

HEALING WITH THE SANATHANA SAI SANJEEVINI HEALING FRAGRANCES

INTRODUCTION

From: <http://www.SaiSanjeevini.org>

THE NAME:

Sanathana Sai Sanjeevini Healing Fragrances (the **SS-Sanjeevinis**) is a system of **Spiritual Healing**. Before trying to explain what the system is and how it works it would be appropriate to explain what the name of the system - **Sanathana Sai Sanjeevini Healing Fragrances** - means, and what it is meant to signify.

One of the Holy Books of India, is the Ramayana, which tells us the story of Lord Rama. In this Holy narrative, during the final battle between Lord Rama and the evil forces (commanded by Ravana), Laxmana, the younger brother of the Lord, was fatally wounded. Lord Hanuman (the deity with the form of a monkey) was charged with the responsibility of bringing by day-break the herb called Mrutsanjeevi, which, as the name signifies, brings back the dead. This herb was to be found on a hill near Mount Kailash deep in the Himalayas.

Lord Hanuman flew swiftly over sea and land (the battle was taking place in Lanka), but alas! when He reached the designated hill, He could not recognise the healing herb. Since nothing is impossible for our Worshipful Hero, He picked up the entire hill and flew back with it! As soon as the **fragrance** of the Mrutsanjeevi reached Laxmana and all those dead on the battlefield, he and the others came alive!

Sanjeevini signifies eternal health at the physical level and symbolises the Eternal Knowledge of Liberation (Immortality) at the spiritual level.

Healing of any kind is possible only with the Grace of the Lord - what we can do is - serve. In a spirit of total surrender, when seva (service) is offered at the Lotus Feet of the Lord, **WE** are purified. **Maanava seva** is truly **Madhava seva**. But, surrender is the key word if our seva is to be truly "Nishkama" (without desiring the fruit i.e. motiveless). In the course of thus serving the Lord's Creation, Eternal Knowledge flows - and thus we pray that the dual (physical and spiritual) purpose of the "Sanjeevini healing fragrances" will be served.

Hanumanji of course, is the "Presiding Deity" of this system. He is the ideal Servant of God, the ideal Devotee of God and following from this, the ideal "role model" that we so desperately need in today's environment.

Sanathana is a Sanskrit word meaning "valid for all time" or "timeless". There is present within each one of us THAT Sanathana Energy which is the cause of all cures. This Energy, this Shakthi is lying dormant within each one of us. Only when this Shakthi is awakened, can true healing take place. For this, more than anything else, the mind of man has to revert to its pristine purity. This can only be achieved if we live by "Sanathana" values i.e. Compassion, Love, Tolerance, Forbearance, Self-sacrifice, Faith, Non-Violence, Righteousness, Truth and above all Contentment (which is exemplified by surrender-in-action through the unshakeable faith that "Thy Will be Done"). Sai means "**Divine Mother**"- **that Shakthi, that Cosmic Power, that God Power**, which is the Knower of All, the Moving Force behind All, and the Doer of All in this Creation.

The **Sanathana Sai Sanjeevini Healing Fragrances** are therefore focussed prayers to the **Divine Mother**, in total surrender, to awaken the timeless healing force within each one of us.

ABOUT THE SSS HEALING FRAGRANCES

What are the Sanathana Sai Sanjeevini Healing Fragrances ?

The SS-Sanjeevinis are subtle (spiritual) vibrations of all of Mother Nature's own healing forces.

These vibrations have been "harnessed" through focussed prayers on to cards as printed patterns (See Exhibit 1). Each Sanjeevini card is a focussed prayer to heal a particular body part or a disease.

How have the SS-Sanjeevini cards been prepared?

The Sanjeevini cards have been prepared using the science of Radiesthesia. We have prayed to the Lord in total surrender for guidance to arrive at a pattern which represents the Lord's Own Healing Energy.

The prayer to the Lord has been, that He provides a pattern:

-using "His Own" Sanathana Healing Energy - which of course includes all known and unknown healing forces in Nature.

-which will "heal" a particular Body Part or Disease at all levels of existence. This includes the physical, astral and causal (or mental) levels; waking, dream and sleep levels; and body, mind and spirit levels.

-which will heal causes, symptoms, and repercussions manifesting as Diseases in individual Body Parts. Since the repercussions of ill health and disease go beyond the body and could include amongst other things - financial repercussions - the prayers include these too.

The prayers include all this and much more.

A very important aspect of the SS-Sanjeevinis is the spirit of "surrender" in the prayer i.e. healing should take place only if the Lord wills. Constant awareness that "Thy Will Be Done " has been the sum and substance of the attitude or "bhava" in which these Sanjeevinis have been prepared.

