

Sai Vibrionics Newsletter

www.vibrionics.org

“Whenever you see a sick person, a dispirited, dishisconsolate 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 feel truly blessed to be writing to you on the occasion of the 92nd birthday of our beloved Lord Sri Sathya Sai Baba. His words carry such powerful healing vibrations – just reading or listening to them can result in a major transformation of one’s overall well-being. Now imagine how fortunate we are to have been given the opportunity to spread His healing vibrations in the form of vibrionics, a very special privilege indeed!

In this issue, we turn the spotlight on France and highlight profiles of 4 French practitioners who share their experiences in delivering love through vibrionics with immense enthusiasm and humility. I am certain that these profiles will serve as an inspiring reminder of motivation, and the realization of a higher purpose in our lives. That has indeed been the case for me every time I read a fellow practitioner’s profile. I request practitioners from all over the world to draw inspiration from these profiles and come forward and submit their own profiles to their respective regional/country coordinators.

It is with much sadness that I bring to you the news that our dear sister **Anna** ^{02554...Italy} embarked on her heavenly journey to our beloved Lord earlier this month. Not only did she put up a very long brave fight with her illness, she also continued to serve her patients and do other admin duties almost to the end. Her contribution to vibrionics was extraordinary. For several years she was the joint-coordinator (together with her husband) for Italy. She organized several workshops in Italy, taught vibrionics in her native language, and also shared many amazing case histories. Her departure has left a significant void in our mission’s leadership in Italy. It is our wish and prayer to Swami on this very special occasion of His birthday that her soul merges with Him!

As always, we continue to march forward on the organizational front, constantly finding better ways of working/collaborating. I am happy to report that in an effort to enhance security and privacy related to our online knowledge resources, we have implemented some changes to both of our websites, <http://vibrionics.org> and <https://practitioners.vibrionics.org>. Effective immediately, the old passwords are no longer valid and all users need to change their passwords (unless you have done so during the last one month) for accessing the secured practitioner areas on both websites by clicking on the “Forgot Password?” link below the “Login” area, and thereafter following the instructions as they appear. It is highly recommended that you create the same password for both websites.

We know that time waits for no one. That is why it is important for us to live in the ‘here and now’, making every moment matter. I say this because the world’s wisdom traditions are in complete agreement that there has never been a greater moment than ‘now’ to align our awareness with the creative powers of the universe i.e. letting the universe work through us. When service is done in this mode of awareness and with an attitude of complete surrender, our inner balance is restored. We are then in sync with our timeless

Self and experience the highest form of fulfillment. This is the secret of being in a state of bliss through vibrionics or any other selfless seva for that matter. This is the true purpose of life!

It is my sincere prayer to our beloved Swami on the occasion of His birthday that He blesses us all to follow His teaching "Love all – Serve all". May all the beings in all the worlds be happy!

In loving service to Sai
Jit K Aggarwal

❧ Practitioner Profiles ❧

Practitioner^{03527...France}



had his first encounter with Sai Baba in 1995 when he spent two weeks in Prashanthi Nilayam. He remembers it was a great experience. For the last several decades, he has been deeply interested in many alternative forms of healing, although he was not sure which one to choose. He became familiar with the system of meridians and chakras and longed to get trained in practicing a form of alternative healing. He had strong views on the harmful side-effects of allopathic medicines and their limited treatment of symptoms rather than the root-cause of illnesses. So, when he was introduced to vibrionics by the French **coordinator**⁰¹⁶²⁰, he was immediately drawn to it due to its guiding principles/roots as a universal spiritual system of alternative healing. He immediately decided to study the vibrionics website. Impressed with this, he started to get treatment for his chronic and painful lumbar spinal problem and at the same time, he enrolled for the vibrionics training program. He realizes now that Swami knew his profound desire to help and serve. He had a plan for him, he says, and had carefully nurtured the soil of his soul with His Love during all those past years since his visit to Prashanti Nilayam. Only now he was ready to get involved in this holistic form of healing.

He shares details of his own personal experience in treating his spinal problem mentioned above. In January 2014, a scan of his spine revealed a degenerative arthrosis and a slipped disc in the L4-L5 region of his spine. His neurosurgeon recommended surgery to treat the condition; however, the practitioner decided against it and sought to undergo vibrionics treatment under **Practitioner**⁰¹⁶²⁰ in May 2015. As soon as he completed training and got certified as an AVP in June 2015, the practitioner started treatment on himself with the following remedy:

CC18.5 Neuralgia + CC.20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine...TDS in water

Two years later, a new scan of his spine, revealed that degeneration of the spine had stopped completely. He believes that the healing process is still on-going and that he was saved from the surgery as a result of consistent and continuous vibrionics treatment and above all Swami's love.

The practitioner feels it is essential for a vibrionics practitioner to develop self-confidence and communicate confidently while treating a patient who will thus develop a trusted counsellor relationship with him. Only when a patient feels comfortable in confiding in his practitioner that he can be given treatment to help bring harmony in his mind, heart and life. He emphasizes that this is essential just as Swami says that all illnesses originate at the mental and emotional level of a being. The practitioner has observed that due to the increasing vibratory levels of our planet, more and more people these days are feeling destabilized, depressed and suffering from insomnia as their negative tendencies get amplified. He suggests two additional remedies for all patients:

For Peace & serenity:

CC15.1 Mental & Emotional tonic or **CC15.2 Psychiatric disorders**, depending on the intensity of the patient's condition... **a dose every ten minutes** for one or two hours until they feel better.

