

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

Vol 9 Issue 4

Jul/Aug 2018

In This Issue

☞ From the Desk of Dr Jit K Aggarwal	1 - 2
☞ Practitioner Profiles	2 - 4
☞ Case Histories using Combos	5 - 9
☞ Answer Corner	9 - 10
☞ Divine Words from the Master Healer	10 - 11
☞ Announcements	11
☞ In Addition	11 - 16

☞From the Desk of Dr Jit K Aggarwal ☞

Dear Practitioners

Guru Purnima is around the corner. Swami says, "*From this Guru Purnima, you have to dedicate yourselves to service. There is so much to be done by way of service to the people. It is through service life can be made meaningful. The nation is in the doldrums today because men who have not learnt how to serve are in the seats of power. Only through service can one qualify oneself for leadership.*" – Sri Sathya Sai Baba Discourse, Guru Purnima, 18 July 1989

It is imperative that we take the Lord's message to heart on this day of revering the Guru in each of us. Let's deliver unconditional love in the form of divine vibrations in every moment of our life through our thoughts, words and actions. Vibrionics, after all, is a holistic form of healing and hence a great boon for practitioners to make an impact in a truly universal way.

I am delighted to report that we have been receiving regular feedback from our practitioners on most of the 108 common combos. As a result of this, there have been several additions made to these remedies in the 108CC book over the last seven years. Both the glossary and the index have been appropriately revised. Under 'In Addition' section, we have included the changes/additions made to the Index. Might I suggest that all of you make a sincere effort to recharge your 108CC box, if possible directly from the Master box kept in Prashanthi Nilayam or by arrangement with your coordinator or teacher; failing this, write to Admin@vibrionics.org. Ideally, the box should be recharged every two years. When this is not possible, as a temporary measure, you can shake each bottle 9 times by holding the bottle in one hand and tapping the base of the bottle against the palm of the other hand; this activates the vibrations which tend to become dormant.

For practitioners who are planning to be away on holiday and are concerned about how to serve their patients while they are away, our recommendation is that they encourage all their patients at least two weeks before an upcoming long trip to request refills. Another suggestion is that practitioners make suitable arrangements with other practitioners in their close vicinity for refills and continued treatment of active cases. If this alternative does not exist, we have a postal (in India only) as well as a broadcasting service that can be helpful, especially during emergencies. Check with your coordinator or trainer for contact information on other practitioners or these other services.

To meet your promise to do seva on a daily basis, it is essential that at least you carry with you the 9-remedy Wellness kit at all times (see page 2 of 108 Common Combos 2011 book). Practitioners should carry the 108CC box with them if they plan to be away for a longer period (2 weeks or more) to enable them to continue their seva.

As you may be aware, healthy living plays a central role in the treatment process. Appropriate adjustments need to be made to both, lifestyle and thinking in order for healing to be successful. It is vital for

practitioners to advise their patients in a loving yet impactful way to practice Mindfulness and to pay attention to their lifestyle choices so that they understand that their health is in *their own hands*.

We are living in an era of deep changes. Unfortunately, a lot of it is very negative and driven by the political agendas of autocratic and greedy leaders throughout the world. Consequently, this has led to an exponential rise in mental illness, in particular hysteria and fear. I believe this presents a perfect opportunity for serving the unfortunate victims of a troublesome socio-political climate, victims who are going through intense suffering. I am certain that we can collectively make a huge impact in the lives of these sufferers by infusing them with divine vibrations through Vibrionics. It is my heartfelt prayer to our Guru and God on this Guru Purnima day that He helps us develop the highest levels of compassion, love, inner strength, and commitment to serve. With that said I wish you all a spiritually charged and blissful Guru Purnima!

In loving service to Sai
Jit K Aggarwal

☪ Practitioner Profiles ☪

Practitioner 11590...India



a qualified medical doctor with an MD in Biochemistry, is an assistant professor in a medical college. She hails from a family of doctors who came into Swami's fold in 2014. Inspired by the service rendered by her father in various medical camps at local Sai centres as well as at Prasanthi Nilayam, she was keen to serve patients in addition to teaching which was her passion. Her desire found its way when her mother miraculously recovered in 2017 from crippling and extremely painful rheumatoid arthritis within 6 months with remedies from a relative who is a vibrionics practitioner. Having seen the immense potential of vibrionics, her yearning to treat patients made her join the course promptly and she trained as an AVP in November 2017 and became a VP in April 2018 after the requisite menteeship.

She soon witnessed the power of vibrionics in her own case. Within 10 days of completing her training she was down with high fever while on a pilgrimage with family members. On returning home after 3 days of onset of fever, she immediately had a blood test done. It was diagnosed as dengue but her platelet count was normal at 150,000. She was in no condition to make vibro remedies herself or even to contact her mentor. She was administered allopathic treatment including intravenous fluids at home for three days. On the fourth day, her platelet count had dropped to 7000 and she had to be hospitalised in a critical condition. Her skin had become very dark. Doctors cautioned her not to cough as it could cause a bleeding episode and further reduce the platelet count. On the day she was hospitalised, her mentor came to know about her condition and gave her the following remedy with intense prayers: **NM2 Blood + NM12 Combination-12 + NM91 Paramedic Rescue + SM1 Removal of Entities + SM2 Divine Protection + SM5 Peace & Love Alignment + SM27 Infection + SM41 Uplift...** one dose every 10 mins for 2 hrs on the first day, 1 dose every hour on 2nd day and 6TD thereafter. Astounded by her fast recovery (which she attributes to vibrionics), she was discharged from the hospital on the 3rd day and she stopped taking allopathic medicines. After tapering down the dosage of the above remedy over the next 3 weeks, she started on **CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic** to build her immunity. After another week, her platelet count had reached 190,000. She felt like having had a rebirth and was filled with gratitude towards Swami and vibrionics for saving her life.

She was equally amazed by her experience with a 22-year-old patient who had surgery due to disc prolapse in the lumbar region. Even before the end of prescribed two months' rest, she got married and had an unplanned pregnancy against the advice of her doctor to avoid conception for at least one year. She approached the practitioner who gave her **CC10.1 Emergencies + CC20.5 Spine** for her nagging backache and **CC8.2 Pregnancy tonic + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic** to ensure healthy pregnancy. After 2 weeks, based on patient's feedback, **CC8.9 Morning sickness** was also added.

In her next monthly check-up, the gynaecologist told the patient that she had cervical incompetence and a cervical encirclage surgery was scheduled after 14 weeks of gestation age. She was advised complete bed rest till then. To meet the newly diagnosed issue **CC8.5 Vagina & Cervix** was included in her treatment regimen. During the next monthly check-up, the doctor ruled out surgery as her cervix was now closed and no cervical incompetence was observed! She and her family were very happy with vibrionics remedies and have since become Swami devotees. She is continuing to take the above combos and awaiting her delivery in August with renewed hope and faith.

