, with a smoother texture and an overall better appearance.

Aside from being sodium-, fat- and cholesterol-free, onions are a very good source of immune-system-boosting Vitamin C. One cup of raw onions provides 20% of the Daily Value of Vitamin C. In addition, onions are a good source of enzyme-activating manganese and molybdenum as well as heart-healthy vitamin B6, fibre, folate, and potassium. In terms of percent Daily Value (percent of the nutrient you need each day), 1 cup of raw onions provides 11% fibre, 11% molybdenum, 10.5% manganese, 10% Vitamin B6, 8% folate, 7% potassium, and 6% tryptophan.

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### Are You Losing Your Hair?



With about 100,000 to 150,000 hairs on your scalp, losing about 50-100 hairs every day is normal. However, if you see bald patches or lots of thinning, you may be experiencing hair loss (alopecia). **The causes of hair loss** are many. When hair loss begins suddenly, the cause may be due to **illness** (a major surgery, high fever, severe infection, or even the flu), **poor diet and nutrition** (a diet low in protein and iron or a crash diet leading to weight loss of 15 pounds or more), **prescription medicines** (which treat arthritis, depression, gout, heart problems, high blood pressure, glaucoma, ulcers, Parkinson's disease, or high doses of Vitamin A), **hormonal changes and imbalances** due to pregnancy, childbirth, discontinuation of birth control pills or the onset of menopause.

If hair loss is gradual and becomes more noticeable with each passing year, a person may have hereditary hair loss or androgenetic alopecia. This kind of hair loss, also known as male/female pattern baldness is the most common. Hair loss can be the first sign of a disease. About **30 diseases**, including thyroid disease, Polycystic ovary syndrome, anaemia, ringworm of the scalp, and eating disorders cause hair loss. By treating the specific disease, hair loss may be stopped or reversed. Other causes of hair loss include radiation and chemotherapy from **cancer treatments**, **stress** (e.g., from experiencing a traumatic event such as the death of a loved one or divorce), and **lack of adequate sleep**.

The following **hair care practices** can cause hair to fall, become dry or break:

- **Frequent or improper use of hair styling products with harsh chemical ingredients**—products for bleaching, permanents, dyes, relaxers, gels and hair sprays (Try to avoid these.);
- **Daily shampooing and conditioning** (Instead, space out your hair washes to every 2-3 days for proper regulation of natural hair oils.);
- **Frequent use of devices such as curling irons, blow dryers and flat irons** (to straighten hair) **on high heat** (which boil the water in the hair shaft. Instead, air dry your hair and if you have no time, use blow dryers sparingly on the “warm” rather than “hot” setting);
- **Hair styles that pull on hair** such as tight ponytails, cornrows or braids;
- **Too much combing or brushing** (e.g., 100 strokes or more a day)
- **Use of hairpins, clips and rubber bands that hold hair too tightly** (Instead, use smooth ball-tipped hairpins and fabric bands that fit loosely.);
- **Brushing & combing wet hair** (Wet hair is three times weaker and more likely to break, so instead gently towel dry and then detangle your hair using a wide-tooth comb and then brush the dry hair just once or twice in the morning or night to stimulate the circulation in your scalp.);
- **Taking hot showers**, which strip protective oils from your hair (Instead, take showers just a bit warmer than your body temperature.).

Applying **herbal hair oils** such as coconut, olive, almond or amla (gooseberry) can increase the tensile strength of hair, reduce frizziness, prevent breakage and by coating the hair, form a protective layer for the hair shaft. Oils moisturize (coat and seal the hair shaft from root to tip to prevent loss of moisture), condition and nourish the scalp with amino acids, fatty acids, vitamins and minerals. Further, adding **essential oils** like cedar wood, thyme, lavender or rosemary to these oils further stimulates hair growth by increasing blood flow to the scalp. Since it's not recommended to apply essential oils directly to the scalp, apply to the hair after adding a few drops of the essential oils to the base oils.