For good sleep:

CC15.1 Mental & Emotional tonic + CC15.6 Sleep disorders

The practitioner shares a case-in-point of a twenty eight-year-old woman. She reached out to him through a natural medicine forum on the internet to help her with treating a painful chronic back problem. During the course of treatment, she opened up to the practitioner and shared she had a very difficult relationship with her mother; as a result of this, she was sent to a psychiatric institution for six to seven years. When she returned home from the institution, her mother threw her out of the house. After listening to her heart-wrenching story, the practitioner gave her the above two combos. Nine months into the treatment, the

patient expressed to the practitioner that “she never imagined that her state of well-being would be restored one day.”

The practitioner says if patients are receptive to this sort of suggestion for their overall well-being, it would be useful to recommend to them that they incorporate a “healing mantra” like the one mentioned below to reprogram their subconscious to replace non-stop negative thoughts/mind chatter with positive reinforcement: *“Even though my body, my brain, my mental misleads me, I am happy and in perfect health; Nothing can stop that self-healing process until the total restoration of my divine perfection”*. He suggests that whatever may be a patient’s belief, religion or conviction, he/she would be well advised to have a spiritual practice to help them on their journey through life and during the process of healing.

He has used with great success the following powerful painkiller: **NM59 Pain + SR348 Cortisone + nosode of Doliprane (paracetamol)...**frequently in water until needed or pain disappears. This should be carried by practitioners as an emergency combo for pain. In addition to treating animals and plants, the practitioner has gained a lot of experience in successfully treating a variety of acute and chronic diseases such as, travel sickness, chest infections, mouth and tooth infections, diabetes, varicose ulcer, cancerous cyst, breast disorders, venous haemorrhage, constipation, kidney failure, incontinence, circulation problems, and uraemia.

He shares the case of a 63-year-old diabetic (for over 6 years) man with skin allergy and eczema since the age of 18. During the last few years, he had an ulcer on the outside lower left leg which did not heal with allopathic treatment. The doctor had prescribed for a nurse to visit him on alternate days to change the dressing. Even after 17 months, the pus was oozing from the infected wound when the patient came to the practitioner on 8 October 2016.

He was given: **CC3.7 Circulation + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC21.3 Skin allergies + CC21.11 Wounds and Abrasions...TDS** in water. The wound was cleansed daily with colloidal silver for a week, thereafter using: **CC21.11 Wounds and Abrasions** made in water.

On 24 October the pus stopped and the visiting nurse confirmed on 1 November that there was at least 50% improvement, (see photo).



November 2016



February 2017



May 2017

On 12 November, the practitioner started treating his diabetes for which he had been taking Novonorm allopathic tablets; so, **CC6.3 Diabetes** was added to the above remedy. After 2 months, **CC10.1 Emergencies** was excluded from this combo. Over the next 4 months, as his blood sugar was coming down, his doctor reduced the dosage of Novonorm slowly down to zero by May 2017. His blood sugar has since been within normal range until now but he continues to take the vibro remedy TDS. As regards the varicose ulcer, the infection was gone by February 2017 (see photo), it was not until May 2017 that the wounds were completely healed by scar formation (see photo) even though the leg was still red.

So a remedy **CC3.7 Circulation + CC21.3 Skin allergies** made in sesame oil was given for applying to the leg. A photo taken in August 2017 shows a completely healed leg.

Having qualified and practiced as a VP since April 2016, the practitioner is eager to be trained as an SVP so that he can use the potentiser to give him a greater range of treatment options. Having been a former English teacher, he feels really blessed to be given an additional opportunity to serve as one of the French translators of the vibrionics newsletter. He is also a great support to the French coordinator in other translation work and during workshops. He considers his pendulum to be a very helpful aid when he uses it in the spirit of complete surrender to God to help him pick the right combo while treating patients.

He concludes with the following words of wisdom for us all *"we are a microcosm in the great macrocosm, all inter-connected. When a single cell is diseased somewhere the whole macrocosm is affected. It is our duty to work*

to restore general harmony, in us first, as it will affect and restore harmony in the whole Universe. Samastha Loka Sukhino Bhavantu".



August 2017

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Practitioner ^{03528...France} is an optician, a hearing aid acoustician and an entrepreneur, now retired. She first visited Prashanti Nilayam in 1985 where she stayed for four months immersing herself in Divine love. To date, she reminisces about those very special days which she considers to be the most beautiful ones in her life. Her first encounter with vibrionics was in 2012 when she went back to the ashram to recuperate from chronic fatigue due to overwork. She had trouble walking and was on crutches when a friend introduced her to vibrionics which enabled her to return to France without crutches!



At the time, she was close to retirement and was taking many different allopathic medicines for her chronic health issues. She recalls that it was only when she ran into her friend **Practitioner** ⁰¹⁶²⁰ that she started taking vibrionics as a preferred treatment option over allopathy. This helped her completely recover from two pressing health issues - a fracture in her right femur and post-operative problems resulting from long operation during which she suffered a heart failure. Only a few months later, she suffered from another fracture, this time in her left femur. Having personally had amazing healing experience, she was extremely motivated to get trained in vibrionics. Not only did she successfully complete the AVP training programme in France in June 2015 while still undergoing treatment for the fracture but she also became certified as a VP in April 2016.

The practitioner had phenomenal success with animals, plants and humans with the 108CCs, while treating depression, anxiety and various acute illnesses (when treatment started quickly), and side-effects in patients undergoing chemotherapy.

For treatment of chronic diseases, she recommends that the patients first cleanse their homes by spraying **CC17.2 Cleansing** (3 pills in 100ml) once a week and make significant changes to their diet as per recommendations given in the newsletters. The practitioner believes that the change in diet has several benefits as it reduces body water retention, invigorates the heart, liver and gallbladder, corrects acidity, removes Candida Albicans, brings back hormonal balance, enhances immunity and vitality, and increases self-esteem and self-confidence.