The practitioner has learnt from her experience that “more precise the combo, faster and better are the results”. However, in camp situations where time is limited and a large number of patients come with skeletal problems and joint pains etc, a wider combo is more appropriate. Practitioners have obtained spectacular results with **CC3.7 Circulation + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.5 Spine + CC20.6 Osteoporosis + CC20.7 Fractures** and it has been named as Move Well-2, an enhanced version of our Move Well combo in 108CC book. She has been using this time and again with huge success. As most of the patients have an underlying mental and emotional cause, she finds the addition of **CC15.1 Mental & Emotional tonic** makes healing faster. Even plants looked healthier when she added this to **CC1.2** rather than using **CC1.2 Plant tonic** alone.

The practitioner has successfully dealt with a range of cases comprising common cold, viral fever, sinusitis, constipation, chronic body pains, osteoarthritis, psoriasis, lichen planus, difficult pregnancy, tinnitus, chronic depression, gouty arthritis, diabetes, Attention Deficit Hyperactive Disorder (ADHD), incontinence, cervical spondylosis, amyotrophic lateral sclerosis(ALS), etc. She is very appreciative of the system of mentoring and the guidance thus received. This has helped her enormously in dealing with patients and choosing appropriate remedies. She advises her patients of the importance of positive thoughts and heartfelt prayers which help to achieve faster healing. Although remedies are much more effective when taken in water but some patients have a problem carrying this water to work or during travels. She inspires such patients to take the remedy in pills on such inevitable occasions, so they do not miss a dose.

In addition to seeing patients at home, she joined her mentor to conduct regular vibrionics camps at local Sai centres. She feels that it is very important to share the experiences with fellow practitioners as this helps them to grow in their practice. Another recently trained practitioner joined them and the trio formed a good vibro team in their area; they coordinate well in all their activities, including updates and discussions on recent newsletters.

The practitioner takes remedy on a daily basis for cleansing herself and also sprays vibro-charged water to keep the surroundings clean. Practising vibrionics has been a spiritual sadhana for self-transformation and she believes that the same reflects in her patients too. She stays more balanced and calm than before and says, “my perception towards others and others’ perception towards me has changed for the better.” She offers her gratitude to Swami for giving her the opportunity to do this seva with all her love and faith.

Cases to share :

- [Chronic sinusitis](#)
- [Depression](#)
- [Low immunity](#)

Practitioner 11271...India an electronic engineer by profession, came into Swami’s fold in 2007 through the miracle of Sai Vibrionics that he witnessed when his wife was expecting their first child. She was in



hospital for delivery well past the due date, with no symptoms of labour pain even with medicines to induce labour. She had no option but to go for ‘caesarean’ delivery the next morning as planned by the doctor. Her father, a vibrionics **practitioner⁰²⁰⁹⁰**, immediately started giving vibro remedy at regular intervals with the result that there was normal delivery the very next day, with minimal labour pain. He visited Puttaparthi with his family for the first time to express his gratitude to Swami and had his 1st darshan, though it was more as a curious tourist. He then went back to Seychelles, an island nation, where he was employed.

In 2008, his wife was pregnant again and he had to leave her in Kerala owing to inadequate medical facilities in the island. This time again vibrionics came to her rescue when the second child was born in January 2009 without needing surgical intervention. Soon after, he visited Puttaparthi to express his gratitude to Swami but with a doubtful and disturbed mind as he wished to have a job in India only. He yearned for an exclusive look from Baba to strengthen his faith which had just sprouted. Luckily he got a seat in the first row at darshan. He had his life’s most joyful and cherished moment, when Swami gazed deeply into his eyes. While he was still in Swami’s abode, he received an appointment letter from a leading telecom company for a job at his hometown in Kerala. Feeling grateful to Swami deep from the heart, he developed a strong desire to serve Him. When the first vibrionics workshop was organised in Kerala, he immediately seized this opportunity to learn and became an AVP in November 2010. Very quickly thereafter, he progressed to become VP in May 2011, SVP in May 2013, and soon afterwards qualified as a Vibrionics teacher.

During the initial days of practice, he would assist his father-in-law and participate in the monthly vibrionics camps held in a village, more than 100 km away from his hometown. He used to give remedies mostly after referring to the 108CC book. One day he forgot to take the book and prayed to Swami for help before dispensing remedies to about 30 patients. After returning home, he consulted the book only to discover that many remedies given were not matching the symptoms/diseases. During his next visit, he was surprised to note that 90% of the cases had been nearly cured within a month! This made him realise that it is Swami who cures the patients, not our knowledge. At the same time, he learnt the importance of keeping up-to-date with the subject through regular study of 108CC book, Soham books, manuals and newsletters. He continues to serve at the monthly camps in that village with total dedication.

The practitioner has found success in almost every case of migraine by using the combo: **CC11.3 Headaches + CC11.4 Migraines + CC15.1 Mental & Emotional tonic + CC18.5 Neuralgia**; also, vertigo cases due to ear problems such as Meniere's disease and Labyrinthitis (inflammation or infection of inner ear) got cured by using the combo: **CC3.1 Heart tonic + CC5.3 Meniere's disease + CC18.7 Vertigo**. The practitioner shares some interesting cases he dealt with in health camps, though some patients did not turn up after substantial improvement.

A 65-year-old overweight female was suffering from multiple chronic problems: severe pain in the whole body, especially joints, swelling and numbness. Over the past 6 months, she was having chronic stomach ache and diarrhoea 2- 3 times every night at about 2 am. She had no relief from any kind of treatment she had tried. Her stomach ache and diarrhoea were completely cured within a month of taking the vibrionics remedy: **CC4.2 Liver & Gallbladder tonic + CC4.6 Diarrhoea + CC4.8 Gastroenteritis + CC4.10 Indigestion**. She was nearly free of all pains, swelling, and numbness within two months of taking **CC13.1 Kidney & Bladder tonic + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine**. She continued the remedies for another month and in the process also lost 3kg in weight.

In another case, male twins aged 27 from a poor family were diagnosed with muscular dystrophy, as indicated by elevated Creatine Phosphokinase-CPK level. For 13 years, they had restricted movements of body and tried various treatments with no success. They came to know about Vibrionics through a Pranic healer and had to travel long distance, despite their condition, to get the medicine from the practitioner. A few days before traveling, one of the brothers had a dream in which Bhagawan Baba threw at him a medicine similar to homoeopathy. His dream came true when they received the same medicine; this was a **Blood Nosode** made by the practitioner and they took it with faith. After six months, their CPK levels dropped substantially and they could move about much better than before. This revealed to the practitioner that vibrionics can bring about improvement in a patient afflicted with this difficult-to-treat-condition. Unfortunately, we have no further feedback from these patients as they stopped coming to the camp.

In yet another case, a male teacher aged 43 had a severe neurological problem for over 10 years. He was unable to write on the black board or even sign the attendance register; this gradually eroded his self confidence. He got fully cured of all symptoms within seven months of taking **CC15.2 Psychiatric disorders + CC18.4 Paralysis + CC20.5 Spine** (the last one added intuitively by the practitioner). The teacher continues to take the remedy as a preventive measure.

In addition to treating patients for various ailments, the practitioner is actively engaged in many administrative duties. Apart from collecting monthly reports from practitioners in Kerala, he organises awareness and refresher workshops, and guides new practitioners. His very significant but hardly acknowledged contribution to vibrionics is the final production of 108CC boxes and this is no easy task. He is also responsible for printing and posting of IASVP membership cards. He was an enthusiastic and committed volunteer at the 1st International Vibrionics conference held in Puttaparthi on 26 January 2014.