All card are on <http://www.saisanjeevini.org/cards.htm>

Description of the Body Parts and Diseases Sanjeevinis A total of 246 Sanjeevinis are at present:

(a) 60 Body Parts Sanjeevinis:

These are healing forces directed to specific body parts or body systems (regardless of the name of the disease) e.g. Leg & Foot Sanjeevini, Respiratory Tract Sanjeevini, Heart Sanjeevini, Circulatory System Sanjeevini, Immune System Sanjeevini, Lymphatic System Sanjeevini.

(b) 186 Diseases Sanjeevinis : These are healing forces directed towards :

- healing specific diseases or symptoms e.g. Cold and Sinus Sanjeevini, Diarrhoea/Dysentery Sanjeevini, Cancer Sanjeevini, or Pain Sanjeevini, Numbness Sanjeevini, Shock Sanjeevini. (The "epidemic" Sanjeevinis like Cholera, Malaria, Chicken Pox, Fevers & Flu etc. can be used as "prophylactic" Sanjeevinis as well as "treatment" Sanjeevinis).

- improving or developing certain very important mental and spiritual attributes like Shakthi Sanjeevini, Shanthi Sanjeevini;

- completion in a natural and healthy way of important processes like Pregnancy Sanjeevini, Childbirth Sanjeevini, Puberty (boys) Sanjeevini, Puberty (girls) Sanjeevini.

How are the Sanjeevinis prepared for giving to a patient?

The Sanjeevini healing prayers (vibrations) can be easily **transferred from the Sanjeevini cards** (for a list of the Healing cards please select Body Parts Sanjeevinis/ Disease Sanjeevinis Healing cards from the index alongside; see <http://www.saisanjeevini.org/cards.htm>) **into whatever medium the healer chooses:** sugar globules, vibhuthi, water, even juices, soups, daals, bread and rice. Each medium is equally potent and effective.

The process of transferring the vibrations i.e. "charging" the medium with the Sanjeevinis is very simple. Simply put the globules, water (or whatever you choose) into a bottle or glass or bowl (bread or rice in a plate) and **place this container on the relevant Sanjeevini card for 15 seconds.**

If more than one Sanjeevini is required just move the bottle from one card to the next, taking care to keep it on each card for 15 seconds. It is perfectly alright to keep it for longer - 15 seconds is the minimum required. It is good to chant a prayer, mantra or affirmation while this is being done.

Different ways of healing with the SS-Sanjeevinis

The Sanjeevinis are used to transfer the healing forces into whatever "medium" the healer chooses. This is done by simply putting your chosen "medium" in any container and placing this on the chosen Sanjeevinis for 15 seconds or longer.

The "charged" medium is then given to the patient in one or more of the following ways:

1. To be taken orally,
2. To be applied locally (use only water for local applications),
3. To be held in the hand a few minutes each day,
4. Broadcast at a distance(Using the SS-Sanjeevini Multiplication and Broadcasting card-Exhibit 2).

Other ways of healing with the Sanjeevinis include :

1. Thinking of the relevant Sanjeevinis - we find a number of healers are using this method on themselves - because through usage they have discovered the power inherent in thought.
2. Giving photocopies of relevant Sanjeevinis to patients to:
 - a. just hold reverently in their hands;
 - b. put under their pillows at night;
 - c. make up their own "remedies" by putting their food/water etc. on these photocopies.
3. Any other way : each user is innerly guided by God. (e.g. a few healers have been inspired to print a few important Sanjeevini patterns like Shakthi, Shanthi, Mind, Ahimsa, Fitness, on coasters, cushion covers, T-shirts and stickers.)

What is the Dosage for the Sanjeevinis? One dose is one globule, one pinch of vibhuthi, one sip of water. If you take 10 globules *together* it is still only one dose.

The dosage can be very flexible.

1. **In chronic problems** 3 doses a day.
2. **In acute problems** (like diarrhoea, pains, injuries, fevers etc.) a dose may be taken every 5- 10 minutes.
3. **In acute emergencies**, make the Sanjeevinis in a glass of water and allow the patient to sip constantly - as in an asthma attack.

How to decide which Sanjeevinis to give to a patient

1. First of all understand and list out the symptoms and disease(s) of the patient (see example under instructions)
2. Then go through the list of Body Part Sanjeevinis and select the relevant body part Sanjeevinis for the patient.

3. Next go through the list of Disease Sanjeevinis and select the relevant Disease Sanjeevini.

Note: It is important to remember that you can select as many Body Parts or Diseases Sanjeevinis as you feel are required for the patient.

Healing an ailment would therefore mean combining the relevant (one or more) Body Part Sanjeevini (BPS) with the relevant (one or more) Disease Sanjeevini (DS).

