

Sai Vibrionics Newsletter

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

Vol 5 Issue 4

Jul/Aug 2014

In This Issue

☞ From the Desk of Dr Jit K Aggarwal	1
☞ Case Histories using Combos	2 - 5
☞ Experiences to Share	5 - 6
☞ Practitioner Profile	6 - 8
☞ Short & Sweet	9
☞ Healthy Tips	9 - 12
☞ Answer Corner	13 - 14
☞ Divine Words from the Master Healer	14 - 15
☞ Announcements	15

☞ From the Desk of Dr Jit K Aggarwal ☞

Dear Practitioners

With this issue, the Newsletter moves to include more content from practitioners. We intend to expand this aspect of the Newsletter with different features in upcoming issues. Please let us know whether this is useful to you and especially what you would like to see more of. To the many contributors who offered materials, thank you for your seva and your inspiring reports of divine healings. We wish we could have published all of the wonderful materials we received in this issue but we anticipate that we will be able to share your experiences very soon in our next issue.

As Guru Poornima draws near in Prashanti Nilayam, our hearts turn even more strongly and with greater devotion to our Beloved Lord, Bhagawan Sri Sathya Sai Baba, our Swami, Healer of healers. We feel especially close to Swami at this holy time of year. Swami has blessed Sai Ram Vibrational healers by providing the eternal model for our loving seva. As a token of His Grace, for many years He specially recognized Vibrionics on Guru Poornima. He blessed the cake we so lovingly offered Him and gave us the honour of preparing prasadam to be distributed in Sai Kulwant Hall on this occasion – a very big job but one that we undertook with sheer joy!

Just as sunflowers always turn to the sun, never forgetting their source for a minute, as healers, we always turn towards Swami.

May we truly realize that we are Embodiments of His loving Self, that we have the Divine Guru within us. Let Swami live through us every day in the way we care for our patients, in our healing words, thoughts, and deeds. May we see Swami in everyone.

In loving service to Sai

Jit Aggarwal

Case Histories using Combos

1. Psoriasis^{02128...Argentina}

On December 10, 2013, a 28-year-old man sought treatment for psoriasis outbreaks which he regularly experienced from the stress of university exams. He had extensive patches on his chest, flanks, back, shoulders and upper arms (December 12 photos). He had previously tried allopathic treatments and aloe but got no relief. He was given the following to apply externally:

CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC21.10 Psoriasis + SR293 Gunpowder...BD, prepared in almond oil with vibhuti.

After 1 week, the inflammation had completely subsided and the mottled patches were fading (December 19 photos). After 2 weeks, the skin had returned to normal (December 27 photos). The patient was healed 100%.



December 12



December 19



December 2



December 12



December 19



December 27

2. Leukaemia & recovery from bone-marrow transplant surgery^{12051...India}

On September 19, 2013, treatment was sought for a 4-year-old girl suffering from leukaemia. She had been diagnosed 2 years earlier and had completed chemotherapy in one hospital in Bangalore but had suffered a relapse 4 months after returning home and was not considered a candidate for further treatment. She was then admitted to another cancer centre in Bangalore, where her father worked in the canteen. There doctors performed a half-match bone marrow transplant utilizing the father's marrow. While recovering from the surgery in the ICU, she was given:

#1. CC2.1 Cancers – all + CC3.1 Heart tonic...TDS

After 10 days, she developed diarrhoea, so the dosage was reduced to OD. A stool test and other tests were normal, but she was very weak and dull, and continued to have diarrhoea. After another 10 days, to boost her immunity and control the diarrhoea, the treatment was changed to:

#2. CC3.1 Heart tonic + CC4.1 Digestion tonic + CC12.2 Child tonic + CC17.3 Brain & Memory tonic ...TDS (6TD if required).

Three days later, she was well enough to be discharged. Two weeks after returning home, the mother reported that her daughter was almost 100% recovered; doctors were surprised and pleased by her quick recovery at a recent check-up.

The parents, who had earlier despaired of their daughter's future, feel strongly that it was Vibrionics that enabled her to recover miraculously within a short time and return to normal. They were very happy and decided to continue Vibrionics treatment for their daughter.

3. Metastatic bone cancer^{01768...Greece}

On January 6, 2014, the practitioner treated a woman, 62 years of age, who had been suffering from breast cancer for the previous 3 years. After undergoing a mastectomy and completing chemotherapy, the patient had been stable until June 2013 when she began to experience pains all over her body. She received a diagnosis of metastatic bone cancer on December 23, 2013. Two weeks, later, she began Vibrionics, taking: **CC2.1 Cancers – all + CC2.2 Cancer pain + CC2.3 Tumours & Growths + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC20.4 Muscles & Supportive tissue + NM113 Inflammation...TDS**

After further tests in March 2014, the doctor told her that a miracle had occurred: the metastatic cancer was entirely gone.

The patient also recovered her psychological health. When she began Vibrionics, she was unable to walk. As of May 2014, she was walking every day and continuing on Vibrionics therapy.

4. Cyst on Hand^{00014...India}

The patient, a security watchman, 32 years of age, came in with a round cyst about 15 mm in diameter on his right-hand palm. It had been gradually increasing in size during the past 12 months. It was painless but obstructed his grip. He had not consulted any doctor because he couldn't afford it. He was given the following:

CC2.3 Tumours & Growths...QDS

He took this for 15 days. At the same time, he applied the combo in sesame oil directly to the cyst OD, at bedtime

By the end of 15 days, the cyst had shrunk about 40%. Treatment continued. After 45 days, the cyst had completely disappeared. He continued taking the combo OD for 1 more month. Three months after the end of treatment, he remained free of cysts. Vibrionics was the only treatment he used.