Three years ago, the practitioner got transfer orders to go to Delhi which is 3,000km from his home town. His intense prayer to Swami was answered when he was miraculously sent to Chennai (a 700km overnight journey) instead. This has enabled him to continue his monthly camps in Kerala with dedication. Further he got a few opportunities to participate in monthly camps in Chennai as well. He says, 'even though we are just instruments of God who is the Healer, our dedication and commitment are very important to be an apt tool in His hands.' He prays to Swami to give him more service opportunities and make him His worthy instrument in the vibrionics mission.

Cases to share :

- [Headache, behavioural problems](#)
- [Injured leg, hepatitis-B](#)

Case Histories Using Combos

1. Chronic sinusitis ^{11590...India}

A 45-year-old man was diagnosed with sinusitis a year ago. He had repeated attacks of runny nose with foul smelling discharge that lasted for a week at a time and occurred every month during winter; during last year, he got at least 8 such episodes. He also had sinus headache that got triggered with cold weather or by drinking cold water/beverages. He never took any allopathic medicines but he went for homoeopathic treatment which brought him 20% relief in 2 months but he could not continue due to cost constraint. Instead, he opted for vibrionics and on 27 November 2017, he was given the following combo:

CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC19.2 Respiratory allergies + CC19.5 Sinusitis...TDS

The patient was also advised to avoid cold beverages and ice-cream. After a month, the patient reported 50% reduction in the occurrence of headache and runny nose and 100% relief in terms of nasal discharge. In January 2018, the patient reported 100% recovery from all the symptoms. In fact, even when he travelled to a hill station in January, where the temperature was 3°C, he was comfortable with no attack of sinusitis. In Feb 2018, he got runny nose and headache only once and that too for just two days. The patient insisted on continuing the remedy at **TDS** as he doesn't want to take any chances during the upcoming winter season. The patient had no recurrence of any symptoms in the preceding 4 months and continues to take the same dosage as of end June 2018.

2. Depression ^{11590...India}

A 22-year-old final-year student could not handle love rejection by his classmate and since then he suffered from inferiority complex and lack of confidence. He started skipping breakfast and lunch. He was not regular in attending classes and preferred spending most of his time alone in the library. Over the past 3 years, he has become very short tempered and once he even slapped a technical staff in his college. He was not sleeping well and was going through depression with suicidal tendencies. He was put on anti-depressants but felt no significant improvement.

On 17 January 2018, the practitioner gave him the following remedies:

#1. CC10.1 Emergencies + CC12.1 Adult tonic + CC15.2 Psychiatric disorders + SM1 Removal of entities + SM2 Divine protection + SM5 Love & Peace alignment...TDS

#2. CC15.6 Sleep disorders...OD before bedtime

The patient started sleeping well from the second day onwards. After 2 doses of **#1**, the patient developed papular rash on his arms and legs. As he could not tolerate the rash, the dosage was reduced to **OD**. Over the next 3 days, the rash slowly disappeared, so the dosage was slowly increased to **TDS** over the next one week and the patient was comfortable.

On 28 February 2018, the patient stopped taking anti-depressants by tapering down the dosage by himself. He slept well and felt his behaviour was also becoming normal rather than aggressive. His teachers also started acknowledging transformation in his behaviour. He began having food regularly without skipping as he did earlier and he felt more **energetic**. He was confident and passed all his exams and secured a job in campus selection.

On 21 May 2018, after taking **#1...TDS** for 4 months, the dosage was reduced to **BD** which he is currently continuing as of end June 18. The patient feels fully recovered but insists on continuing **#2...OD** as he feels it helps him sleep well.

If using the 108CC box give: #1. CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic + CC15.2 Psychiatric disorders

3. Low Immunity ^{11590...Germany}

A 3-year-old boy had repeated attacks of upper respiratory infection with runny nose, cough with sputum difficult to expectorate and sore throat for the past 2 years. These symptoms occurred almost every month and lasted for a week. The patient had 8-9 such episodes per year. The child did not have asthma but was allergic to dust. The doctor would prescribe antibiotics only when the fever was high. Once the child was hospitalized with bronchopneumonia and was on IV antibiotics. At that time, the doctor told the parents that the child's immunity had been compromised due to repeated use of antibiotics.

On 28 November 2017, the boy was brought to the practitioner who gave the following:

CC12.2 Child tonic + CC19.2 Respiratory allergies...TDS

After one month, the mother estimated the improvement to be 50%, the child had low fever (<100F) once and it lasted for 4 days. After another 2 months in Feb 2018, there was another episode of fever lasting for 3 days. There has been no need to take antibiotics or any other allopathic medicine throughout. On 3 April 2018, the dosage was reduced to OD. Towards the end of April, he had just one bout of sneezing soon after he participated in water sports but there were no other symptoms. As of June 2018, he is continuing on maintenance dosage of **OD** and there has been no recurrence of any symptoms. The mother has reported complete recovery and they are both very happy with the result.

+++++
4. Headache, behavioural problems ^{11271...India}

An 11-year-old girl was brought to the practitioner by her mother for treatment of chronic headache on 4 June 2016. For the past 3 years, the headache occurred at least twice a week and each time it lasted for 2-3 hours. At the age of three, she was diagnosed with a brain tumour that was surgically removed and she was put on allopathic medicines which are still continuing. When she was 8, the patient's thyroid gland was removed. This is when she started becoming emotionally disturbed, she became short tempered and would lock herself inside a room, sit idle and not interact with anyone.

The patient relied only on vibrionics for headache and behavioural problems and was given:

#1. CC11.3 Headaches + CC15.2 Psychiatric disorders...6TD for 4 weeks and **QDS** thereafter

As the patient was taking allopathic medicines for brain tumour, the practitioner decided to also give:

#2. CC2.3 Tumours & Growths + CC18.1 Brain disabilities...TDS

During the next 4 weeks, there was vast improvement in her headaches. On 20 August 2016, she reported she did not get a headache even once during the past 7 weeks whereas there was only 20% improvement in her emotional outbursts but this went up to 80% by 22 Oct 2016. The mother mentioned that her daughter was not feeling mentally disturbed as much and she did not isolate herself like she used to earlier. Further the girl was having irregular menses and her teacher complained of lack of concentration in her studies.

So the practitioner enhanced the above combos to:

#3. CC8.1 Female tonic + #1...TDS

#4. CC17.3 Brain & memory tonic + #2...TDS

On 24 Dec 2016, mother said that the periods had become regular and the girl behaved well without any emotional disturbance over the past two months. Her teacher was impressed with the progress in both her studies and behaviour. At the last review in April 2018, there had been no recurrence of any symptoms and the girl was continuing **#3 & #4** at the maintenance dose of **OD**.