The Sanathana Sai Sanjeevini Healing System consists of:

1. The SS-Sanjeevini healing cards.
2. The SS-Sanjeevini "Multiplication and Broadcasting" card for quick and easy multiplication of Sanjeevini combinations, broadcasting healing at a distance, preparing nosodes, preparing vibrations of allergens. etc. (Exhibit 2)
3. The SS-Sanjeevini "Neutralisation" card which is used for neutralising "prepared" Sanjeevinis. (Exhibit 3).
4. The SS-Sanjeevini labels.
5. The SS-Sanjeevini Guidelines on Diet & Lifestyle for Health & Harmony. Wrong diet and lifestyle are often the root causes of most ailments. Unless a patient becomes aware and brings about corrective changes in his or her diet and lifestyle, permanent cures to several chronic ailments are going to be very difficult.

In order to prepare the SS-Sanjeevinis we need: (this is extremely simple & economical)

1. The SS-Body Parts and Diseases Sanjeevinis Cards.
2. The SS-Sanjeevinis "Multiplication & Broadcasting Card".
3. Water or Vibhuti or Sugar globules or any food item like soup, juice, bread.

Both 1 & 2 are included in this book. The choice in (c) would depend on you. As a healer you will be able to intuitively decide the medium you should use for dispensing the Sanjeevinis.

* Water may be given in a glass or in a plastic bottle (dropper type).

* Vibhuti may be given in a small plastic bottle or in a small paper packet.

* Sugar globules may also be given in a plastic bottle or in a paper packet or bag.

Availability of Vibhuti, sugar globules and plastic bottles.

Vibhuti is available in abundance from Bhagawan Baba's Ashrams at Prashanthi Nilayam in Puttaparthi and White Field in Bangalore or any of the Sai Seva Centres in several cities all over the world. It is also available from several other temples all over India.

Sugar globules are available from any Homoeopathic Pharmacy. These come in sizes 20, 30, or 40. All sizes are equally good, however size 30 is convenient to give as a dose. Usually sold in ½ Kg. packet. Approx. cost - Rs. 15 to Rs. 18 per ½ Kg. packet.

Plastic bottles are also available from any Homoeopathic pharmacy. These come in different sizes - ½ drachm, 1 drachm, 2 drachm. Good quality 1 drachm bottles costs approx. Rs. 30 to Rs. 35 per pack of 144 bottles.

If you choose Broadcasting as a way of healing, your requirements are obviously minimal. The subtler your choice of treatment, the simpler it is.

INSTRUCTIONS

From: <http://www.SaiSanjeevini.org>

This Chapter is the "How to" chapter of this book. It gives you step-by-step instructions for :

1. Preparing a combination of Sanjeevinis from cards with examples of two different ailments.
2. Preparing Sanjeevini refills for patients, with the Multiplication and Broadcasting Card.
3. Preparing samples of "Selected Sanjeevini Combinations" for easy dispensing (details of "Selected Sanjeevini Combinations" are given in the chapter by the same name).
4. Adding single Sanjeevinis (from cards) to Sanjeevini Combinations.
5. Dispensing "Selected Sanjeevini Combinations" using the samples with the Multiplication and Broadcasting Card.
6. Preparing vibrations from a given gross substance (eg. foods or substances a patient is allergic to or the patient's own discharges eg. urine, phlegm etc.).
7. Broadcasting the Sanjeevinis to a patient at a distance.
8. Neutralising prepared combinations for the purpose of reusing the globules (or whichever medium you have chosen).

1. PREPARING A COMBINATION OF SANJEEVINIS FROM CARDS

Example 1 : Leg injury.

1. First carefully understand and list out the symptoms to be treated.

Symptoms: An injury on the leg with minor bruising.

2. Next decide what Sanjeevinis you wish to use and list them out. **Any number of Sanjeevinis can be given to one person simultaneously.** In this case you would use

a) Injury Sanjeevini - DS 71,

- b) Infection Sanjeevini - DS 68,
- c) Leg & Foot Sanjeevini - BPS 27.

3. Next choose your medium from water, vibhuthi, sugar globules; put it into a glass or plastic vial or bottle (the quantity would depend upon your requirements). Globules and vibhuthi can be put into a paper or plastic packet if a bottle or other suitable container is not available. For this example let us choose globules.

4. Place the bottle or packet of globules on the selected cards for 15 seconds each i.e. place the bottle or packet of globules on the circle of BPS 27 (Leg & Foot) for 15 seconds. (See Exhibit 5). The globules are now charged with Leg and Foot Sanjeevini.

5. Repeat the process with DS71 (Injury Sanjeevini) and DS 68 (Infection Sanjeevini) , using the SAME bottle. Your Sanjeevini combination for this case is now ready. This example has been illustrated in a simple way. For a better understanding see the next example and also study the Injury combination (SSC 26) in the chapter "Selected Sanjeevini Combinations".

Example 2: Cold and feverishness

1. **Symptoms** - A feverish condition with a heavy full blown cold (sinusitis).