Then, she prescribes the following remedy which she calls "Wellbeing": **CC3.1 Heart tonic + CC4.2 Liver & Gallbladder tonic + CC4.10 Indigestion + CC8.1 Female tonic (or CC14.1 Male tonic) + CC12.1 Adult tonic + CC13.1 Kidney & Bladder tonic + CC15.2 Psychiatric disorders...TDS** in water. In addition, she has used with great success the remedy for 'nervousness, depression and anxiety' as given by **Practitioner** ^{01180...Bosnia} in the May-June 2016 newsletter.

The practitioner follows a cancer-remission-protocol for all patients undergoing allopathic treatment and this also protects them from side-effects: **CC2.1 Cancers-all + CC2.3 Tumours & Growths + remedy for specific part of the body...OD** for four weeks, followed by: **CC2.1 Cancers-all...one dose a month for 6 months, then every three months for one year and finally one dose yearly for the next 7 years.** Further the

above remedy confers abundant mental and emotional peace. However, the patients must adhere to proper diet, stay active and always remain attentive on positive thoughts, words and actions.

She shares a case of a 62-year-old male who was suffering from lymphoma of lymph nodes in the neck and so was undergoing chemotherapy every three weeks. After each of the 2 such sessions, the most distressing side-effects consisted of vomiting, pain in the chest and itching on the grafted part of the hand (graft due to a burn at age 25). He was also taking blood-thinner. He was given for the lymphoma: **CC2.1 Cancers-all + CC2.2 Cancer pain + CC2.3 Tumours & Growths + CC4.2 Liver & Gallbladder tonic** and for the chemo side-effects: **CC3.4 Heart emergencies + CC3.5 Arteriosclerosis + CC3.7 Circulation + CC4.1 indigestion tonic + CC15.1 Mental & Emotional tonic + CC21.2 Skin infections**, both in water...**6TD** on the day of chemo and the following day, then **TDS**. Two weeks later the pain in the chest had completely disappeared. After the next chemo session, vomiting and itching also did not appear. The patient then went through four more sessions without experiencing any side-effects whatsoever.

In another case, a 68-year-old woman had been suffering from serious side-effects of a tuberculosis vaccine since the age of 4. Her liver was badly affected, so continually suffered from recurrent hepatitis, fevers and poly-arthritis. Her gallbladder had to be taken out when she was 35. On 11 November 2015, she was given **CC4.2 Liver & Gallbladder tonic + CC10.1 Emergencies + CC12.1 Adult tonic + CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + CC20.3 Arthritis + CC20.5 Spine**. In a matter of just 4 weeks, her liver had improved by 50% and for the 1st time in her life, she was able to enjoy Christmas dinner which her digestive system could not tolerate previously! She was now also given **CC4.1 Digestion tonic** and within another two months, her liver had completely recovered and she was able to eat everything she desired.

The practitioner has kept several saucers in her garden to catch rain water to which she adds **CC1.1 Animal tonic**. The neighbourhood cats drink water from these plates and the practitioner attributes their good health to the use of this tonic.

She expresses her deepest gratitude to Sai Baba for giving her the opportunity to serve as a vibrionics practitioner as she admits it has given her a bigger purpose in life (she says, "life is now worth living!"), and helped her in becoming a better listener and to empathize with the suffering of others. She would like to leave us with this message, "We should learn to love the people close to us much more and do good around us without expecting anything in return. Let us be aware that whatever we do to others, we do it to ourselves too. If you accept to do good, you are an instrument in the service of the Divine."

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Practitioner^{03556...France}, hails from the northern region of France close to the Belgian border. She became an AVP very recently in June 2017. She felt the need to join the vibrionics community after she met an extraordinary man who talked to her of vibrionics with enthusiasm. He instilled in her a desire to serve with her heart and to help the sick and needy. He introduced her to the French **coordinator**⁰¹⁶²⁰, who she considers to be an excellent trainer. She learnt to treat patients with great compassion and love. She says "I was looking for a simple and effective healing method, for myself, my family and people around me. I discovered Vibrionics."



The climate in the region where she lives is very humid with little to no sunshine, resulting in low spirit among most of the residents; widespread depression is very evident. Further most people have become addicted to allopathic medicines due to their widespread use. This creates many harmful side-effects and due to their overuse, some medicines have become ineffective! She believes that this presents a great opportunity for her to serve. She considers it a real honour to be able to touch their lives and help alleviate the suffering of the needy. In her own words, "I feel useful and I have the impression of sowing small seeds of hope."

In the few months of her practice she has already treated patients with various health problems such as cold, intense fatigue, fibromyalgia, allergies, multiple sclerosis, cyst, nose polyps, tooth aches, painful menses. She is adept at using a pendulum and if unsure, uses it to determine the right combo. She has been called to treat animals and the results have been extraordinary and fast. Just after completing her training she treated an ornamental hen mauled relentlessly by cocks over several weeks. The bird lost the will to live, stopped eating and just lay with her eyes closed. She was given **CC1.1 Animal tonic + CC15.1 Mental & Emotional tonic...BD** in water. Within two days she started to eat and in the weeks to come, she started to mingle with other hens. In another case, some seven year old hens were not laying any

eggs. She added **CC1.1 Animal tonic** to the water trough of the poultry yard. Within 15 days the owner reported harvesting daily one to three eggs per hen.

A seven-year-old Yorkshire female dog suffered from asthma and had a heart murmur since she was one. Moreover she felt abandoned when her owner left her alone at home. Whenever there was crisis, she was given allopathic treatment with Respil. In July 2017, the practitioner prescribed: **CC1.1 Animal tonic + CC3.4 Heart emergencies + CC15.1 Mental & Emotional tonic + CC19.3 Chest infections...BD** in water. After two days, in spite of temperature rise which would normally make her condition worse, her asthma attacks disappeared. At the last review a month later she has not had any asthma attack.

The practitioner has also been using vibro for the vegetables she grows in her garden with amazing results. Last year, she had only one tomato because all the tomato plants were infested with mildew. She gave **CC1.2 Plant tonic...OD** for a few weeks this year and she harvested 15kg of beautiful juicy tomatoes!