*Editor's comment: Practitioner could have potentised allopathic medicines for brain tumour to take care of their side effects. As the girl had irregular menses, **CC8.8 Menses irregular** would have been more appropriate.*

+++++
5. Injured leg, hepatitis-B ^{11271...India}

On 19 Nov 2016, a 46-year-old male visited the practitioner for treatment of his injury-related leg pain, numbness and burning sensation. He had met with an accident in Jan 2015 when he suffered head and multiple leg injuries. He was treated in a hospital where the doctors implanted a surgical steel rod in his leg. Now the doctor told him that the cause of his pain was the steel rod and advised him to go to a hospital for its removal. However, in the pre-surgery screening test on 9 November, the patient was found to be infected with hepatitis-B virus (HBV), so the doctors postponed the surgery. Instead, they prescribed Tenvir-300 for HBV, to be taken lifelong. As this disease is highly contagious, the same tablets were given to his wife too, alongside the vibro remedy given to both of them. Since the rod was causing severe pain in the leg, the practitioner put him on the following:

For leg pain, numbness and burning:

#1. CC3.7 Circulation + CC10.1 Emergencies + CC18.5 Neuralgia + CC20.3 Arthritis + CC20.4 Muscles & Supportive tissue + CC20.5 Spine...6TD in water

For hepatitis-B:

2. CC4.2 Liver & Gallbladder tonic + CC4.11 Liver & Spleen + CC10.1 Emergencies + CC12.1 Adult tonic + CC15.1 Mental & Emotional tonic...QDS in water

The patient did not take any allopathic medicines for his leg pain. On 24 Dec 2016, the patient felt only 20% improvement in all his symptoms.

So #1 was replaced by:

#3. CC20.7 Fractures + #1...6TD in water

In Feb 2017, after taking #3 for two months, the leg pain, numbness and burning sensation were completely gone; so the dosage was reduced to **QDS**. Since the surgical rod is still there in his leg, the patient feels happier to continue #3 at **QDS**. As of June 2018 there has been no recurrence of any symptoms and the patient comes for refills every two months.

As for HBV, the main indicator is quantitative real time PCR value which was very high, over 10 million in the beginning on 9 Nov 2016. By 4 Mar 2017, it had come down to 5467 and finally to TND (target not detected) on 19 Oct 2017. As the patient was receiving combo #2 alongside allopathic medicine, one can't assess the contribution made by vibronics to this successful outcome of hepatitis-B treatment.

+++++
6. Tomatoes grown from a slice ^{11520...India}

This experiment to grow tomatoes was carried out using two slices from a fresh tomato (see pic). Two rings were put in separate shallow dishes that were sprayed, one with ordinary water (control plant) and the other with water charged with **CC1.2 Plant tonic...TDS**. After 5 days the rings were transferred to indoor pots containing soil charged with **CC1.2 Plant tonic + 15.1 Mental & Emotional tonic + 18.1 Brain disabilities**. Frequency of spraying was then reduced to **OD** which was continued till the end of this experiment.



After 35 days small leaves started to appear. The pot was put outside in the shade to protect it from direct sun. During the next two months the plant showed rapid growth and by 95th day the family could enjoy the ripe tomatoes. Photos taken show the gradual growth of the plant.



At 55 days there was a well-developed healthy plant, flowers can be seen at 75 days and green tomatoes at 80 days, starting to ripen at 85 days onwards; the tomatoes now started to attract many birds.

As there was no sign of growth whatsoever in the control pot even after 39 days, she gave up on this and did not pursue it any further.

The practitioner has earlier had success with growing a plant from a lime seed. But it is this systematic experiment with tomato plant which has given her a lot of confidence and inspiration. She is excited and has started to grow many plants at home from her daily used vegetables like onion, garlic, ginger, potato, lime, pumpkin, beans and okra without the need to buy any seeds

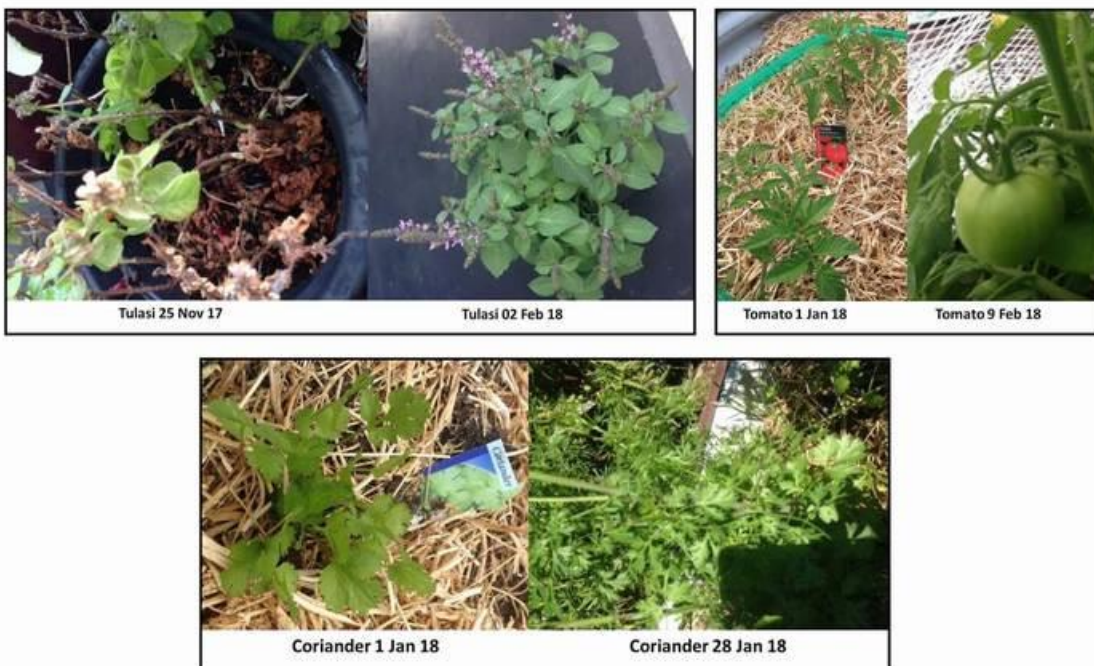
7. Wilting plants ^{03564...Australia}

The practitioner, immediately on his return to Australia on 25 Nov 2017 after qualifying as an AVP in Puttapparthi, started treating his wilting tulsi (a variety of basil) plant, see pic. Within a month, he noticed the plant was thriving beyond expectation. Inspired by this spectacular growth, he decided to treat tomato and coriander plants with vibro since he always found these difficult to grow in his garden. He had on several occasions tried changing the soil and adding different fertilizers without much success and the plants remained weak and they never lasted long.

On 1 Jan 2018, the practitioner made sugar pills with a drop of **CC1.2 Plant tonic** and three pills were tipped into 100 ml of freshly boiled and cooled water. This was further added to 1 litre of water. A cup of remedy water was given to coriander, tomato and tulsi plants three times a week. After five days the practitioner noticed that the plants were growing really fast. They were watered well as always since the summer in Australia is extremely hot.

By February 2018, all the plants looked very healthy (see pics before and after treatment). The tomato plants had begun flowering and bearing fruits. Coriander was growing extremely well and so was tulsi.

The practitioner continues using vibrionics and has since added more vegetables and flowering plants in his garden as he is thrilled with the phenomenal results.



8. Crohn's Disease ^{03564...Australia}

On 17 Dec 2017, a 57-year-old man sought treatment for Crohn's disease which he was having for the past 4 years. The symptoms included intense stomach pain and diarrhoea at least 6 times a day. Over the years, he was having severe bleeding while passing stools; this was ongoing on a daily basis. He was unable to take any milk products as this triggered stomach pain. He has been on allopathic medicine Pyralin EN 500mg twice daily for several years without success but he continued to take it along with vibrionics remedy.