2. Next, decide what Sanjeevinis you wish to use and list them out. Remember, any number of Sanjeevinis can be given to one person simultaneously. In this case you would give:

- a) Sinus & Cold Sanjeevini - DS 116
- b) Sinuses (all) Sanjeevini - BPS 43
- c) Fever & Flu Sanjeevini - DS 50
- d) Infection Sanjeevini - DS 68

These are the Sanjeevinis that "logically" apply to this problem. While these alone would suffice and bring about healing, there are some others that would also help.

- e) Blood Sugar Imbalance Sanjeevini - DS 19

This Sanjeevini is to be used for many disorders. Although we do not all suffer from Hyperglycaemia or Hypoglycaemia (high or low sugar conditions), Blood Sugar does fluctuate frequently within each of us - during mental stress or during physical distress. This example would have both of these - mental and physical stress.

f) **Shakthi Sanjeevini - DS 113**

h) **Immune System Sanjeevini - BPS 24**

j) **Antitoxins Sanjeevini - DS 9**

l) **Shanthi Sanjeevini - DS 114**

g) **Mind Sanjeevini - BPS 31**

i) **Thought Management Sanjeevini - DS 128**

k) **Shock Sanjeevini - DS 115**

m) **Fitness Sanjeevini - DS 54**

Note: f) to m) Sanjeevinis listed above make up the "**Sarva Shakthi Shanthi Combination**" which is the Selected Sanjeevini Combination No.1. We recommend this combination be given to *every* patient, no matter what the disease.

To summarise, in this illustration we are required to use : Body Parts Sanjeevinis Nos.: 24, 31, 43.

And Diseases Sanjeevinis Nos. : 9, 19, 50, 54, 68, 113, 114, 115, 116, 128.

3. Next, choose your medium from water, vibhuthi, sugar globules etc.; put it into a glass or plastic bottle (the quantity would depend on your requirement). For this illustration let us choose sugar globules.

4. Select BPS 24 (Immune System) and place the bottle containing the sugar globules in the circle for 15 seconds. The globules are now charged with the Immune System Sanjeevini.

5. Next, select BPS 31 (Mind Sanjeevini), place the SAME bottle of globules in the circle for 15 seconds and proceed to BPS 43 (Sinuses Sanjeevini). Repeat the process, using the same bottle.

6. Next, from the Diseases Sanjeevinis select DS 9 (Antitoxins Sanjeevini). Using the same bottle continue the process of charging the globules with DS 9 and subsequently each of the other Diseases Sanjeevinis listed above i.e. DS 19, DS 50, DS 54, DS 68, DS 113, DS 114, DS 115, DS 116 and DS 128.

Your Sanjeevini combination for the ailment in this illustration is now ready. It is as simple as that.

7. Label the bottle with the patient's name and the date on which the combination is being prepared.

Note 1: While preparing the Sanjeevinis, chanting your favourite prayer or affirmation from any religion or faith, or the Gayathri Manthra, the Mahamrutyunjaya Mantra, the Sai Gayathri Manthra, would further enhance the value of the Sanjeevinis, besides purifying the healer at the same time. Visualising your favourite Deity helps concentration.

Note 2 : *It is perfectly alright to keep the bottle on the relevant Sanjeevini Card for more than 15 seconds.*

Note 3 : *When the bottle is placed on a Sanjeevini Card, the vibhuti or the globules in the bottle are charged only with the vibration of that specific Sanjeevini. The Cards on the pages below do not interfere in the charging process.*

CAUTION: *Under no circumstances must anyone be asked to discontinue any allopathic or other medicines they are having. These Sanjeevinis do not disturb the action of those medicines. Please remember that the Sanjeevinis are focussed prayers and can do no harm. At a subtler level, a deeper healing will be effected by the Sanjeevinis through the awakening of the body's own healing power.*

2. PREPARING SANJEEVINI REFILLS for patients, with the Multiplication and Broadcasting Card

Having prepared the Sanjeevini combinations for the above 2 cases, you now have the convenience of being able to provide a quick refill should it be required by the patients (See Exhibits 6, 6A, 6B, 6C)

For this you will need:

1. A sample of the combination you have originally dispensed. You can either make it a practice to keep samples of everything you give out or ask your patients to bring back a few globules (6 to 8 globules are more than adequate) of the original combination given to them.

2. The **Multiplication and Broadcasting Card** - Exhibit 2 is the Multiplication and Broadcasting Card. If you need more copies of this card, feel free to make photocopies from Exhibit 2. **Photocopies are as good as the original!**

a) Place the "sample" in the small circle marked "sample" on the Multiplication and Broadcasting card.

b) Place the bottle containing fresh pills or vibhuthi in the circle marked "Output" on the Multiplication and Broadcasting card.

c) Leave for half a minute. Remember, chanting a prayer, mantra or affirmation while the Sanjeevinis are being prepared is good for the patient and the healer.

d) The medium in the "Output" circle is now ready, having been charged with all the vibrations that were in the original sample.