She says "I am very glad to be able to help with my heart and when I see the results my faith is strengthened even further. I really feel that I am an instrument in the hands of God."

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Practitioner^{03546...France}



, a retired 67-year-old female, has known about Swami since 1982. Although she became an AVP only in June 2016, she is no stranger to vibrionics. She recalls that her first introduction to vibrionics was when her room-mate in the ashram **Practitioner**^{02667...UK}, who was also part of the ashram Christmas choir, gave her vibrionics remedies for common cold. For several years prior to becoming a practitioner, every time she visited Puttaparthi, she would bring back to France vials of vibrionics remedies to treat her devotee friends of common cold.

The practitioner confesses that she ignored vibrionics treatment for many years. Instead, she relied on Swami's vibhuti for treating ailments. However, that changed in 2015, when the practitioner had a huge pain in her abdomen and the physician's diagnosis was a big cyst in the ovary. During her unsuccessful surgery, no cyst was found! On further investigation, the doctors found an external cyst on the small intestine and fibroids in her uterus. So another surgery was recommended to treat this condition. It was no coincidence that around this time she received an email from a friend who had obtained the proceedings of the First International Vibrionics Conference held in Puttaparthi. Fretting at the thought of having to undergo another surgery, she took the email as a sign from Swami to turn to vibrionics. She decided to make a trip to Puttaparthi for vibro treatment. While in Puttaparthi, her condition was successfully treated and thus she was miraculously saved from another invasive surgery. This experience motivated her to wholeheartedly pursue a course in vibrionics under the tutelage of Dr Aggarwal; however, this was not possible as she was not able to communicate in English. Fortunately for her, just around that time she met in the ashram the French vibro coordinator who was soon going to conduct a training program in France.

Thrilled that she would soon realize her dream of becoming a practitioner, she returned to France in high spirits. She inspired her daughter-in-law, going through her second pregnancy, to try vibrionics to improve the chances of a normal delivery; she was concerned since her first delivery was through a caesarean section. Their family midwife of over 30 years' experience considers it nothing short of a miracle that she was able to have a normal delivery. Impressed by the results, the daughter-in-law took vibro remedies for breast-feeding. She succeeded in breast-feeding her second child for an entire 18 months whereas for her first child, she had to give this up on the 15th day due to intense suffering!

These miraculous healing experiences have made her entire family (children and grandchildren) great ambassadors of vibrionics in their community. She is delighted that several friends and their children prefer vibrionics treatment over antibiotics and no more dental treatments and painful teething with irritable bowel movement! They talk about vibrionics with joy and conviction. She considers vibrionics to be the intermediary for her to connect her patients with Divinity.

The practitioner has successfully treated children for dental flare-ups, colds, lice infestation, insect bites, infantile disease, depression, genetic and epidermolysis bullosa disease; and adults for depression, cancer, conjunctivitis, cold, diabetes, dizziness, intestinal problems, overweight, psoriasis, cysts, stuttering, hair loss, lipomas, and kidney and prostate problems. The practitioner felt that vibrionics being delivered as a free-of-cost therapy to patients, it would not be valued very much or taken seriously by many. France being a socialist country, citizens don't have to spend much from their pockets on

healthcare, thus resulting in excessive use of allopathic medication. It is only when the patients realise the harmful side-effects or start suffering from them that they turn to alternative treatment options.

She is a vegetarian and counsels her patients on the immense benefits of a vegetarian diet. She truly believes that vibrionics is the medicine of the future, and expresses immense gratitude to Swami for putting her on this path as it has helped her grow and evolve in many ways, including enhancing her inner senses and overall awareness.

Cases to share :

- [Lyme disease, childhood trauma](#)
- [Lumbago](#)

☞ Case Histories Using Combos ☞

1. Lyme disease, childhood trauma ^{03546...France}

On 22 May 2017 a young man of 43 consulted the practitioner for treatment of Lyme disease. He had all the symptoms of the disease viz, loss of memory, headache, throat and stomach pain for the past four years. His joint pains were so severe that he had to stay at home. However the blood test did not confirm this diagnosis and the doctors suggested the problem was psychosomatic.

The practitioner gave the patient two options. He could either take a cleansing remedy with the consequence of a possible pullout or a remedy based on his symptoms. The practitioner was aware that the patient was an unwanted child, often beaten and had witnessed the suicidal attempts of his parents during his childhood. So it was decided that cleansing was a better option. He was given:

1. CC17.2 Cleansing...TDS

The practitioner asked him to report daily. During the first 2 days the symptoms became accentuated. But the patient decided to continue taking the remedy **TDS**. Next day, he started to improve and his pains completely vanished within 7 days. However, this dosage was continued for another four weeks.

On 27 June, the practitioner decided to address his childhood trauma, so she gave the following remedy:

2. CC12.1 Adult tonic + CC15.2 Psychiatric disorders...TDS

During the next 2 weeks, he felt breathless and fatigued and found it difficult to sleep. The practitioner considered these symptoms resulted from a pullout, so the treatment was continued. Within a short period, all his symptoms disappeared. As of October 2017 the patient is well and speaks of his vibro experience with enthusiasm.

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2. Lumbago UK ^{03546...France}

A 57-year-old woman had been suffering from lumbago since January 2017. She had undergone surgery in 2011 and 2016 on the femoral artery following familial vascular problems. Her main symptom now was severe pain in the lumbar region of the spine. She was treated with essential oils for eight months but without success. She had no other health problems.

On 1 September 2017, she visited the practitioner who prepared the following combo:

CC12.1 Adult tonic + CC15.2 Psychiatric disorders + CC18.5 Neuralgia + CC20.2 SMJ pain + CC20.4 Muscles & supportive tissue...6TD for 3 days, then TDS

After 7 days there was 70% improvement and after 2 weeks, the pain had disappeared. She continued **TDS** for one more week, tapering it down to **BD** for another week and finally **OD** for 3 days.