He was given:

CC4.2 Liver & Gallbladder + CC4.5 Ulcers + CC4.6 Diarrhoea + CC4.10 Indigestion + CC10.1 Emergencies + CC12.1 Adult tonic + CC12.4 Autoimmune diseases + CC15.1 Mental & Emotional tonic + CC21.11 Wounds & Abrasions...QDS

After 12 days of taking the above remedy, the patient reported no more stomach pain, diarrhoea, or bleeding. But he estimated the improvement in his condition to be only 70% since he was uncertain if the milk products may bring back the symptoms. However the dosage was reduced to **TDS**.

After another two months on 9 Mar 2018, patient estimated 90% improvement in his condition as he was still afraid of taking milk products. The practitioner added **CC17.2 Cleansing** to the above combo to expel toxins.

Since the symptoms never appeared again, on 27 April 2018 the dosage was reduced to **BD** for 3 months followed by the maintenance dose of **OD**. On advice from his doctor, the patient stopped taking Pyralin EN 500mg on 23 May 2018 as there were no flare-ups at all. In June 2018, the patient started to consume milk products and was very happy that he did not experience any of the earlier symptoms.

+++++
9. Enlarged prostate ^{11589...India}

A 63-year-old man had a history of frequent, difficult and painful urination for the past 2 years, in addition to swelling of feet for the past 4 months. He would wake up 4 to 5 times during the night to urinate. Often, he could take as long as 15 minutes to urinate because he was subject to a constant feeling of urinary retention in the bladder. He was diagnosed with enlarged prostate and the doctors recommended surgery.

To avoid this, the patient went for vibrionics treatment on 21 July 2017, when he was given:

#1. CC13.1 Kidney & Bladder tonic + CC13.2 Kidney & Bladder infections + CC14.2 Prostate + CC20.4 Muscle & Supportive tissue...TDS in water

Within 4 days, the patient felt less pain during urination. After 2 months, the frequency of urination was reduced to once at night with much less pain than before. So the prostate operation was postponed. The dosage of **#1** was reduced to **OD**.

After another month, as the patient was without pain and not taking very long to urinate, the practitioner changed the combo and reduced the dosage further:

#2. CC13.1 Kidney & Bladder tonic + CC14.2 Prostate...3TW

During the next 3 months, the dosage was tapered down to **2TW** and finally to **OW** as a maintenance dosage. However, if the patient drinks excessive amount of water, there is slight swelling in his legs. As of July 2018, the patient is healthy and happy.

Editor's comment: In cases of swelling, it would help to add **CC3.1 Heart tonic** since this improves circulation.

☞ Answer Corner ☞

1. Question: How do I join the International Association of Sai Vibrionics Practitioners (IASVP)?

Answer: Membership of IASVP is open to all vibrionics practitioners (except AVPs) who are actively serving and have consistently been submitting their monthly seva reports. Sign in to the practitioners' site <https://practitioners.vibrionics.org> by using your 5-digit registration number as your login name and your previously set password. If you don't have a password, reset it by clicking on 'Forgot password'. Then check and update your personal details. Read the rules and regulations and submit your application along with a recent head and shoulder photograph of yourself. Only jpg photo 50kB to 300kB is acceptable. You will then receive an email from the secretary of IASVP giving you details of how to obtain your ID card. AVPs can qualify to become VPs by taking a simple online test; write to promotionsVP@vibrionics.org for further instructions.

+++++
2. Question: Can I give vibrionics remedy to a patient who is already under treatment with Tachyon therapy?

Answer: We recommend that you allow a gap of at least 30 minutes (preferably one hour) between the two. The same holds true of most other energy treatments.

+++++
3. Question: When broadcasting vibrionics remedies, is it necessary to use a full length colour photo of the patient? Or using a passport size black and white picture will be just as effective?

Answer: No, it is not necessary to use a full-length colour photo. However we believe that a full-length photo carries more info about the patient and so does a colour photo and hence this should produce better results. We shall very much appreciate feedback based on practitioners' experience with both these points.

4. Question: *What is the importance of surrender in terms of disease and healing?*

Answer: The importance of surrender when one has a serious disease is in accepting the law of karma by acknowledging that it is the result of one's own past behaviour and action either in this life or a past one. So to ask forgiveness for anything that you have done unknowingly to bring upon yourself what you are experiencing now is a way of changing your sickness into a positive experience. This in itself is surrender and acceptance of the Divine Will that can bring peace.

"To surrender means: To turn your thoughts away from troubles, to turn them away from difficulties that you encounter and from all your problems. Leave everything in My hands saying, "Lord, Thy will be done. Thou think of it." That is to say, "Lord, I thank you, for you have taken everything into your hands, and you will resolve this for my highest good."

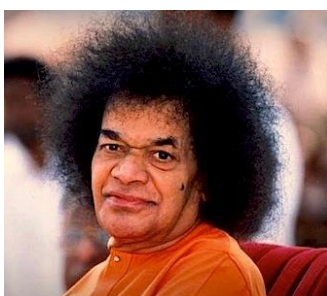
5. Question: *I recently qualified as an AVP and am very enthusiastic about spreading awareness of vibrionics in the community. How do I go about it? Why does Sai Seva Organisation distance itself from vibrionics even though Swami blessed this healing system while in the physical?*

Answer: We don't recommend advertising but it is OK to create awareness by word of mouth as far as possible. You will find it helpful to treat Sai devotees or other spiritually minded people. You can reach out to devotees or others you know and tell them about vibro and help them via Skype, phone, mail and email. Sending out the Vibrionics newsletter by email can also be helpful.

It is true that Swami has profusely blessed Vibrionics through the years. Although the Sai Organisation does not allow *any kind of healing* activities during Sai centres meetings, Dr Aggarwal is pleased to report that the All India President of the Sai Seva Organisation has always supported our activities and facilitates the holding of our workshops at Sai centres in India. One can have sight of this encouraging email from our AIP by writing to founder@vibrionics.org.

6. Question: *Can we use cleansing combo CC17.2 to heal resentment, anger, fear and stress?*

Answer: The most important combo for people with these negative emotions is **CC15.1 Mental & Emotional tonic**. In most people who are suffering the roller coaster of these emotions, their digestion is nearly always unstable. Either they have no appetite for food or are eating easily available fast food to give them energy but nothing that is good for health. So give **CC4.10 Indigestion + CC15.1 Mental & Emotional tonic** until their emotions are stabilised and then give **CC17.2 Cleansing** for a month. If they have trouble sleeping, then treat them appropriately with **CC15.6 Sleep disorders**.



☪ Divine Words from the Master Healer ☪

"We must consider that we have taken birth only to render service to society as a sacred duty. Whatever small service we may do, if we do it in the right spirit, serving with no thought of self, we shall be doing something commendable and worthwhile. An act of service by itself may be a small thing. But it must be done wholeheartedly. Just as a cow transforms whatever it may consume into sweet, wholesome milk, any kind of service rendered with a pure heart will result in great good. You should not have any returns in view in rendering service. "This is my duty. I am born to serve"--it is with such an attitude that you should take up service."