3. PREPARING SAMPLES OF "Selected Sanjeevini Combinations"

Combinations for several basic diseases are given in the chapter "Selected Sanjeevini Combinations". It is extremely convenient to dispense Sanjeevinis for even the most complicated remedies if the combinations are kept ready in small bottles as "samples".

As an example let us take Selected Sanjeevini Combination No.1. This is the **Sarva Shakthi Shanthi Combination**. It is made up of Shakthi Sanjeevini (DS 113) + Mind Sanjeevini (BPS 31) + Immune System Sanjeevini (BPS 24) + Thought Management Sanjeevini (DS 128) + Antitoxin Sanjeevini (DS 9) + Fitness Sanjeevini (DS 54) + Shock Sanjeevini (DS 115) + Shanthi Sanjeevini (DS 114)

1. Pills or vibhuthi are the best media for storing samples for a long period. Fill your bottle with vibhuthi or pills.

2. Place your bottle on the Sanjeevini cards selected above, for 15 seconds each.(See Exhibit 5).

3. Your Sarva Shakthi Shanthi Combination is now ready.

4. Clearly label the bottle "Sample - Sarva Shakthi Shanthi Combination - SSC1".

In this same way you can make up all of the 54 combinations details of which are given in the chapter "Selected Sanjeevini Combinations". This makes dispensing very simple for even complicated cases.

Note : Remember to store your samples carefully for future use. The sample can be repeatedly used for the process of multiplication, therefore it is a good idea to always retain a sample of complicated combinations for quick multiplication as and when required. The sample should be clearly marked "sample" and the details of the combination should be clearly noted. A sample could be a few globules, a few drops of water, or a pinch of vibhuti. However, vibhuthi or sugar globules are the best media for storing samples.

4. ADDING SINGLE SANJEEVINIS (from cards) to Combinations

Let us say you wish to dispense Sanjeevinis for **Malaria**. You should have a sample of the Fevers Combination (Selected Sanjeevini Combination No.21) ready with you. To the Fevers combination, you will have to add remedies for Malaria. Remember, you CAN give all the Sanjeevinis that a person needs in ONE BOTTLE ONLY. For the sake of clarity we will call this bottle the "larger bottle".

Follow this process:

1. Multiply the Fever Combination into the larger bottle.

2. Place the "sample" in the small circle marked "sample" on the Multiplication and Broadcasting card.

3. Place the bottle containing fresh pills or vibhuthi in the circle marked "Output" on the Multiplication and Broadcasting card.

4. Leave for half a minute. Remember, chanting a prayer, mantra or affirmation while the Sanjeevinis are being prepared is good for the patient and the healer.

5. The medium in the "Output" circle is now ready, having been charged with all the vibrations that were in the original sample.

6. For Malaria, you will need to add to this the Malaria Sanjeevini (DS 78) and Spleen Sanjeevini (BPS 46). See SSC 21(a).

(The Spleen is affected by the malarial parasite, so we would include it in the combination for Malaria.)

Note: Along with each combination, the chapter on Selected Sanjeevini Combinations also gives you details on subsidiary combinations. The information on the Malaria combination is given under Fevers Combination as SSC 21(a).

7. From the Diseases Sanjeevinis select the Malaria Sanjeevini (DS 78).

8. Place the larger bottle on the circle of this Sanjeevini for 15 seconds.
9. Next from the SS-Body Parts Sanjeevinis select the Spleen Sanjeevini (BPS 46).
10. Place the same bottle on the circle of this Sanjeevini for 15 seconds.

Your remedy for treating Malaria (SSC 21a) is now ready.

5. DISPENSING "SELECTED SANJEEVINI COMBINATIONS" using the samples and the Multiplication and Broadcasting Card.

For this function you will have to use the SS-Sanjeevini Multiplication and Broadcasting card.

We strongly recommend keeping samples of the Combinations ready for rapid and easy dispensing.

Let us say you have prepared a small sample of the Sarva Shakthi Shanthi Combination (SSC 1). You now wish to multiply this into a larger bottle. Follow this simple process and also refer to Exhibit 6, 6A, 6B & 6C.

1. Place the "sample" in the small circle marked "sample" on the Multiplication and Broadcasting card.
2. Place the larger bottle containing your chosen medium in the circle marked "Output" on the Multiplication and Broadcasting card.
3. Leave for half a minute.
4. The medium in the "Output" circle is now ready, having been charged with all the vibrations that were in the original sample.

Note: *It is possible to dispense more than one Combination in one single bottle. Simply charge the medium in your larger bottle with the different Combinations using the same procedure given above.*

Storage of samples

It is important to have an efficient retrieval system for the sample bottles. The simplest one is to use cellophane packets (zip types) putting a few samples in each. Packet No. 1 could have combinations 1-10, packet No.2 could have combinations 11-20 and so on.