As at the end of October 2017, the patient is happy as she remains completely pain free.

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3. Eczema ^{11585...India}

The practitioner's *first* patient was his 16-year-old daughter. For a year and a half, she had been suffering from severe itching, and dark patches and minute papules on both legs. The dark patches had spread from her thighs all the way down to her ankles. She took homeopathic remedies for a year but there was no improvement. So she consulted a physician who diagnosed it as eczema and prescribed tablets and ointment. She took this treatment for three months but all the symptoms persisted as before. It is possible

that use of allopathic medicines may have stopped the spreading of dark patches to other parts of the body. On 22 March 2017, allopathic medications were stopped and instead she was given the following:

#1. CC12.1 Adult tonic + CC21.3 Skin allergies + CC21.6 Eczema...TDS

#2. CC21.6 Eczema in a mixture of vibhuti and coconut oil for external application on affected body parts.

Within one week, there was 25% improvement. The itching had reduced and the patches on the skin became lighter. Within four weeks, there was **100%** improvement. She was delighted to be healed of the dark patches, papules and itching in such a short time. All her family members were astonished as there were no signs of the disease left on her body.

The dosage was reduced gradually from **TDS** to **OD** over a period of three months. She continued to take the remedy **OD** for a month and did not experience any relapse. So the dosage was further brought down to **OW** for one month after which it was discontinued.

As of October 2017, she remains perfectly fine. The practitioner is grateful to his beloved Lord and Vibrionics for the miraculous healing.

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4. Oral herpes and acute vomiting ^{02802...UK}

A 45-year-old female who had been feverish for two days and had developed a large herpetic sore on the left upper lip, contacted the practitioner on 16 June 2017. Her whole mouth was sore and the tongue had a white coating. She also had acute vomiting for one day. She had undergone surgical removal of a breast cyst a week previously. The surgery went well and the wound was healing nicely. She could not explain why she had suddenly become unwell. She was unable to eat and had become weak. She had taken some paracetamol for the fever. She was given the following remedy:

CC4.6 Diarrhoea + CC4.10 Indigestion + CC8.3 Breast disorders + CC9.2 Infections acute + CC10.1 Emergencies + CC12.1 Adult tonic + CC11.5 Mouth infections + CC11.6 Tooth infection + CC21.7 Fungus + CC21.8 Herpes...6TD

Patient did not take any other medication while taking the vibro remedy. She was delighted to experience 100% relief in all her symptoms within two days. She reduced the dosage to **TDS** for two days, **OD** for three more days and then **stopped**. As of October 2017, the patient had no recurrence of any of the symptoms and continues to do well.

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5. Chronic asthma ^{11577...India}

A 22-year-old man with chronic asthma for 12 years contacted the practitioner on 5 March 2016. During the night his breathing was laboured but during the day, he only had slight difficulty in breathing. His asthma became worse when he had cold or cough and sometimes he developed even chest pain. In spite of using allopathic medicines including an inhaler for the past 12 years, the asthma persisted. It was thought that allergens like dust and pollen were the triggers for his asthma. He was given the following combo:

CC19.2 Respiratory allergies + CC19.3 Chest infections chronic + CC19.4 Asthma attack...TDS

Patient was not on any allopathic medication except for the inhaler as needed. On the second day there was aggravation of his symptoms, lasting for about two weeks. However, the patient persisted with the combo. Gradually the frequency of asthma attacks reduced and improvement was observed. At the end of eight weeks, to the patient's amazement, there was 100% improvement. He continued with the remedy for two more weeks and then stopped. He continued to do well. At a recent review, it was found that he has not needed the inhaler at all as he had no recurrence of his debilitating attacks.

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6. Knee pain ^{02799...UK}

A 55-year-old man had been suffering from severe pain in his left knee for the past five years. He contacted the practitioner on 29 May 2016. He had seen the specialists and in 2013 underwent keyhole surgery which had not helped. The knee was swollen and he could not bend it. Climbing was very painful. He was on allopathic painkillers. He was treated with the following combos:

#1. CC4.2 Liver & Gallbladder tonic + CC10.1 Emergencies + CC13.1 Kidney & Bladder tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.2 SMJ pain + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.7 Fractures...QDS

#2. NM36 War + NM45 Atomic Radiation + NM113 Inflammation + SM2 Divine Protection + SM5 Peace & Love Alignment + SM6 Stress + SR324 X-Ray + SR348 Cortisone...QDS

Patient stopped the allopathic painkillers before starting treatment with vibro remedies. After two weeks, swelling in his left knee had completely disappeared and the knee appeared normal. The pain had improved by 75%. The dosage of both #1 and #2 was reduced to **TDS**. After four weeks on 28 June 2016 there was 100% improvement; there was normal movement without pain and bending the knee was possible without experiencing any pain. The dosage reduction procedure was put in place, both remedies were now reduced to **BD** for a month, then **OD** for another month and so on. As of now the patient is doing well.