5. Chronic tonsillitis^{10741...India}

A 33-year-old man sought treatment for chronic tonsillitis of 20 year's duration after his condition worsened and his physician had recommended surgery. His symptoms included frequent fevers, for which he took strong antibiotics, and an allergic cough. On February 5, 2014, the patient was given the following combo for 20 days:

#1. CC9.2 Infections acute + CC14.1 Male tonic + CC19.2 Respiratory allergies + CC19.7 Throat chronic...TDS

He got 60% improvement but reported additional symptoms of weakness and tension. The combo was changed to:

#2. CC9.2 Infections acute + CC12.1 Adult tonic + CC14.1 Male tonic + CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies + CC19.7 Throat chronic...BD

He took this for 25 days, with 75% improvement. He continued for one additional month with 85% improvement. Contrary to all past experience with his tonsillitis, the patient did not suffer any tonsillitis attacks or fever for 3 months since he started taking Vibrionics, so on June 6, 2014, he decided to continue taking #2 indefinitely.

6. Cat with Liver Disease, diarrhoea & worms^{02494...Italy}

The practitioners were called to treat their friends' 5 month-old kitten, Uma. She had severe diarrhoea with worms, blood and mucus, and an intestinal infection. A veterinarian also found liver disease and prescribed several allopathic medicines, but Uma did not improve. She was weak and had no appetite. She was given:

For liver:

#1. NM22 Liver + SR265 Aconite + SR275 Belladonna (30C) + SR283 Chamomilla (30C) + SR343 Argent Nit + SR504 Liver...TDS

For diarrhoea:

#2. Nosode of blood and mucus...TDS

After 1 week, there was 20-30% improvement, but the worms and diarrhoea continued. To achieve faster results, a nosode was made from a worm from the cat's faeces, and the treatment was changed as below.

For liver, diarrhoea and inflammation:

#3. NM15 Diarrhoea + NM22 Liver + SR348 Cortisone + SR504 Liver...TDS

For worms and infection:

#4. NM35 Worms + NM36 War + Nosode of a worm with faeces...TDS

With this, Uma improved rapidly: After 3 days, she had 30% improvement; after 5 more days, 50% improvement; and after 10 more days, 70% improvement. The following day (day 19), the diarrhoea ended and an analysis showed no more worms.

Uma continued with #3 and #4 for another 11 days. At this point, #4 for worms was stopped and #3 continued for another 2 weeks. After this, the treatment for worms resumed with:

#5. NM35 Worms...TDS

The patient took #3 and #5 for 1 additional month. The treatment ended, with 100% healing.

Editors Note:

This case, which took place in September – November 2003, was recently presented as an illustration of the use of nosodes.

The practitioners, Fabio and Wilde Previati, comment:

Our friends were very happy. After some time, they asked to take the course to learn the vibrational system to be able to help others as they had been helped. Now they are also Vibrionics practitioners and are very happy to do this seva.

For us, this was really nice because through this experience, we began to rejoice in seeing the happiness felt by others. It seemed impossible that we could help others recover their health, and we felt a great responsibility – but not as practitioners because we knew that we were not the healers. We felt and continue to feel a great responsibility to succeed in being the best tools possible in His Hands, in the Hands of our Guru, our Lord, Bhagawan Sri Sathya Sai Baba.

7. Constipation^{02896...UK}

The practitioner treated a 25-year-old woman who was suffering from extreme constipation as the result of going off her normal diet of vegetables and greens for 1 week, and consuming many fried foods and foods containing gluten, to which she was not accustomed. At the time of treatment, she had not been able to pass stool for 2 days, and had strong abdominal pain and discomfort. She was instructed to take:

CC4.4. Constipation...1 pill every 10 minutes for 1 hour

After 2 hours, the patient was able to defecate 2-3 times, emptying her bowels and ending the pain. She continued to take the remedy for 3 days. Following this episode the patient returned to her customary healthy diet and the problem did not recur.

8. Heel spurs & Peripheral Vascular Disease in Legs^{12051...India}

The patient, an elderly man of 86, sought treatment for different symptoms. 1) heel and back pain of several years duration, 2) calcaneal spurs (heel spurs) on both feet, and 3) peripheral vascular disease (blockage of blood vessels in the legs) which obstructed the flow of blood to the legs, causing him severe pain and rendering him unable to walk. He had previously tried homeopathy, acupuncture and many other treatments along with allopathy, but got no relief. In August 2013 he was given:

CC3.7 Circulation + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.1 Brain disabilities + CC20.1 SMJ tonic + CC20.4 Muscles and Supportive tissue...TDS

After 8 months' treatment, he had 100% reduction in pain in the left leg and heel. The spur on the left heel had also completely disappeared. The right heel had improved considerably but since the problems in the right leg and heel continued, he decided to continue Vibrionics treatment, his confidence strengthened by the success with the left.

The patient is grateful to Swami for this great relief and also acknowledges some wonderful experiences during the treatment.

Editors Note:

Since the blockage may come from arteriosclerosis, CC3.5 Arteriosclerosis could be added.