A more professional retrieval system would be to store the samples in a box with 54 slots. This could be a cardboard or plastic box. (See Exhibit 8).

6. PREPARING VIBRATIONS from a given gross substance using the Multiplication & Broadcasting Card

It is possible to prepare vibrations of samples of food, drugs, allergenic substances like house-dust, pollens, or a patient's personal sample being used to prepare a "nosode" (eg. blood, urine, faeces, sputum etc.), beneficial herbs and leaves which may be difficult to obtain in your part of the world and which have known therapeutic effect:

1. Put a small quantity of the gross substance you wish to use (eg. urine etc.) in a small glass or plastic bottle and place it in the circle marked "Sample" on the Multiplication and Broadcasting card.
2. Place the larger bottle containing your chosen medium in the circle marked "Output" on the Multiplication and Broadcasting card (Exhibit 2).
3. Leave for half a minute.
4. The medium in the "Output" circle is now ready, having been charged with all the vibrations that were in the original sample of the gross substance.

Note: *In the case of samples of food, or a patient's personal sample being used to prepare a "nosode" - please safely dispose off the original sample i.e. the food item or sputum etc. Instead retain a few globules of the "prepared" sample for future multiplication should it be required. (Sugar globules are most convenient for storing samples for future use).*

7. BROADCASTING THE SS-SANJEEVINIS at a distance

When a patient is not able to take the Sanjeevinis orally - for example when a person is unconscious, in a coma, in intensive care, or away in another city or country (the distance is immaterial), it is possible to broadcast the Sanjeevini vibrations at a distance (See Exhibit 7).

Distance healing by broadcasting or transmitting the SS-Sanjeevinis is a dynamic way to heal. This way of healing is the "first choice" of many healers even in situations where the patient is able to take the Sanjeevinis orally. It is not necessary to opt for this method only when the patient cannot take the Sanjeevinis orally.

Follow this simple process :

1. Prepare the required Sanjeevinis for the patient in a bottle or a paper bag.
2. Place this in the circle marked "sample" on the Multiplication and Broadcasting card (Exhibit 2).
3. Write the name of the patient on a small piece of paper and place it on the circle marked "Output" (Exhibit 7).

Leave it there as long as required in a spirit of surrender. This could be a few minutes in some cases where the response is almost instantaneous or several days in other cases.

Note 1: *In order to prevent the paper with the name from flying off you may weigh it down with an ordinary pebble or coin.*

Note 2: *In order to keep many broadcasts going for different patients simultaneously, please make photocopies of the Multiplication and Broadcasting card.*

8. NEUTRALISING PREPARED COMBINATIONS for the purpose of resuing the medium

(like globules or whichever medium you have chosen).

For this function you will need to use the Neutralisation Card which is provided as Exhibit 3. You can take photocopies of this Exhibit if you need more copies.

Sometimes we may make up Sanjeevinis in large quantities (during epidemics etc.) in vibhuthi or globules and later find we are left with substantial unused quantities of Sanjeevinis. These need not be wasted.

They can be neutralised and reused. We find that a number of healers are also "neutralising" any negative vibrations that may exist in fresh globules too.

For "**neutralising**" globules, alcohol, vibhuthi, water etc., place your bottle on or in the circle in the "**Neutralisation**" card. **Leave for 1 minute.** The medium in this bottle is now ready for re-use.

A strong will is the best tonic. The will becomes strong when you know that you are a child of Immortality or a person who has earned the Grace of the Lord. Medicine and hospitalisation are for those who doubt and hesitate and argue about this doctor being more efficient than the other and this drug being more powerful than the rest. For those who rely on the Supreme Doctor, His Name is the drug that cures."

- BHAGAWAN SRI SATHYA SAI BABA

"Base your action on knowledge, the Knowledge that all is One. Let the action be suffused with Bhakthi; that is to say Humility, Love, Mercy, and Non-violence. Let Bhakthi be filled with Knowledge, otherwise it will be as light as a balloon which drifts along any current of air, or gust of wind. Mere Knowledge will make the heart dry; Bhakthi makes it soft with sympathy, and Karma gives the hands something to do, something which will sanctify every one of the minutes that have fallen to your lot to live".

-BHAGAWAN SRI SATHYA SAI BABA

"When the Name is pronounced by the tongue, and the Image is adored by the mind, these should not degenerate into mechanical routine; the Meaning of the Name and the Content of the Form must, at the same time, inspire and illumine the consciousness. Escape the routine; involve yourselves in the attitude of worship, deeply and sincerely. That is the way to earn peace and contentment, for which all human activity ought to be dedicated and directed."