In one study, a daily scalp massage with the essential oils of rosemary, thyme, lavender and cedar in a carrier mixture of jojoba and grape seed oils showed more hair growth for one group after 7 months than a second group who used only the carrier oils. In another study published in *The Journal of Dermatology*, Japan, 20 of the 23 people who applied **onion juice** to their scalps twice a day saw hair growth in six weeks.

A study in the *Journal of Alternative and Complementary Medicine*, USA, reported that hair growth improved for men taking an herbal extract of **Saw Palmetto** daily. Some studies have shown that this herbal supplement may be just as effective as the prescription drug Finasteride, for treating hair loss, without its side effects. Male and female pattern baldness has been linked to the conversion of the male hormone testosterone to DHT (dihydrotestosterone); Saw Palmetto disrupts the formation of DHT. In another study, 100 percent of people who supplemented with **Methylsulfonylmethane** (naturally occurring in cow's milk and leafy vegetables), which aids in the production of keratin (a protein in hair) showed reduced hair loss and increased growth in only six weeks.

### Healthy Hair Tips:

- **Keep stress under control** by taking stress management classes, yoga, spending more time with loved ones, dancing, calming music and, most importantly, by getting adequate sleep).
  - Eat a **balanced diet** high in fruits, vegetables, protein (When the body does not get enough protein, it rations the protein by shutting down hair growth,), iron, Omega-3 & 6 fatty acids, vitamins especially Vitamin A, Vitamin C (for the healthy development of collagen that surrounds the hair strands), Vitamin E (to nourish damaged hair), B-complex vitamins and minerals.
1. Some **top food picks for hair** are: **Walnuts**--rich in Omega-3 and Omega-6 fatty acids, biotin and Vitamin E, B Vitamins and copper;
  2. **Sweet potatoes & carrots** (Vitamin A);
  3. **Spinach and leafy vegetables** such as broccoli, kale and Swiss chard are rich in iron, beta carotene, folate and vitamin C;
  4. **Lentils** are teeming with protein, iron, zinc and biotin;
  5. **Greek yogurt** is high in hair-friendly protein, Vitamin B5 (pantothenic acid), and Vitamin D or just **low-fat yogurt or milk**, which are also great sources of whey protein and calcium, a mineral important for hair growth;



6. **Blueberries, kiwis and strawberries** are rich in Vitamin C;
7. **Green peas** are a good source of iron, zinc and B-group vitamins.

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## **The Answer Corner** (Questions from the Vibro conference)

**1. Question:** *In the case of a patient suffering from piles, is **CC4.4 Constipation** sufficient or is some additional remedy required?*

**Answer:** It would be a good idea to give **CC15.1 Mental & Emotional tonic** and also a liver remedy such as **CC4.2 Liver & Gallbladder tonic**. Also, advise your patient to drink lots of water every day and to eat a healthy diet, which includes plenty of fresh fruits and vegetables.

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**2. Question:** *If a mobile phone in your pocket rings when you still have the vibro pill in your mouth, will it get neutralised?*

**Answer:** Certainly not because once the pill is in the mouth, the vibration in the pill would already be well on its way to the appropriate organ of the body.

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**3. Question:** *If a patient is asking for a vibro calcium supplement, which is the combo to be given?*

**Answer:** Both **CC12.1 Adult tonic** and **CC20.1 SMJ tonic** have the vibration of calcium in them. So, either or both of these Common Combos can be prescribed.

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**4. Question:** *Can we charge stones with vibrations? If so how long will it take?*

**Answer:** To charge a quartz crystal, leave it in the remedy well for 24 hours.

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**5. Question:** *If a combo is included in another combo—for example, **CC20.3** has **CC20.2**, and **CC20.2** has **CC20.1** in it—do we add all 3 in a bottle or will **CC20.3** alone be sufficient?*

**Answer:** In general, we don't add **CC20.1** or **CC20.2** to **CC20.3** because **CC20.3** already contains the other two. However, when **CC20.3** is found not to act quickly, we have found that it sometimes strengthens the combo to add one or the other!