+++++
9. Chronic fatigue and pain ^{02779...Japan}

A 65-year-old woman sought treatment for chronic fatigue and general body pain, which she had suffered from for more than a decade. Previously, she had tried various types of treatment including allopathic without success. She was given:

CC12.1 Adult tonic + CC 12.4 Chronic fatigue + CC15.1 Mental & Emotional tonic...TDS

After taking the combo for 2 days, she got a strong pull-out. Pull-out symptoms included widespread eczema on her body and face, a strong headache, and strong pain in her throat and spine, back, chest, and waist continuing for 2 ½ days. She sought relief through meditation, but the symptoms were not bearable. The practitioner advised her to drink a lot of water and stop taking the remedy until her symptoms had completely resolved. This took 9 days. She then resumed the remedy at OD. After 2 weeks with no pull-out, the dosage was increased to TDS. She was 70% better after 3 months. After 6 more months, she felt 90% better and decided to continue taking the remedy OD indefinitely.

☞ Experiences to share ☞

Practitioner ^{10375...India}



Since my childhood, I have always looked at doctors with awe for their service to patients. Though I wanted to be one like them, for reasons best known to the Lord, I digressed into engineering field to become a Software Engineer.

Many years later when I got a chance to learn Reiki, the Lord gave me an introduction to alternative therapies and their practice. Later, when there was an announcement for the first Vibro Workshop in Pune in Dec 2008, I rushed to enrol and completed the AVP course. Within 9 months, I was able to finish my JVP course and did my SVP course in 2013. Practising Vibro therapy gave a new direction to my life and interacting with patients each time is both a humbling and a great learning experience. It is very humbling when they come back to thank or pay tribute to the 'miracle' named 'Your

Baba medicine'! I enjoy taking patients' calls, hearing patiently to their problems, being their confidante, attending medical camps and giving remedies. Each time when analysing a patient's problems or ailment, understanding the root cause is a great learning process. I have noticed that this process is bringing about a lot of subtle changes in me automatically without my putting in any effort.

With SRHVP, I am getting to understand the power of each card and broadcasting itself. When I prepare a remedy with the SRHVP in front of patients, they are very happy and satisfied that there is actually no chemical or drug but only vibrations in the remedy.

These are some of the things I learnt:

- The biggest learning from my 5 ½ -year Vibro Sadhana is that prayers to Swami with a loving heart are very important and are pure magic.
- While giving remedies, I have found that giving the remedy **SM39 Tension** for chronic cases is working wonders. I have tested it on myself and found a lot of difference in my disposition. Many patients have also reported that while the ailment is cured, with this remedy additionally there is lightness in their mind, they are more confident, they are more forgiving, a better person etc. Actually such feedback is the most fulfilling part of Vibro practice showing how much Swami is transforming each individual.

- Giving a patient a hearing, investing a lot of time and talking to a patient lovingly creates a lot of impact and confidence in the patient's heart, and many times patients acknowledge that half their problems are already solved through this!
- While interacting with the patients, the counselling faculty, which was dormant and unknown to me, unfolded. Such is the grace of Swami. Also, Swami has fulfilled my dream of service to *patients* although I am not qualified medically!

Swami has given me an opportunity to serve 4200 patients to date. Serving them is a great sadhana in itself which is bringing in a lot of subtle changes in me.



Practitioner 01616...Croatia My mother didn't believe in the power of Vibrionics. When she was 79 years old, one



evening after 9 pm, she got a toothache. Urgent intervention was out of the question because she had an artificial heart valve. For a tooth extraction, she would need to undergo a 3-day preparation before the procedure. I brought her Vibrionics pills for toothache with **CC11.6 Tooth infections** and made her take a dose every 15 minutes. Soon the toothache vanished, and within a few days, the inflammation was gone too. She didn't even go to the dentist.

My mother was surprised and elated. After that, she took regular Vibrionics treatment for everything she needed, and even recommended it to everyone.

After some time, she developed heart problems and stayed in the hospital, where she got into a difficult condition. When she came home, she was totally disoriented and could not open her eyes. For a whole month I faithfully gave her **CC7.1 Eye tonic + SR291 Gelsemium + SR359 Zincum Met...TDS**. To everyone's astonishment, she was able to see and get out of bed. My family all felt this was a miracle. They no longer considered me a freak who was giving out small white pills, but now regard my Vibrionics work with respect.



Practitioner 03101...Greece as reported by Practitioner 01626... Practitioner, as a patient, had broken her leg before she was to attend the Vibrionics seminar in Greece to become a junior practitioner. During the seminar she was silently thinking that because she couldn't move normally, her Sai Vibrionics seva would be very limited, perhaps nothing. But Swami had other plans. The very first morning she brought the miraculous 108



Combos box home, she found her mother-in-law lying on the floor vomiting, her face pale and greenish, looking terribly exhausted. Her mother-in-law had come over to help Marilena with her leg. But because of diarrhoea and vomiting all night, she had lost a lot of fluid and had passed out on the floor. Marilena put a drop each of **CC4.8 Gastroenteritis** and **CC10.1 Emergencies** in 200 ml water, shook it well, and administered this to her mother-in-law. She repeated this, and then had her take the combo 6TD that day, next day TDS, and then OD until she was perfectly well. Also, 2 hours after the fall, her mother-in-law realized that she had a pain in her chest caused by an injury during the fall. This was completely cured after taking **CC10.1 Emergencies + CC20.7 Fractures...TDS** for about a week.