-BHAGAWAN SRI SATHYA SAI BABA

SELECTED SANJEEVINI COMBINATIONS

<http://www.SaiSanjeevini.org>

Given below is a detailed write up on Selected Sanjeevini Combinations (SSC) which can be used for healing most ailments. Please go through these combinations very thoroughly - many diseases are dealt with under each main heading. This is your main reference material. Sanjeevini combinations can be used as prophylactics (preventatives) and can be very helpful when epidemics strike eg. Flu, Cholera, Chicken Pox, Measles, Malaria etc. The same combination is the prophylactic and the treatment too.

Note : *The sub combinations listed below are described within the 'Basic Combination'. The 'Basic Combination' is the base for the sub-combinations & is also used as the base for ALL related diseases - These combinations **can be varied** according to your requirements, **adding other Sanjeevinis** wherever necessary.*

For a complete list of the Body Part Sanjeevinis and Disease Sanjeevinis please select the same from the index alongside.

Selected Sanjeevini Combination SUB COMBINATIONS WITHIN THE BASIC COMBINATION

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| SSC 01 - Sarva Shakti Shanti (Supreme Strength and Peace) | <i>Anger, Anxiety, Depression, Entities, Fears, Hyperactivity, Indecisiveness, Phobias, Resentment, Schizophrenia, Sleep disorders, Stress, Violence.</i> |
| SSC 02 - Allergies | <i>Hayfever, Urticaria (Hives or pithi), Allergic Asthma.</i> |
| SSC 03 - Anaemia | <i>All types.</i> |
| SSC 04 - Back Problems | <i>Spondylitis, Slipped Disc Sciatica, Lumbago (low back pain), Frozen Shoulder.</i> |
| SSC 05 - Bedwetting | |
| SSC 06 - Bleeding or Haemorrhage | <i>Nose bleed, Uterine bleeding, Prostate bleeding, Cut or Wound.</i> |
| SSC 07 - Bites and Stings | |
| SSC 08 - Blood Pressure (high) | |
| SSC 09 - Blood Pressure(low) | |
| SSC 10 - Brain Power | <i>Mental Retardation, Physical Retardation, Autism, Downes Syndrome, Epilepsy, Parkinsons Disease, Multiple Sclerosis, Better Memory, Dementia, Examination Stress, Coma.</i> |
| SSC 11 - Burns | |

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| SSC 12 - Cleansing & Kidney | <i>Urinary Tract Infection, Kidney Failure(Renal Failure), Kidney Stones (or stones anywhere in the urinary tract).</i> |
| SSC 13 - Cold & Sinus problems | |
| SSC 14 - Constipation problems | <i>Piles (Haemorrhoids).</i> |
| SSC 15 - Diabetes | <i>Diabetes Mellitus, Juvenile Diabetes.</i> |
| SSC 16 - Digestion problems | <i>Flatulence (Gas), Acidity, Indigestion Colic, Hiccups, Diarrhoea and Dysentery, Ulcer, Worms & Parasites, Cholera, Colitis, Crohn's Disease/ Celiac Disease, Poisoning.</i> |
| SSC 17 - Ear problems | <i>Deafness, Tinnitus, Meniere's Disease, Vertigo and giddiness, Pus in ear</i> |
| SSC 18 - Emergencies | |
| SSC 19 - Eye | <i>Conjunctivitis, Vision, Astigmatism Night blindness, Cataract, Glaucoma Styes, Blindness (due to injuries), Squint Eye, Tearing Eyes and Dry Eyes</i> |
| SSC 20 - Female problems | <i>Leucorrhoea (vaginal discharge), Puberty (girls), Menopause, Menstrual Disorders, Pregnancy, Childbirth, Threatened Miscarriage, Fibroids, Tumours, Cysts and Growths, Prolapsed Uterus, Infertility, Pre-Menstrual Tension.</i> |
| SSC 21 - Fevers | <i>Malaria, Typhoid, Chicken pox, Measles, Mumps, Tonsillitis, Diphtheria, Filaria, Dengue, Meningitis</i> |
| SSC 22 - Glands (Including Cancer& AIDS): | <i>AIDS, Cancer, Tumours.</i> |
| SSC 23 - Hair problems | <i>Lice, Dandruff.</i> |
| SSC 24 - Headache problems | <i>Migraine</i> |
| SSC 25 - Heart | <i>Angina, Arteriosclerosis, Atherosclerosis, Palpitations, Hole in the heart</i> |
| SSC 26 - Injuries | |
| SSC 27 - Liver problems | <i>Jaundice (including all types of hepatitis), Gall Stones, Cirrhosis of Liver</i> |
| SSC 28 - Lung & Chest | <i>Bronchitis, Cough, Pneumonia, Tuberculosis, Primary Complex (Beginning of Tuberculosis), Asthma, Pneumonic plague, Oxygenation.</i> |
| SSC 29 - Male problems | <i>Puberty, Prostate problems, Hydrocele, Infertility</i> |
| SSC 30 - Paralysis | <i>Cerebral palsy, Polio</i> |
| SSC 31 - Pus & Drawing | <i>Boils and Abscesses, Fissures, Fistula</i> |
| SSC 32 - Rheumatism, Arthritis and Gout | |
| SSC 33 - Skin problems | <i>Psoriasis, Eczema, Fungal infection (including ringworm , Dhobi's itch, Barber's rash), Urticaria (Pitthi/ Hives), Leucoderma (Vitiligo - white pigmentation on the skin), Herpes Zooster (Shingles), Herpes Simplex, Scabies</i> |
| SSC 34 - Sunstroke | |
| SSC 35 - Teeth & Gums | <i>Caries, Teething in babies, Pyorrhoea and Bleeding gums</i> |
| SSC 36 - Thyroid problems | <i>Simple Goitre, Hyperthyroidism, Hypothyroidism</i> |
| SSC 37 - Tonsillitis & Other Throat problems | <i>Dry cough, Tonsils with Pus.</i> |
| SSC 38 - Ulcers | <i>Ulcers of any part of the digestive system, or any other part due to diabetes or old injury or cancer</i> |
| SSC 39 - Vomiting | |
| SSC 40 - Addictions | <i>Alcohol related, Caffeine related, Nicotine related, Drug related.</i> |
| SSC 41 - Anorexia (loss of appetite) | |
| SSC 42 - Appendicitis | |
| SSC 43 - Gonorrhoea | |
| SSC 44 - Hernia | |
| SSC 45 - Incontinence | <i>Urinary incontinence, Sexual incontinence, Incontinence of desires (uncontrollable desire for any thing).</i> |
| SSC 46 - Leprosy | |
| SSC 47 - Marasmus | |
| SSC 48 - Muscular Dystrophy | |
| SSC 49 - Obesity (being overweight) | |
| SSC 50 - Polyps | |
| SSC 51 - Septicaemia | |
| SSC 52 - Syphilis | |
| SSC 53 - Water Retention | |
| SSC 54 - Whooping Cough | |
| SSC 55 - Vaccine Antidote | |
| SSC 56 - Bone Disorders | <i>Bone Injuries, Osteoporosis, Fluorosis, Bunions, Growths, Spurs.</i> |
| SSC 57 - Soil Rejuvenation | |
| SSC 58 - Animals & Birds | <i>Ticks & Fleas, Canine Distemper, Mange, PFBD (Beak and Feather disease).</i> |