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7. Kidney stones 03522...Mauritius

A 27-year-old man was suffering from back pain, indigestion and acidity for two years. He had developed these symptoms after his mother's demise. As a result, he was unable to concentrate on work and often took sick leave. He consulted a physician who prescribed allopathic medicines, but these provided only temporary relief. After an episode of severe lower back pain, he went to the hospital and was diagnosed with kidney stones in December 2014. He was waitlisted for lithotripsy (medical procedure to break up large stones using sound waves). Meanwhile, he was given paracetamol and Brufen tablets to temporarily reduce his pain. After the 3rd appointment at the hospital, he continued to remain waitlisted for lithotripsy as the latest echograph (ultrasound display) confirmed the presence of kidney stones. Feeling helpless, on 27 May 2015, he consulted the practitioner who gave:

CC4.10 Indigestion + CC13.5 Kidney stones + CC15.1 Mental & Emotional tonic...TDS

After a month of taking the vibro remedies along with the allopathic painkillers, the patient reported 50% improvement in all his symptoms. He was happy that the back pain was less intense and less frequent. The same remedy was continued and at the end of the third month, he had no more indigestion or acidity. His back pain also vanished. In a subsequent echography, no kidney stones were detected. He discontinued the painkillers but continued taking the vibro remedies **TDS** for another six months after which it was reduced to **OD**. As of October 2017, the patient has had no relapse and in order to prevent formation of stones he continues to take the combo **OD**.

☞ Answer Corner ☞

1 Question: My patient uses vibrionics on herself with excellent results. She is an avid gardener and is determined to use vibrionics for her crops. She wants to know if there are other remedies besides the plant tonic for pest control.

Response: Yes, SR264 Silicea has been successfully used for mildew and healthy plant growth; refer to News 2013-07 vol 4 issue 4 for further details.

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2 Question: What is the procedure for dosage reduction when treating a patient by distance healing (broadcasting remedies)?

Response: Follow the normal procedure as outlined in practitioners' manuals.

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3 Question: Do children experience a pullout?

Response: Yes, they could since they may have toxins which are inherited or accumulated from vaccinations.

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4 Question: Should my patient continue to take the remedy during her fast?

Response: Yes, she should continue with normal dosage as it will eliminate toxins faster.

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5 Question: I always administer the first dose in patient's mouth. Likewise, in the case of cream for external use, do I make the 1st application to the patient's skin myself?

Response: No, practitioner is not allowed to touch a patient who should apply the cream himself. If he is unable to reach the body part, then a carer or a loved one can do it. We recommend using a spatula to take the cream out of the jar so as not to contaminate the entire stock with the fingers. If the patient has a

contagious disease, then the carer should not use the hands to directly apply the cream and take proper care eg, use gloves.

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6 Question: A practitioner mentioned in a newsletter that CC11.2 given to a child for Alopecia did not help. But a nosode of the patient's hair improved hair growth considerably. Please tell me how can I make a nosode?

Response: In order to make a nosode, you need to use a machine (SRHVP) which all senior practitioners have. I suggest you work towards getting promoted to higher levels. If you wish to move upto SVP level please contact your state/country coordinator. For getting a remedy made for an individual patient contact a senior practitioner in your area.

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7 Question: Is there any recommended prayer to say while waiting for the remedy being made in the SRHVP or shaking the bottle of pills in a figure of 8 eg, a healing prayer or Gayatri mantra?

Response: No, you can say a prayer or chant any mantra of your choice, please stay focussed on the Divine within.

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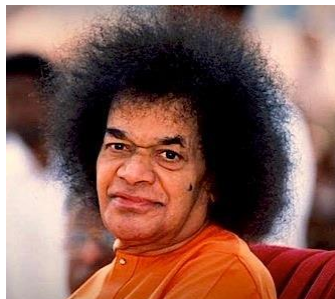
8 Question: Patients who are addicted to drinking a lot of coffee want to know if it is OK for them to have decaffeinated coffee.

Response: Actually, the problem with coffee is not with the caffeine but with radiation which the coffee contains! However, it is worth noting that many everyday foods, such as banana, carrots, potatoes, Lima beans and Brazil nuts (last one topping the list!) which are high in potassium and radium, are also radioactive. In fact, human body is also slightly radioactive. Our earlier recommendation of avoiding coffee was based on the legacy of homoeopathy which prohibits drinking of coffee. Having practiced vibro for nearly quarter of a century and armed with feedback from many practitioners, we have concluded that drinking coffee is no different to eating a banana as far as the effect of radiation is concerned. So long as we follow the 20-minute rule of not taking food or drink 20 minutes before and after taking the remedy, it is perfectly OK to drink coffee without reducing the effectiveness of vibro remedies.

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9 Question: We add only a single drop of a common combo to the pearls and if we have about 60 pearls in a bottle, I find that this drop gets absorbed by the top 10 pearls. I don't see how that drop can trickle down to the other 50 pearls in the bottle even with all the shaking we do in a figure of 8.

Response: You are correct in thinking that the drop does not touch all the pills but it is absorbed by, let's say, the top 10 pills. However, by shaking the bottle in a horizontal figure of 8, vibrations from these 10 pills will instantly move to say, 20 pills which come in contact with these 10 and then to all other pills which touch those 20 and so on. In a few moments, all the pills will get infused with healing vibrations.



☪ Divine Words from the Master Healer ☪

“Birds and beasts do not suffer from cardiac and digestive ailments to which man is prone. The cause can be traced to the natural food which the animals consume, unlike human beings who consume all sorts of fried and cooked items of food being slaves to the palate. Modern man consumes many artificial foodstuffs and a variety of alcoholic drinks, which are injurious to health. Birds and beasts lead natural lives, while the artificial life style of man today takes a heavy toll on his health. When man observes moderation in diet he can be saved from most diseases. In the

entire range of God's creation man alone is endowed with the faculty of discrimination. It is this faculty which sets him apart from animals. Man should exercise his discretion and discrimination with regard to food habits."

...Sathya Sai Baba, "Food, the heart and the mind" Discourse, 21 January 1994
<http://www.sssbpt.info/ssspeaks/volume27/sss27-03.pdf>

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"One should be prepared to serve others than choose to be served by them. Moreover, there is nothing meritorious in serving those who are high above us. For one thing, they can command the services of attendants. Rendering service to those who are in the same position as ourselves is not also commendable. Service should be rendered to those who are worse off than ourselves and who are neglected by the world."