This was the practitioner's first experience with Sai Vibrionics healing and a vivid proof to her mistrustful mind of how useful and successful Vibrionics can be in every situation.



❧ Practitioner profile ❧

Practitioner 10228...India I am a mining engineer by profession. Our family have been Sai devotees since 1973 and have innumerable incidents of Swami's grace on our family in hours of distress. With the encouragement of my parents I was actively involved in all the Nagpur Samiti activities but after joining the mining field in

1980, for 27 years I could hardly contribute to various Sai activities. My job was transferable and a Sai Samiti was not always nearby. It was only after my changing the job and coming back to Nagpur in 2007 that I got actively re-associated with the Samiti.



Occasionally I used to experience specific type of vibrations during the bhajan sessions in our Samiti. I always wondered about that and convinced myself that these might be some positive vibrations radiated by Swami for my welfare.

In one of the Nagpur schools (Narayana Vidyalayam) our Samiti had arranged for an EHV workshop in May 2008 where I was to volunteer to help the trainers from Mumbai. There I came to know that a Vibrionics workshop was going to be conducted at Dharmakshetra in October 2008 and I could submit application for myself, as well as motivate my wife to attend the workshop. We both attended the workshop.

During the workshop we were told that everything in this universe emits vibrations and it is the misbalancing of the vibrations that leads to disease. I started co-relating the vibrational experiences of bhajan sessions with this one and enthusiastically started Vibro seva with the backing of Swami's grace. My wife and I both successfully completed the course and by Swami's grace up to today, we have treated more than 11,000 patients with astonishing results.

Our success with Vibro treatment motivated several Sai devotees from Nagpur to take up Vibro training. In time three Vibro workshops were conducted at Nagpur wherein more than 50 Sai devotees were trained by faculty from Mumbai and Pune.

At Nagpur we have the strength of 63 Vibro healers, 18 of whom are regularly offering their seva with the Sathya Sai Medicare Van. They attended the 1st International Vibrionics Conference also. Two of our practitioners have completed the SVP course and use the SRHVP. Others are doing Vibro seva at 9 temples, 1 Gurudwara and one community centre once in a fortnight. I send the monthly reports to our Mumbai Coordinator regularly. On average 2,700 patients are given Vibro remedies each month at Nagpur.

Swami has also given me the opportunity to translate the *Sai Vibrionics Newsletter* into Hindi and the work is in progress. I must mention that our fellow healers receive constant encouragement whenever they go to Prashanti Nilayam and meet Dr JK Aggarwal and Mrs Hema Didi.

I give here two interesting experiences from my Vibro seva.

Experience 1:

This incident took place during May 2009. One lady was suffering from severe arthritis. She was a school Principal. The family were Sai devotees and were amongst those few who, during darshan, had directly received vibhuti materialised for them by Swami.

In moments of distress, due to illness of their children or otherwise, they had used this vibhuti to overcome their sufferings; but now they were down to the last pinch of the vibhuti left to them and they were a bit hesitant to use it up for the ailment of the lady of the house, so they prolonged its use by a week.

On the last day of the deadline, our Nagpur Samiti District President happened to go to their house with an invitation card for Eashwamma Day celebrations along with two small packets of vibhuti for them. The whole family was overwhelmed and exclaimed that Swami had sent this vibhuti so that the materialised vibhuti left to them could be preserved.

Our District President enquired about the lady's health. He was told that all was not well; the lady had been bedridden for the last two months and was resting inside, in another room. Our District President told the family that recently five devotees from Nagpur had attended a workshop on Vibro therapy at Dharmakshetra and they had started practicing it with our Sathya Sai Medicare Van in adopted villages with great success, so why didn't the family try Vibro?

The lady's husband phoned me and asked whether it was necessary to see the patient to start the Vibro treatment. I said it was not at all necessary and asked about the diagnosis. It was severe arthritis. I myself went to his house and gave him a bottle of pills with the Move Well combo (**CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine...TDS**) with the usual instructions.

At the time, the lady was resting inside. I avoided disturbing her, and as the husband looked very much dispirited, I told him that the bottle would last for about three weeks and after that he should just phone me so I could deliver more.

After three weeks I received a call from the husband who said that about 5-6 pills were left so he would need more medicine. The gentleman insisted that I tell him my home address. I said, "No, no. I will bring you the medicine". But he kept demanding to know my address saying that in the future he would need the medicine frequently so it would be better if he saw my house. Reluctantly I agreed and gave him directions. I live on the first floor so I sent my nephew to the ground floor to wait for the gentleman and guide him upstairs.

After about 10 minutes when I opened the door in response to a knock, it was the shock of a lifetime for me. I could not believe my eyes. The husband – along with the lady – were both standing at the door of my first-floor residence. I hurriedly apologised to the gentleman and especially the lady for having made them climb the steps but they said no apology was needed. They explained that they had insisted on my telling them the address just to show me 'the miracle of three weeks of Vibro treatment.'

I welcomed them inside. The lady told me that she had previously decided to resign from her position as School Principal because it was not proper for her to remain on leave for so long a period. She used to weep alone in isolation praying to Swami to intervene and save her from this handicap.

She said it was Swami alone who sent the nectar in the form of Vibro pills and saved her. Jai Sairam.

Experience 2:

Those days (2007) our Nagpur Samiti had adopted a village called Panwadi, 45 km from Nagpur, and the Sathya Sai Medicare Van was distributing free allopathic medicines there once a fortnight. I was actively involved as a volunteer. Sometimes we were short of allopathic medicines and had to humbly explain to patients that the medicine for their ailment was not in our stock that day.