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

"By regulating your diet and avoiding certain bad habits, you can preserve health. Moderate food and food of the pure (sathwic) type, will promote mental poise and also physical happiness. Moderation in food is always to be welcomed. Many people consume more than the necessary quantity of rich food, and such have to practise moderation. So too, if you do not smoke, you escape a number of illnesses that follow that passionate (rajasic) practice. Any intoxicant or stimulant, because it disturbs nature's even trend, is harmful. Moderation in food, moderation in talk and in desires and pursuits, contentment with what little can be got by honest labour, eagerness to serve others and to impart joy to all — these are the most powerful of all the tonics and health-preserves known to the science of health, the Sanathana Ayur-Veda, the Veda of the full life."

... Sathya Sai Baba, "The Best Tonic" Divine Discourse, 21 September 1960
<http://www.sssbpt.ifo/ssspeaks/volume01/sss01-28.pdf>

❧Announcements❧

Forthcoming Workshops

- ❖ **India Puttapparthi:** AVP Workshop 22-26 July 2018, contact Lalitha at elay54@yahoo.com
- ❖ **France Perpignan:** AVP Workshop and refresher seminar 8-10 September 2018, contact Danielle at trainer1@fr.vibrionics.org
- ❖ **UK London:** National Annual Refresher seminar 23 September 2018, contact Jeram at jeramjoe@gmail.com
- ❖ **India Delhi NCR:** Refresher seminars: AVP/VP - 22 September 2018 and SVP - 23 September 2018, contact Dr Sangeeta Srivastava at dr.srivastava.sangeeta@gmail.com
- ❖ **India Puttapparthi:** AVP Workshop 18-22 November 2018, contact Lalitha at elay54@yahoo.com
- ❖ **India Puttapparthi:** SVP Workshop 24-28 November 2018, contact Hem at 99sairam@vibrionics.org

❧In Addition❧

1. Health article

Anaemia

"Illness is caused more by malnutrition of the mind than of the body. Doctors speak of vitamin deficiency; I will call it the deficiency of Vitamin G, and I will recommend the repetition of the name of God, with accompanying contemplation of the glory and grace of God. That is the Vitamin G. That is the medicine; regulated life and habits are two-thirds of the treatment, while the medicine is just one-third."¹ ...Sri Sathya Sai Baba.

1. What is anaemia?²⁻¹¹

The human body produces three types of blood cells in the bone marrow: white blood cells (WBC) to fight infection, platelets to help the blood to clot, and red blood cells (RBC) to supply oxygen throughout the body. Haemoglobin (Hb), a complex iron-rich protein present in RBC, gives the blood its red colour and carries almost all of the oxygen in the blood.²

Anaemia is a condition when body is starved of oxygen either due to insufficient healthy RBC or inadequate Hb.^{3,4,5} The normal life span of each RBC is 120 days. The body produces enough RBC each day to offset the removal of old cells by the liver or spleen.⁶ Normal RBC range per microlitre of blood is around 4.7 to 6.1 million for males and 4.2 to 5.4 million for females.⁷ Requisite Hb level should be in the normal range of 14 to 18 g/dL for men and 12 to 16 g/dL for women.⁸ These can be known through a simple blood test for complete blood count.

2. Symptoms of anaemia^{2-5,8,10-19,21}

Symptoms may range from none to life threatening ones. People with mild to moderate anaemia may not even realise it unless a blood test is done. Some important symptoms are:

- **Paleness**, especially pale conjunctiva, tongue, palms, or nails, called pallor, as well as brittle or spoon shaped nails. A hospital based diagnostic accuracy study¹⁵ has shown that pallor is a reliable sign of anaemia in children and its absence can rule out severe anaemia.
- **Fatigue**, dizziness, brain fog, or palpitations. Where the heart is under stress to pump enough oxygen to organs, symptoms would include abnormal heart rhythm, breathlessness, and chest pain.

- **Other indicators** which should not be ignored are: lack of energy even for normal activities, weight loss, forgetfulness, moodiness, headache, low BP, cramps, numbness, or coldness in the hands, legs, or feet, low body temperature, altered taste, swelling or soreness in tongue, mouth with cracks at the corners, or ringing in the ears (tinnitus). Change in colour of one's stool, hair loss, and general feeling of being unwell may also be indicators depending on the underlying cause.
- **Strange cravings:** Anyone who has the urge to eat inappropriate or non-nutritive things (a behaviour called pica), like dirt, clay, soil, paper, paint, rubber band, wax, ice, or excess starch could be having iron deficiency. Mostly small kids, pregnant women, and those with developmental disabilities may have this symptom.^{3,10,12,14,16-18}
- **Symptoms due to vitamin B12 deficiency** may include a tingling "pins and needles" sensation in the hands or feet, lost sense of touch, a wobbly gait and difficulty in walking, clumsiness and stiffness of the arms and legs, confusion, depression, loss of appetite, and dementia.^{12,19}

3. Causes of anaemia^{2-5,8-10-14,20,21-24}

- **Iron and vitamin deficiency:** Globally, anaemia is mostly attributed to iron deficiency. Diet low on iron, vitamin B9 (folate), and vitamin B12 is the major cause.
- **Blood loss leading to deficiency:** Heavy menstruation, injury, surgery, trauma, and diseases like ulcers and cancer, and frequent blood donation may result in blood loss causing anaemia.
- **Body's inability to absorb nutrition:** Some foods and drinks, smoking, alcoholism, chronic illnesses or infections, specially parasitic and autoimmune diseases as well as some drugs, medical treatments and surgeries may prevent the body from absorbing iron and vitamins.
- **Inadequate RBC:** High doses of radiation, certain chemical exposures, viruses and autoimmune disorders obstruct, and poor diet, hormonal imbalance, pregnancy, and chronic diseases slow down the production of RBC. It could also be hereditary. **Research**²⁰ is being done on the clock work mechanism within the body that controls the production of RBCs and how a drop in the iron content can adversely affect it.
- **Destruction of RBC:** Certain health conditions and inherited disorders may cause the body to destroy RBC much faster than the rate at which they are produced in the bone marrow, for example, enlarged spleen, thalassaemia, lack of certain enzymes etc.⁴
- **Additional cause in children and women in India:** Government of India, Ministry of Health and Family Welfare has²³, in addition to the already mentioned causes, attributed anaemia to iron loss due to parasite load, poor environmental sanitation, unsafe drinking water, and inadequate personal hygiene in children and women.
- **Root cause of the cause:** According to Ayurveda²⁴, nutrient deficiencies arise because of the imbalance of fire element in the body (vikrita pitta) and not due to an apparent nutrient deficiency. The underlying cause for this condition is excessive consumption of sour and salty foods and excess of physical exertion.

4. Risks and caution^{2,3,5,10-14,17,22-29}

Anaemia is not a disease and is manageable without any complications. If ignored, it can lead to health problems. Children and teens with poor diet habits, women, elderly, and people with chronic diseases are at risk. In case of chronic anaemia, the body may adjust to low oxygen level and one may not feel the difference unless it becomes severe.²² In such cases one may need a blood transfusion or even a bone marrow transplant. Lack of oxygen in the blood for long can damage the heart, brain, and other organs in the body and may even cause death. Anaemia can affect animals too.