...Sathya Sai Baba, "Born to Serve" Discourse, 19 September 1987
<http://www.sssbpt.info/ssspeaks/volume20/sss20-26.pdf>

❧Announcements❧

Forthcoming Workshops

- ❖ **India Puttaparthi:** SVP Workshop 24-28 November 2017, contact Hem at 99sairam@vibrionics.org
- ❖ **India Puttaparthi:** AVP Workshop 17-21 February 2018, contact Lalitha at elay54@yahoo.com
- ❖ **India Puttaparthi:** AVP Workshop 22-26 July 2018, contact Lalitha at elay54@yahoo.com
- ❖ **India Puttaparthi:** AVP Workshop 18-22 November 2018, contact Lalitha at elay54@yahoo.com
- ❖ **India Puttaparthi:** SVP Workshop 24-28 November 2018, contact Hem at 99sairam@vibrionics.org

❧In Addition❧

Health Tips

Know your blood pressure (BP) and enjoy normal BP for life!

1. Mechanism of the vital BP¹⁻⁵: Each time our heart beats, it pumps oxygenated blood into the arteries when our blood pressure would be the highest and it is known as systolic pressure. When our heart is at rest between the beats, the blood pressure would fall which is called diastolic pressure. The body has mechanisms whereby the heart, veins, kidneys etc cooperate promptly to alter or maintain the blood pressure and blood flow as needed by the body. *Without blood flow, the body would not get the oxygen it needs to survive.*

Blood pressure is usually indicated as a number where systolic pressure is shown before or above the diastolic pressure. It is commonly understood that 120/80 (mm of Hg) is normal blood pressure. In medical parlance 119/79 or lower is normal blood pressure. 140/90 or higher is termed as high blood pressure, a condition known as hypertension. Systolic between 120 and 139 and diastolic between 80 and 89 are termed as pre-hypertension phase which means one may end up with high BP if one does not take steps to prevent it.

High blood pressure occurs when the force of the blood pushing against the walls of blood vessels is consistently high. It makes the heart work harder and puts it at risk of a stroke, heart attack, kidney disease, vision problems and even death if not detected early. It may cause cognitive decline, dementia and Alzheimer's disease.

2. Symptoms of high BP³⁻¹²: One of the dangerous aspects of high BP is that one may not be aware of having it. High blood pressure would produce no symptoms most of the time. One initial indicator could be dizziness when we put our head down. One may not have headache or nosebleeds as is generally believed. Waiting for a symptom or sign would be equal to taking a dangerous chance with life. One could have scary symptoms like severe headache, blurred vision, intense fatigue or confusion, shortness of breath, chest pain, irregular heartbeat, pounding in chest, neck, ears, or blood in the urine due to some underlying medical condition which may push the BP very high. Though it is labelled as a *symptomless silent killer*, hypertension can be prevented and treated.

3. Perceptible causes of high BP³⁻¹³: High BP may be believed to be a natural consequence of aging, but studies state that it results from years of consuming a diet rich in saturated animal products, oils, refined sugars, processed foods and salt. Cholesterol-containing plaque begins to line the walls of the arteries. Over a period of time, arteries become narrow and stiff owing to loss of their elasticity. This leads to abnormal rise in blood pressure.

High-starch foods including bread, pasta, corn, white rice and potato are known to elevate the insulin level. This leads to retention of sodium and elimination of magnesium from the body which in turn would constrict the blood vessels and raise the BP. Other factors are: elevated uric acid levels, poor nutrition in childhood, exposure to lead, constant air and noise pollution, alcohol, smoking, sleep disorders, and *metabolic syndrome* (which means that the person is already within the group of risk factors responsible for heart disease, diabetes and stroke (closely linked to overweight, obesity, and lack of physical activity)). Other triggers could be *persistent anxiety, stress and nervous tension*. Sadly, this major factor has been ignored by most doctors in the past.

4. False high BP alarms^{3,11-16}: Blood pressure reading can vary significantly from day to day, even from one hour to the next. So one need not panic if sometimes BP reading indicates high pressure. One should take a few moments to calm down or breathe deeply and relax before blood pressure is checked to prevent false reading. A second reading can be taken a little later to see if the BP has gone down. Nervousness, incorrect BP cuff size, and incorrect arm position (which should be at right angle to the body in case of manual BP instrument) can result in a ten percent higher reading, giving a false high BP alarm. It is ideal to measure blood pressure once on each arm. Studies have shown that significant difference between left and right arm pressure may indicate circulatory problems. There have been studies on the effect of different body positions on blood pressure¹⁴.

Significant health problems can occur only when the blood pressure remains consistently and chronically high, not otherwise. One should have had at least three elevated readings over a few weeks before one can truly be diagnosed with hypertension. But, during acute discomfort, any indication of high BP should be attended to immediately. One should be familiar with the norms for checking and monitoring blood pressure at home too¹⁶.

5. High BP cautions us^{3,13}: High BP is a warning signal of diseased arteries or unhealthy blood vessel system and it should be heeded without delay. Since it is not a disease in itself and only an indicator of an underlying health issue, medications for high BP can at best superficially treat the symptoms giving a false sense of security while the disease may progress.

6. Subtler aspect of high BP^{17-18,41}: Unlike an infection, which is an external invasion, chronic ailment like BP is created within the body. When every cell in the body is basically programmed for health, a question may arise as to why does body create an ailment. That means at a cellular level something fundamental has gone off balance. Since a problem has BECOME generated from within, THE solution would also lie within. Spiritual masters and scriptures indicate that there is a dimension of intelligence and competence within each one of us to repair the cells and regain health. It should be accessed through natural body-mind-breath energy methods, instead of becoming entirely dependent on chemical-based medications that may deplete the body of essential minerals. Sai vibronics has helped many doctors reduce their patients' dependence on BP medications by stabilizing blood sugar and lowering BP.