Our Nagpur devotees group used to do Prashanti Seva in March and September every year (This continues to the present.). Many of our fellow volunteers had taken Vibro remedies there from Dr. Aggarwal with very surprising results.

In the meantime we came to know that Vibro training was being given to interested Sai devotees who wished to do selfless service. In 2008, five Sai devotees from Nagpur attended the Vibro workshop at Dharmakshetra and successfully completed the AVP course. We were overwhelmed at the thought that the cost of the Vibro remedy was zero to the patient and very negligible to the practitioner. At once the faces of those patients whom we had disappointed due to the lack of medicines flashed into our minds.

Upon our return from Mumbai we prepared for the first Vibro camp along with the Sathya Sai Medicare Van at Panwadi. All five of us charged our 54 CC kits (In those days the 54 CC box was given to AVPs.), and armed with the pills, bottles, stickers and the red book [guide] we reached Panwadi. For the first time we were equipped with medicines for all the patients. Thirty-six patients who were given Vibro and another 100 patients were given allopathic medicines.

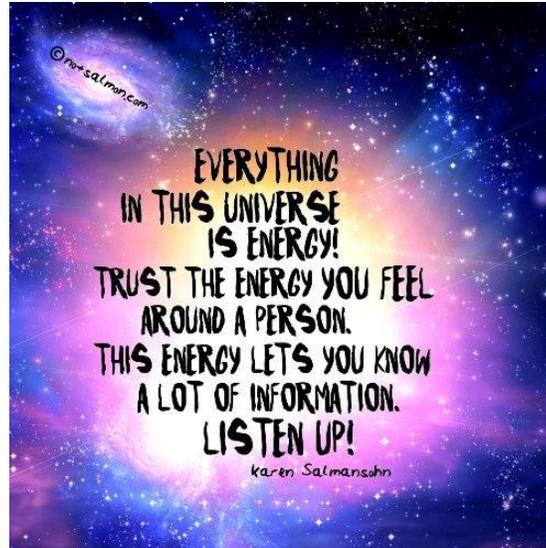
We returned from the camp with a feeling of satisfaction that for the first time no patient was sent away empty-handed. All five of us waited anxiously for the next fortnight. Without discussing it among ourselves, we each secretly decided to watch the reactions of the Vibro patients and observe whether they came on their own to the Vibro practitioners or opted for allopathy.

To our surprise all 36 patients previously treated with Vibro reported improvement in their problems, which were mostly constipation; skin itching, knee pain, cough and cold etc. At the very next camp, the number of patients opting for Vibro swelled to 54. In subsequent camps, the number of patients opting for Vibro outnumbered those opting for allopathy.

In the next camp, our allopathic doctor finished his patients early and came into the room where the Vibro practitioners were treating the patients. One Vibro healer beside whom the doctor was sitting was surprised when the doctor asked him for a Vibro remedy for himself.

Vibro treatment along with the allopathic treatment is still being given regularly in all our 12 villages at fortnightly intervals and by Swami's grace the combined results are very much encouraging. Jai Sairam

☯ Short & Sweet ☯



“OM Relief” Chanting a mantra might reduce inflammation. In a small 2012 study at the University of California, LA, published in *Psychoneuroendocrinology*, half of a group of 45 caregivers for people with dementia practiced a 12-minute daily meditative chant for eight weeks. The other half listened to a relaxation CD for 12 minutes. Blood tests showed reduced markers for inflammation in the meditation group.

☯ Health Tips ☯

Sai Vibrionics 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.

Benefits of the Mineral Magnesium and Its Importance for Your Health

Magnesium, an abundant mineral in the body, is naturally present in many foods, added to other food products, available as a dietary supplement, and present in some medicines (such as antacids and laxatives). Without magnesium we could not produce energy, our muscles would be in a permanent state of contraction, and we could not adjust the levels of cholesterol produced and released into the blood stream.

It is essential for over 300 different chemical reactions in the body, including maintaining your energy level, helping you relax, and sustaining the health of your heart and blood vessels. Low levels of magnesium in the body have been associated with the development of a number of human illnesses such as asthma, diabetes, and osteoporosis. Taken in the proper amount, magnesium plays a role in preventing both stroke and heart attack.

Magnesium Protects Our DNA

Studies have shown that DNA synthesis is slowed by insufficient magnesium. DNA stability is dependent in part on magnesium. Magnesium not only stabilizes DNA structures, it also functions as a cofactor in the repair of DNA damage by environmental mutagens. Combined with ATP, magnesium also assists in the healthy production of RNA, responsible for “reading” DNA and manufacturing the proteins used in our body.

Magnesium Regulates Our Electrolyte Balance

Magnesium’s role in the healthy balance (“homeostasis”) of important minerals such as calcium, sodium and potassium affects the conduction of nerve impulses, muscle contraction, and heart rhythms.

Magnesium for Blood, Heart, and Bones

We often hear about the importance of calcium for bones however, magnesium is the other key mineral for healthy bones. And because so many people take calcium pills without magnesium, there may actually be a greater need for magnesium than for calcium in people who are most vulnerable to osteoporosis.

Magnesium is probably the most important nutrient for the human heart; it helps the heart muscle itself function better. Magnesium also helps protect blood vessels, which is where most of what we call heart disease actually happens. Magnesium is also a natural blood thinner, much like aspirin, so many doctors and researchers believe that it may help prevent heart attacks and strokes.