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**6. Question:** *If a patient is being treated for more than one disease, can he be given different combos mixed in one bottle?*

**Answer:** For beginners, we recommend that they treat one chronic disease at a time (plus any related problems). Only after the patient is making reasonably good progress, we consider treating the second chronic problem. If we were to treat 2 or more chronic problems with all combos in one bottle and the patient experienced a pullout, we could not be sure which remedy is causing the pullout. With

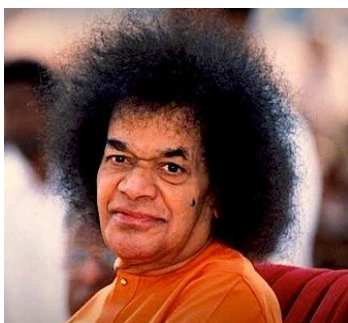
experience, however, a practitioner can often decide to treat more than one disease at the same time, giving only one bottle to the patient. This often happens because patients generally like to receive as few bottles as possible.

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**7. Question:** *There is no medicine in allopathy for hernia except surgery. How effective is Vibrionics in reducing the bulging part or the related pain?*

**Answer:** **CC4.9 Hernia** is certainly very effective for hernia pain. So our recommendation is that you should take Vibrionics for at least 2 months before considering surgery.

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*Practitioners: Do you have a question for Dr. Aggarwal? Send it to him at [news@vibrionics.org](mailto:news@vibrionics.org).*

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## ☪ Divine Words from the MASTER Healer ☪

*“The main cause of cancer is refined sugar. The reason is that in the refining of sugar a lot of chemicals are added and one of these processing chemicals is bone-char. When you eat, it may get lodged in any part of the body and create problems. Eradicate sugar and you will eradicate cancer.*

*Sugar encourages calcium losses and is sufficient to increase the risk of calcium oxalate stones in the urinary tract. In place of sugar, jaggery is a good substitute.*

**...Sathya Sai Baba’s Discourse, Jan. 3, 1994**

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*“Prayer is the very breath of religion; for, it brings man and God nearer and nearer to each other. Meditation (dhyana) is the process of listening to the Song Celestial, the flute of Krishna, with the mental ears alert on the melody. Just as every day you engage in exercises and consume tonics, calculating the intake of calories and vitamins, paying meticulous attention to the nutritional value of the food, pay attention also to the intake of impressions into the mind, whether they debilitate or strengthen, whether they add to the power of resistance of the mind against the viruses - greed, envy, hatred, pride, malice, etc.*

*Have a meal of good acts of service, divine thoughts, and drink the juice of Love (Prema rasa), so that they may be washed down, and digested well. Then, you can be shining in mental health, happiness and wholesomeness.*

**...Sathya Sai Baba’s Discourse, Oct. 6, 1970**

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## ☪ Announcements ☪

### Forthcoming Workshops

- ❖ **India Delhi-NCR:** AVP workshop 12-13 April 2014, contact Sangeeta at [trainer1.delhi@vibrionics.org](mailto:trainer1.delhi@vibrionics.org)
- ❖ **UK London:** Refresher workshop May 14, contact Jeram at [jeramjoe@gmail.com](mailto:jeramjoe@gmail.com)

❖ **India Puttaparthi:** AVP&SVP workshops 18-22 April 14, contact Hem at [99sairam@vibrionics.org](mailto:99sairam@vibrionics.org)

❖ **Italy Spinea Near Venice:** AVP workshop 17-18 May 14, contact Manolis at [monthlyreports@it.vibrionics.org](mailto:monthlyreports@it.vibrionics.org)

**All Trainers: If you have a workshop scheduled, send details to:** [99sairam@vibrionics.org](mailto:99sairam@vibrionics.org)

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**\*\*\*ATTENTION PRACTITIONERS\*\*\***

- ❖ Our website is [www.vibrionics.org](http://www.vibrionics.org). You will need your Registration number to login to the Practitioner Portal. If your email address changes, please inform us at [news@vibrionics.org](mailto:news@vibrionics.org) as soon as possible.
- ❖ You may share this newsletter with your patients. Their questions should be directed to you for answers or for research and response. Thank you for your cooperation.

**Jai Sai Ram!**

*Sai Vibrionics...towards excellence in affordable medicare - free to patients*