7. Low BP¹⁹⁻²⁰: 90/60 or less is termed as low blood pressure/hypotension. Low pressure without symptoms or signs is not unhealthy. Some may have BP 90/50 in the normal course without any symptoms. But those with high BP conditions may develop symptoms of low BP even with a BP reading of 100/60. Unlike high BP, low BP is determined by signs of low blood flow and not by specific blood pressure number. When the flow of blood is too low to supply oxygen and nutrients to vital organs like brain, heart, and kidney, it may cause temporary or permanent damage.

8. Causes and symptoms of low BP¹⁹⁻²⁰: One may have low BP after a spell of high fever, diarrhoea, or vomiting, excessive blood loss during menstruation or other conditions, which could be a temporary phase and should be handled appropriately. It is normal for blood pressure to vary depending on what work one is doing, level of stress one feels, climatic conditions, diet, and life style. If BP is found consistently low, the underlying cause needs to be ascertained. The possibilities could be genetic, old age, medication, dehydration, anaemia, poor diet, heart condition, neurological disorder, hormone problem, or any injury or shock.

Symptoms like light headedness, dizziness, fainting, general feeling of weakness or sickness, blurred vision, confusion, palpitations, unsteadiness, increased thirst, nausea on getting up or standing up or

simply changing body position indicate that not enough blood and oxygen are reaching the brain and need immediate attention.

9. Keep BP normal, the natural way^{3,21-40}:

(i) Avoid salt and salty foods (anything with high sodium)

Sodium is essential for balancing fluids in the body and for normal functioning of nerves and muscles. But, high sodium diet draws water into the blood stream that can increase the volume of blood and hence the blood pressure. Principal source of sodium is common salt which maybe present in excess in bread, pastry, cheese, fast food, sauce, salad dressing, condiments, pickles and cooked meals. One can get the requisite quantity of natural sodium from fruits, vegetables, dairy, and legumes without any fear of exceeding the limit.

(ii) Counter sodium with potassium

Potassium is found in coconut water, yogurt, citrus fruits, bananas, pomegranate, Indian gooseberry (amla), apricots, raisins, dates, prunes, leafy vegetables, carrots, sweet potatoes, tomatoes, peas, beans, and whole grain cereals. Foods rich in potassium lower the blood pressure by easing the tension in the blood vessel walls and by balancing sodium that automatically exits through urine. It also plays a key role in balancing all the important minerals linked to high blood pressure and reduces the risks of stroke, and heart and kidney problems.

(iii) Supplement with natural magnesium & calcium and vitamins B3, C, E, K, & D

Magnesium helps regulate practically most of the body systems including blood pressure, blood sugar and bone development. It is found in dark green leafy vegetables, unrefined grains and legumes. **Calcium** helps blood vessels to tighten and relax when needed to control blood pressure. It is found naturally in dairy products, dark green leafy vegetables, almonds and seeds like sesame, chia, celery, and poppy.

Vitamin B3 found in green leafy vegetables and whole grains keeps the blood vessels strong and flexible, thus reducing the risk of heart attack. **Vitamin C** prevents the formation of plaque in arteries. It is abundant in fruits like banana, avocado, guava, melon, berries, citrus fruits and plums. Cabbage, broccoli, tomatoes, potatoes and sweet red pepper are also rich in vitamin C. **Vitamin E** essential to keep the blood vessels healthy is found in nuts like almonds and hazelnuts, sunflower seeds, green leafy vegetables, whole grains, sweet potatoes, avocado, papaya and blueberries. **Vitamin K1** responsible for healthy blood clotting is found in green leafy vegetables like kale, spinach, lettuce and spring onion and cruciferous vegetables like broccoli, cabbage and cauliflower, and to some extent found in fermented dairy, prunes, cucumbers, sprouts, and dried basil. **Vitamin K2** is produced from **K1** by bacteria that line the gastro intestinal tract. **K2** keeps calcium in its appropriate place and thus optimizes bone density and prevents osteoporosis.

Vitamin D is essential for absorbing calcium in the body. It is ideal to get it from sunlight, the only natural source. According to a study done in India, the best time to expose oneself to sun is from 11am to 2pm when maximum vitamin D3 would get generated. One view is that 20 minutes of exposure during this time with bare arms, face and legs twice or thrice a week should suffice to provide healthy vitamin D levels. If you can't get enough sunlight, supplements maybe the only way but this may create an increased demand for K2 in the body.

(iv) Avoid caffeine (as in coffee) in case of hypertension as it would stimulate the nervous system and release hormones such as adrenalin into the blood that would raise the heart rate as well as the blood pressure.

(v) Try simple home remedies

A spoonful of **raw honey** taken in warm water balances blood pressure. One glass of **bottle gourd juice** taken twice a day is claimed to cure high BP. According to ayurveda, ½ tsp of **Cinnamon powder** daily or a tsp of **coriander seeds** soaked overnight and taken each morning would help bring down blood pressure. **Gentle massage on the spinal cord** with ice cubes also helps in reducing the blood pressure. Pressing the tip of ring finger for a few minutes works as a first aid to reduce blood pressure.

(vi) BP care tips

- Stay hydrated and learn a breathing technique, yoga, meditation, etc. from reliable trained teachers to keep body-mind-breath balance. Also involve yourself in a group activity or a cherished hobby or selfless service to handle emotional stress. Keeping a focus on the ultimate purpose of life will help one to remain calm and tuned to life.

- Children who lose their cool while playing video games may develop hypertension in later years. Parents should divert them towards sports or physically active pursuits. Babies who are breastfed would have less chances of developing hypertension.
- Be wary of abnormal weight increase and family history of blood pressure and take due care.

In conclusion, the key lies in preventive measures⁴² through life style changes in tune with nature, appropriate diet of natural foods, and regular check-ups to ensure timely diagnosis and appropriate treatment.

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Om Sai Ram

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