Magnesium and Diabetes

Diets with higher amounts of magnesium are associated with a significantly lower risk of diabetes, possibly because of the important role of magnesium in glucose metabolism. Hypomagnesaemia might worsen insulin resistance, a condition that often precedes diabetes, or it might be a consequence of insulin resistance. Diabetes leads to increased urinary losses of magnesium, and the subsequent magnesium inadequacy might impair insulin secretion and action, thereby worsening diabetes control.

Symptoms of Magnesium Deficiency

- Joint and muscle pain
- Inflammation
- Loss of appetite or nausea
- Numbness or tingling
- Migraine headaches
- Fatigue
- General weakness
- Osteoporosis
- Fluctuating blood sugar
- High blood pressure

There are also new studies that suggest one of the previously unknown magnesium health benefits is that it affects our mental and emotional state. Those who suffer from depression, insomnia, and general mood swings may see improvement with additional magnesium in their diet. Initial studies have also seen improvement in the rate and severity of panic attacks and anxiety.

MAGNESIUM
THE ESSENTIAL FORGOTTEN MINERAL

Magnesium is a mineral needed by EVERY CELL of your body.

Foods Highest In Magnesium

- Crude Rice Bran 922mg
- Swiss Chard 860mg
- Purslane 850mg
- Spinach 756mg
- Dark Cocoa Powder 499mg
- Almonds 395mg
- Coffee 327mg

Did you know...refined grains remove 80-97 percent of magnesium?

The Spark of Life

It creates energy in each and every cell by activating ATP the storage molecule and the fuel that drives each cell of your body.

Our bodies need the correct amount of magnesium in our diets for us to sleep properly. If it's too high or too low, we can suffer from sleep disturbance.

Can Magnesium Deficiency Cause Cancer?

Researchers found that 46% of the patients admitted to an intensive care unit in a tertiary cancer center presented as deficient in magnesium.

In Egypt, the cancer rate was only about 10% of that in Europe and America. Among the rural population, it was practically non-existent. These cancer-free populations have an extremely high magnesium intake of 2.5 to 3g which is 10 times more than in most Western countries.

Magnesium levels are difficult to track with blood tests since only one percent is found in your blood – another reason that scientists underestimated the importance of getting enough magnesium in your diet. Eating a diet filled with a variety of fresh foods can stop a [magnesium deficiency](#) before it starts.

At-Risk Individuals for Magnesium Deficiency

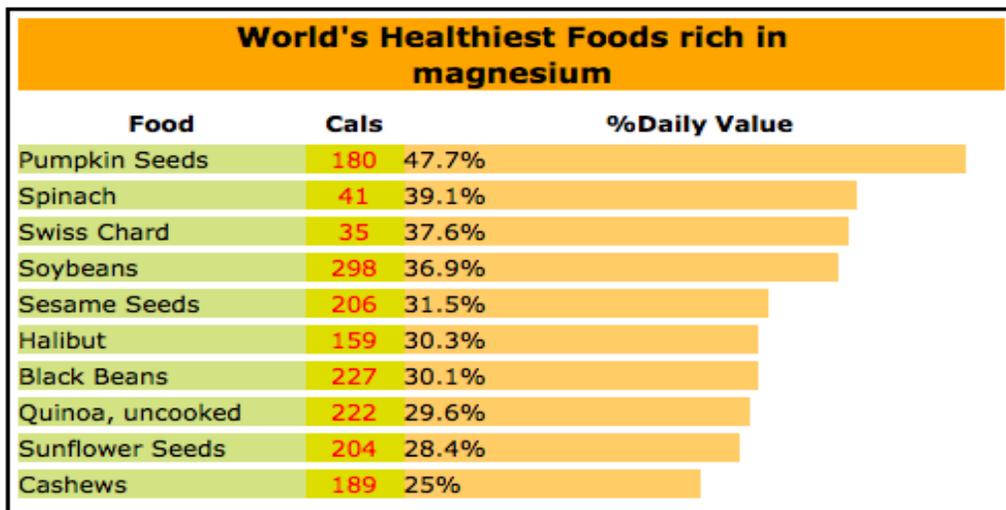
- Those above the age of 55
- Those who regularly consume alcohol, caffeinated beverages or sodas
- Those taking certain medications such as diuretics, heart and asthma medications, birth control pills and/or oestrogen replacement therapy
- Those undergoing significant psychological or physical stress, including surgery, burns and liver disease
- Those suffering from digestive disorders

Foods Highest in Magnesium

- Bran – rice, wheat or oat
- Herbs – dried coriander, chives, spearmint, dill, sage and basil
- Seeds – pumpkin, sunflower, flax and sesame
- Nuts – almonds, Brazil nuts, almonds, cashews and pine nuts
- Dark chocolate

Other excellent sources are leafy green vegetables such as spinach and kale, dry beans and whole-grain breads and cereals.

Make sure you are also consuming enough calcium, vitamin D and vitamin K to reap the most [benefits of magnesium](#). A balanced diet and smart sun exposure should be all your body requires.



For serving size for specific foods see the [Nutrient Rating Chart](#).