Anaemia should not be medically treated without ascertaining its cause.¹⁷ If iron tablets are being taken they should be strictly monitored under a doctor's prescription. Iron in excess can get deposited into organs and affect the liver, heart, and pancreas. Blood donation with necessary precautions can prevent it.^{3,11,17,24-29}

5. Prevention and cure of anaemia^{2,3,5,13,14,23,24,30-54}

Start on a holistic diet: A balanced diet of about 500 grams of fruits and green vegetables per day (raw and steamed/cooked) as well as some sprouted and/or cooked whole grains, would provide the requisite nutrients in an easily absorbable state.³⁰ One has to listen to one's own body as to what keeps it fresh, agile, and healthy and choose the best food combinations from what is available or can be grown. Eating less or in moderation and chewing well will help in better assimilation and so will eating with awareness and gratitude.

Sources of iron and vitamins B9, B12 and C as well as some home tips are given below:

1. Iron^{2,3,5,13,14,23,24,32-39}: Some of the best plant sources of **iron** are

(a) **fruits** like apple, pomegranate, banana, peach, and water melon.

(b) **dry fruits** like dates, apricots, figs, and raisins; **nuts** like pistachios, hazelnuts, almonds, and cashew; and **seeds** of pumpkin/squash, sesame, hemp, flax, sunflower, chia, and fenugreek.

(c) **dark green leafy vegetables** like spinach, kale, leaves of fenugreek, mustard, drumstick, Colocasia, turnip, mint, and curry tree leaves; broccoli (raw or lightly steamed), Brussels sprouts, cauliflower; and other vegetables like pumpkin, beetroot, green plantain, unpeeled steamed potatoes, and sun-dried tomatoes.

(e) **whole grains** like quinoa, brown rice, oatmeal, amaranth, soya beans and its products, legumes/beans, peas, lentils, and chickpeas. In particular, finger millet and pearl millet which are considered superior to wheat and rice.

Take iron with care^{3,5,23}: Iron gets absorbed properly when it is taken in combination with vitamin B and C rich foods and when whole grains/nuts are soaked/fermented/germinated. Many of the sources of iron listed above have vitamins B & C too. Combine wisely and avoid some foods namely, dairy, calcium supplements, antacids, coffee, tea, sugar, chocolate, soda, bran, and eggs that can interfere with or block iron absorption.

2. Folate (vitamin B9)^{2,3,43-46}: Naturally present in fruits, vegetables, whole grains, seeds and nuts, it is nontoxic. It does not get stored in the body, but can be easily replenished every day. Any excess gets eliminated naturally. Folate builds RBC, boosts immunity and brain power, aids in absorption of vitamin B12, and promotes healthy pregnancy. The best time of the day to take vitamin B is in the morning hours as it tends to increase energy.⁴⁶

Foods rich in folate: The foods listed under *Sources for iron* are rich in folate too. However, some of the richest sources are avocado, prunes, asparagus, corns, celery, okra, and carrots. Folate in synthetic form (folic acid) is found in breads, pastas, and cereals.^{2,3,43,44}

3. Vitamin B12^{2,3,47}: is said to be found in its natural state only in animal based foods. It is contained to some extent in dairy products like milk, curd, yogurt, and butter milk, and fermented soya products like miso and tempeh. For better absorption and storage of vitamin B12, take them with foods with vitamin B6 contained in spinach, walnuts, avocados, brown rice, and ginger.

Cooked rice when allowed to ferment overnight by putting enough water in it and then taken, mixed with yogurt and a little salt to taste, can be an excellent source of vitamin B12.^{48,49}

In India, fermented foods⁵⁰ like idlis (made from a batter of boiled rice/millet and black gram) and Dhokla (made from chick pea powder) are believed to contain vitamin B12, though it is a subject of debate whether it is adequate. A study⁵¹ on idlis has revealed that vitamin B12 got produced during fermentation.

4. Vitamin C rich foods^{5,40-42}: Indian gooseberry (amla), guava, citrus fruits like oranges and lemons, kiwi and other berries, blackcurrant, grapefruit, papaya, banana, watermelon, red and green bell peppers, cabbage, and coriander leaves, in addition to the fruits, green vegetables and whole grains (already listed above). Also include pineapple, mango, parsley, sweet and white potatoes and other tubers, and tomatoes (after removing seeds as they are not digested easily and can turn to stone gradually in the digestive canal³¹). Munch a few tulsi leaves every day.²⁴

Take vitamin C also with care⁴²: Human body neither makes vitamin C nor stores it. So overdose cannot be a concern, especially when it is consumed from fresh fruits and vegetables. However, it is important not to exceed the upper limit of 2 g per day, to avoid stomach upsets, if one is taking supplements. Cooking, storing, microwaving, or steaming can reduce the vitamin C content of foods. However vitamin C in amla remains almost intact on cooking.

6. Home tips^{24,32,52}

*Honey mixed with luke warm water everyday would raise the RBC count as well as the level of Hb. Honey should not be mixed with hot water or cooked as it may turn poisonous. Also it is not suitable for children under the age of one.³²

*Follow the age old technique of consuming food from iron utensils. One may cook in cast iron pots and pans so that the food would absorb the iron and it will be potent for an anaemic patient.^{13,24} Jaggery (dark looking) contains easily absorbable iron as it comes from the iron pots in which sugar cane juice is boiled to make jaggery.⁵²

***Have vitamin G¹ every moment! Be Glad, Be full of Gratitude, and Be with God within!**

Sai Vibrionics: the wonder remedies blessed by Sri Sathya Sai Baba can offer not only relief from anaemic condition but also prevent it from manifesting at a physical level by rooting it out at the ethereal level of the body. Practitioners may refer to '108 Common Combos' or 'Vibrionics 2016' book.

References and Links:

1. <http://www.sssbpt.info/ssspeak/volume05/sss05-39.pdf>
2. <https://www.mayoclinic.org/diseases-conditions/anemia/symptoms-causes/syc-20351360>
3. <https://www.speakingtree.in/blog/a-visual-guide-to-anemia>
4. <https://www.health24.com/Medical/Anaemia/Anaemia-20130216-3>
5. <https://draxe.com/anemia-symptoms/>; <https://draxe.com/vitamin-c-foods/>
6. https://www.labce.com/spg469710_normal_red_blood_cell_rbc_characteristics.aspx
7. <https://medlineplus.gov/ency/article/003644.htm>
8. Taber's Cyclopaedic Medical Dictionary, Edition 20, pages 105, 966, 1141.
9. <http://www.who.int/vmnis/indicators/haemoglobin.pdf>
10. <https://www.healthline.com/nutrition/iron-deficiency-signs-symptoms>
11. <https://blogs.mercola.com/sites/vitalvotes/archive/2007/06/25/How-do-You-Know-if-You-Are-Anemic.aspx>
12. <https://www.webmd.com/a-to-z-guides/understanding-anemia-symptoms#1>
13. <https://www.drweil.com/health-wellness/body-mind-spirit/heart/anemia/>
14. <https://www.nhsinform.scot/illnesses-and-conditions/nutritional/iron-deficiency-anaemia>
15. Pallor detects anaemia in kids: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2797134/>
16. Study on pica: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2850349/>
17. <https://articles.mercola.com/sites/articles/archive/2016/11/05/craving-ice-iron-deficiency.aspx>
18. <https://kidshealth.org/en/parents/pica.html>
19. <https://www.healthline.com/health/ pernicious-anemia>
20. <https://www.sciencedaily.com/releases/2018/01/180122110806.htm>
21. <http://www.journalijar.com/article/6859/prevalence-of-anemia-in-men-due-to-various-causes-in-kancheepuram- district/>
22. https://www.medicinenet.com/anemia/article.htm#what_are_the_signs_and_symptoms_of_anemia
23. http://www.pbnrh.org/docs/iron_plus_guidelines.pdf
24. <https://www.artofliving.org/in-en/ayurveda/ayurvedic-treatments/6-home-remedies-anemia>
25. <http://www.sankalpindia.net/book/haemoglobin-test>
26. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5503668/>
27. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3128151/>
28. <http://indianbloodbank.com/donors-guidelines.html>
29. http://www.hsa.gov.sg/content/hsa/en/Blood_Services/Blood_Donation/Can_I_Donate/iron-and-blood-donation/new-hemoglobin-criteriaformaleblooddonors.html