Age	Male	Female	Pregnancy	Lactation
Birth to 6 months	30 mg	30 mg		
7–12 months	75 mg	75 mg		
1–3 years	80 mg	80 mg		
4–8 years	130 mg	130 mg		
9–13 years	240 mg	240 mg		
14–18 years	410 mg	360 mg	400 mg	360 mg
19–30 years	400 mg	310 mg	350 mg	310 mg

Age	Male	Female	Pregnancy	Lactation
31–50 years	420 mg	320 mg	360 mg	320 mg
51+ years	420 mg	320 mg		

Sources:

- <http://ods.od.nih.gov/factsheets/Magnesium-HealthProfessional/>
- <http://www.ancient-minerals.com/magnesium-benefits/what-is-function/>
- <http://www.doctoroz.com/blog/daniel-heller-md/magnesium-miracle-mineral>
- <http://en.wikipedia.org/wiki/Magnesium>
- <http://undergroundhealthreporter.com/magnesium-health-benefits/#axzz34AqqR6IE>
- <http://www.whfoods.com/genpage.php?tname=nutrient&dbid=75>

Dengue Fever, Are You at Risk?



Dengue (pronounced DENG-gey) fever is a painful disease that has been around for centuries but began a dramatic upswing in the 1980s. The incidence of dengue has grown dramatically around the world in recent decades. Over 2.5 billion people – over 40% of the world's population – are now at risk from dengue. Here are highlights of what we know about dengue fever.

What is it? Dengue is a flu-like disease caused by any one of four closely related types of dengue viruses carried primarily by female *Aedes aegypti* mosquitoes, usually found in the tropics and subtropics. The yellow fever mosquito, *Aedes aegypti* is a [mosquito](#) that can spread the [dengue fever](#), [chikungunya](#) and [yellow fever](#) viruses, and other diseases. The mosquito can be recognized by white markings on legs and a marking in the form of a lyre on the thorax. The mosquito originated in Africa but is now found in tropical and subtropical regions throughout the world.

In the more northern regions, the disease is transmitted by the Asian tiger mosquito, the *Aedes albopictus*, which can withstand cooler temperatures. It is characterized by its black and white striped legs, and small black and white striped body. It was originally native to the tropical and subtropical areas of Southeast Asia; however, in the past couple of decades this species has invaded many countries throughout the world through the transport of goods and increasing international travel. This mosquito has become a significant pest in many communities because it closely associates with humans (rather than living in wetlands), and typically flies and feeds in the daytime in addition to at dusk and dawn. The insect is called a tiger mosquito because its striped appearance is similar to that of a tiger. Humans can't infect each other — but they can infect mosquitoes, which pass the virus on both to their female offspring and to human bite victims.

Where is it? The infection is most prevalent in South and Central America, where the tropical weather is perfect for mosquitoes, and is a problem as well in Southeast Asia, Africa and the Western Pacific. Cases have also been reported in parts of Europe, Russia and even the U.S., in Florida and near the Mexican border.

What are the symptoms? About half of people infected are asymptomatic (without symptoms) according to the Centres for Disease Control and Prevention, USA. The other half aren't so lucky. Dengue fever is a severe, flu-like illness that affects infants, young children and adults.

Dengue should be suspected when a high fever (40°C/ 104°F) is accompanied by two of the following symptoms: severe headache, pain behind the eyes, muscle and joint pains, nausea, vomiting, swollen glands or rash. It can feel as though your bones are breaking, hence Dengue's alternative name, "Breakbone fever." Symptoms usually last for 2–7 days, after an incubation period of 4 to 10 days after the bite from an infected mosquito.

Severe Dengue is potentially deadly complication due to plasma leaking, fluid accumulation, respiratory distress, severe bleeding, or organ impairment. Warning signs occur 3–7 days after the first symptoms in

conjunction with a decrease in temperature (below 38°C/ 100°F) and include: severe abdominal pain, persistent vomiting, rapid breathing, bleeding gums, fatigue, restlessness, blood in vomit. The next 24–48 hours of the critical stage can be lethal; proper medical care is needed to avoid complications and risk of death.

How serious is it? Half a million patients are hospitalized each year, but most people recover after two to seven days. Some develop dengue hemorrhagic fever after the initial fever declines — a more severe form of the illness that can cause organ damage, severe bleeding, dehydration and even death. But with early treatment, the mortality rate for all dengue fever is currently less than 1 of 100 people.

Treatment and cure? Patients are given medication for their symptoms and told to drink lots of water. No cure yet, but researchers are testing vaccines. (*Vibronics practitioners, consult your reference books for the appropriate remedy combo for Dengue fever.*)

Can you get it more than once? Once you survive your first dengue infection, you're immune to that particular type of virus — but not to the other three types. Many countries are home to all four types, and someone who is re-infected is more likely to develop extreme symptoms. To make matters worse, mosquitoes that carry dengue can also carry yellow fever and the chikungunya virus; one bite could pass on multiple infections.

What are the current numbers? The World Health Organization estimates 50 million to 100 million infections a year (although a 2013 study suggests the number may be as high as 400 million). In the Americas alone, the annual number of cases has boomed from 520,000 in 2003 to 2.3 million in 2013. Before the World Cup in mid-June 2014, host country Brazil frantically battled the mosquitoes that carry dengue.

Why so high? Blame it, in part, on globalization. Mosquitoes can hide and breed in goods that are traded. An infected traveller can also spread the disease to mosquitoes in a new region. In cities where construction and the lack of piped water leads to standing pools of water, mosquitoes thrive.

How do we stop it? Efforts focus on spraying streets and neighbourhoods with pesticides, genetically modifying mosquitoes and encouraging people to ward off mosquito bites with bug spray, nets and long-sleeved shirts and long pants.

Sources:

www.WBUR.org

http://www.ask.com/wiki/Aedes_aegypti?o=2801&qsrc=999

http://www.ask.com/wiki/Aedes_albopictus?o=2801&qsrc=999

<http://www.who.int/mediacentre/factsheets/fs117/en/>

☞ The Answer Corner ☞

1. *Question: I have several elderly patients in the age group 60+ who complain of losing bowel/bladder control. They are afraid of going out because they have to wear adult diapers or look for a toilet or come back home quickly. These people then develop low self-esteem and feel shy in the society or become housebound. Is there a remedy for this problem?*

Answer: Give **CC15.1 Mental & Emotional tonic** + **CC20.4 Muscles & Supportive tissue** (or simply **NM7 CB7** if you have the SRHVP) + **CC4.6 Diarrhoea** if loose motion involved + **CC13.1 Kidney & Bladder tonic** if urinary incontinence

In addition, the patient should exercise the affected muscles – the sphincters in the back passage and the urethra by squeezing and relaxing the anus area 9 times every morning and at night before bedtime. Before going out, this exercise should be done for twice as long. Also the patient should avoid eating or drinking just before going out as this stimulates the urge.

2. *Question: Is there a remedy for overweight people who do not suffer from hypothyroidism? It would appear that CC6.2 may not be suitable as this combo covers both hypothyroid as well as overweight.*

Answer: In fact, **CC6.2 Hypothyroid** works on overweight people with or without hypothyroidism. Remember any combo works individually on any of the conditions listed in the *108 Common Combos* book after its title. If applicable, add **CC15.4 Eating disorders**. You may advise your patient on healthy eating habits and exercise. It is good to drink water half an hour before a meal and eat plenty of fresh salad before the main course. One should take one's time to eat a meal and chew every morsel well – 32 times each mouthful!

+++++
3. Question: *In the 108CC box, there is a remedy for Carpal Tunnel Syndrome (CTS) in which a median nerve gets compressed. How can a vibrational remedy decompress this nerve?*

Answer: You may know that in CTS, the median nerve passes through the bones and a wide ligament band (This passage is known as the carpal tunnel.). If there is swelling of the tissues inside the tunnel, the nerve can get pressed causing CTS. The healthy vibrations administered in **CC20.3 Arthritis** balance the relevant minor chakras, which results in the reduction of the swelling. The vibrations are more effective when given in the early stages of the development of the disease.

+++++
4. Question: *While making vibrations in water, can I keep the remedy in an open glass? Do vibrations tend to evaporate when kept like this?*

Answer: No, vibrations can't evaporate when kept in the open because they become an integral part of the medium in which they are contained. Of course if the medium evaporates, the vibrations too will disappear.

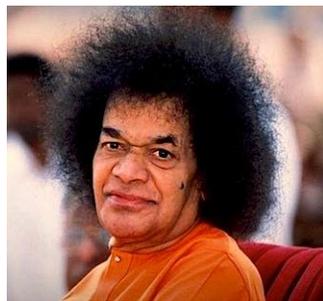
+++++
5. Question: *I have my TV and Wi-Fi electrical connections in my closet; these connection switches are hidden with a tight-fitting cover. Is it OK for me to keep my SRHVP and the 108CC box in this closet?*

Answer: If the Wi-Fi modem is included with the switches, then the radiation will be too strong and you must not put the CC box nearby. SRHVP can be kept there for short periods but not permanently. A tight-fitting cover does not help! If the closet contains only simple switches and connections, there should be no radiation.

+++++
6. Question: *Can my cancer patient eat meat and dairy products while taking vibrational remedies?*

Answer: Meat or dairy products don't neutralise vibrations which will therefore be still effective. But whether a diet containing meat and dairy products should be consumed by cancer patients is a separate issue.

+++++
Practitioners: *Do you have a question for Dr Aggarwal? Send it to him at news@vibrionics.org*



☯ Divine Words from the MASTER Healer ☯

“When you offer salutations to someone, understand that you are saluting your own self. That ‘someone’ is none other than your own reflection. See others just as you see your own reflection in the mirror. When you are surrounded by many mirrors, you see a number of reflections. Reflections

are many but the person is one. Reactions, reflections, and resounds are many but the reality is one. Names and forms may be different, but all beings are part and parcel of the same Divine Principle. Divinity is the underlying principle in the apparent multiplicity of this world. When I am speaking here, My voice is heard through each and every loudspeaker in this hall. In the same manner there exists the principle of unity in our hearts which we have to recognise.”

...Sathya Sai Baba, Divine Discourse, May 13, 2006

❧ Announcements ❧

Forthcoming Workshops

- ❖ **India Bangalore, Karnataka:** Annual Refresher for all, 19 July 14, contact Shekhar at rsshkhar@aol.in
- ❖ **India Cochin, Kerala:** AVP Training Sep 14 (exact dates TBA), contact Rajesh Raman at trainer1.ker@vibrionics.org

All Trainers: If you have a workshop scheduled, send details to: 99sairam@vibrionics.org

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 and duration, date-wise record of percentage improvement, final condition, and any other relevant information.

This will help us include your cases in future Newsletters.

*** ATTENTION PRACTITIONERS ***

- ❖ Our website is 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 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.

Om Sai Ram!

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