Prevention and Cure

30. Eating Wisely and Well by Ramesh Bijlani (from Integral yoga of Sri Aurobindo and Mother), Rupa Publications 2012, Chapter 5, page 48-55
31. Sathya Sai Baba Speaks on Food, Sri Sathya Sai Sadhana Trust Publication, Dec.2016 edition, page 65; <http://www.saibaba.ws/teachings/foodforhealthy.htm>
32. <https://www.slideshare.net/BhimUpadhyaya/food-body-by-sadhguru>
33. <https://food.ndtv.com/food-drinks/fruits-for-anaemia-load-up-on-these-6-fruits-to-boost-your-haemoglobin-1761166;>
<https://food.ndtv.com/health/anemia-diet-9-ways-to-include-iron-rich-foods-in-your-meals-1273991>
34. <https://www.healthline.com/nutrition/iron-rich-plant-foods#section3>
35. <https://www.medindia.net/patients/lifestyleandwellness/curry-leaves-health-benefits.htm>
36. <https://www.myfooddata.com/articles/vegetarian-iron-foods.php>
37. <https://www.africrops.com/africrops-moringa-a-solution-to-iron-deficiency/>
38. <http://www.academicjournals.org/journal/IJMMS/article-full-text-pdf/86F279D77>
39. <https://ods.od.nih.gov/factsheets/iron-consumer/>
40. <https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/herbs/amalaki-amlala/>
41. <https://www.globalhealingcenter.com/natural-health/foods-high-in-vitamin-c/>
42. Vitamin C utilisation: <https://medlineplus.gov/ency/article/002404.htm>
43. <https://www.myfooddata.com/articles/foods-high-in-folate-vitamin-B9.php>
44. <https://www.globalhealingcenter.com/natural-health/folic-acid-foods/>
45. <https://articles.mercola.com/sites/articles/archive/2007/01/16/get-your-folic-acid-from-whole-food-sources-not-multi-vitamins.aspx>
46. Best time to take vitamin B: <https://www.medicalnewstoday.com/articles/319556.php>
47. <https://www.livestrong.com/article/245167-how-to-prevent-vitamin-b12-deficiency/>
48. Fermented rice food: <http://sssbpt.info/ssspeak/volume09/sss09-21.pdf>
49. <http://www.drvasudev.com/Vitamin-B12-&-vegans.asp>
50. <https://food.ndtv.com/opinions/magical-benefits-of-fermented-foods-like-yogurt-idli-or-dhokla-1285304>
51. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3551127/>
52. www.ihatapsm.com/blog/jaggery-gud



2. First SVP Workshop in France 14-17 May 2018

The French **teacher and coordinator** ⁰¹⁶²⁰ conducted the first SVP workshop in France for two highly motivated VPs originally trained by her as AVPs in 2015. The students met 10 days before the beginning

of the workshop in order to intensively review the e-course completed earlier; this made them confident and relaxed. The teacher rigorously taught them how to handle the cards and the SRHVP efficiently. The students were given different exercises in order to learn the correct way to prepare remedies using cards and from a sample. They also received hands-on experience of potentiating allopathic medicines and making a blood nosode. The students felt this was a very pleasant and friendly seminar in spite of being quite intense. This new knowledge and practical exercises introduced them to a new dimension in their vibrionics practice. The candidates did exceedingly well in their exams, and from the very next day they started treating their patients with the potentiater. The workshop ended with a highly interactive skype session with Dr Aggarwal, which was a learning experience for all.

+++++

3. AVP workshop in Virginia, USA 22-24 June 2018



The 3-day workshop was conducted by the US & Canada **co-ordinator** ⁰¹³³⁹ in her own home in Richmond. There were 5 participants from different parts of the USA and from Canada and Trinidad. After months of study and regular interaction with their e-course teachers, the students were ready to delve deep into the workings of this system. The two e-teachers were also in attendance to assist the trainer. It was an intense 3 days of practical training. All worked hard and at the end, the class scored high marks and all the five students qualified. They were enthusiastic to start serving with vibrionics immediately on their return; one of them commented that she had many patients waiting in her hometown. Altogether it was an invigorating experience for all.

+++++

4. Refresher workshop in Chennai, India 17 July 2018

A refresher workshop conducted by **Vibrionics teacher** ¹¹⁴²² was attended by 7 practitioners, including a visiting senior **practitioner** ⁰³⁵²¹ from USA, who shared some tips for effective practice.

- The AVPs and VPs present were given a hands on experience of interacting with a patient from the neighbourhood. He had chronic back pain and a long history of stomach ulcer. The practitioners learnt



how to elicit relevant information from him in order to arrive at the root cause of his problems. It became evident that his unhealthy habit of drinking 2 glasses of water* soon after every meal, a wrong habit of eating late at night and a sedentary life style were, in-part, responsible and this helped to decide on the most appropriate remedy.

- It turned out to be a very interactive session on effective treatment of chronic illnesses. It was felt that it is best to tackle the worst problem first until there is 50% improvement. Then one can proceed systematically to other bothersome illnesses one by one rather than become ambitious and hope to cure all of them in one go.

- Methods were discussed to prevent clumping of pills when a combo requires many drops. One could use better quality pills and a larger size bottle. Put one drop and shake well before adding the next drop and so on. After putting all the drops, shake in the normal way, making the shape of 8. Alternatively one could first put one drop each of all relevant combos in an empty bottle and then use 1 or 2 drops from this mixture to make pills.

- Some take home tips were about drinking water adequately and wisely, need to carry the wellness kit always, how to write good case histories and need to conduct experiments with remedies on plants and animals to take vibrionics forward. The visiting practitioner suggested that we can all contribute towards world peace through collective broadcasting to mother earth, either by using the SRHVP or simply keeping a remedy bottle made from 108CC box on a picture of mother earth, as is being done in USA once a week (Thursday 8pm to Friday 8am) .

**To know about benefits and the wonders of water, cultivating right habit of drinking water, and to have energized water in a natural way, refer to previous newsletters, vol 8 Issues 2&3 on "Water and Health" Parts 1-3.*

Om Sai Ram

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