We suggest that you keep some or all or at least the most commonly used of the following combinations of SS-Sanjeevinis ready to use as **SAMPLES IN PILL FORM** in small bottles. The samples can then be quickly multiplied as and when required for dispensing to a patient. How to do this is described under "**Multiplying from a sample of Sanjeevini combinations**" in the chapter entitled "**Instructions**" (Instruction 2).

Storage of samples

It is important to have an efficient retrieval system for the samples bottles. The simplest one is to use cellophane packets (zip types) putting a few samples in each packet. Packet No. 1 could have combinations 1-10, packet No. 2 could have combinations 11-20 and so on.

A more professional retrieval system would be to store the samples in a cardboard or plastic box with slots (see Exhibit-8).

Note: *These combinations will be constantly updated as research continues. If you wish to be kept informed of new developments, please ensure that you are on our mailing list of healers by sending us mail at saisanji@giasdl01.vsnl.net.in with the subject "mailing list - new developments".*

SSC 1 - SARVA SHAKTHI SHANTHI (SSS) COMBINATION

Shakthi Sanjeevini + Mind Sanjeevini + Immune System Sanjeevini + Thought Management Sanjeevini + Antitoxin Sanjeevini + Shanthi Sanjeevini + Fitness Sanjeevini + Shock Sanjeevini: DS 113+ BPS 31+ BPS 24+ DS 128+ DS 9+ DS 114+DS 54+ DS 115.

The literal meaning of "Sarva Shakthi Shanthi" is "All Pervading Strength and Peace - at All Levels". It is THE most important combination and is therefore a part of all subsequent combinations. A good look at what goes into this combination tells us that a healthy mind and a sound immune system are the prerequisites for strength and peace - i.e. good health.

SSS, as this combination is called, can always be used as a starting point if you don't know where to start with a patient. All of us have suffered "shock" at some point in our lives. It is also a very good combination for people recouping from illness or very old people. And we all need Shanthi (peace). By giving this combination we are going to the very root of the problem because all problems arise in the mind. We therefore recommend that you convert all fresh pills/vibhuthi into **Sarva Shakthi Shanthi (SSS)**. You can then use the SSS pills as your "stock" of pills and everyone you make the Sanjeevinis for, automatically gets SSS.

SSC 1a= Basic Combination for Mental Disorders/Symptoms: SSS + Blood Sugar Imbalance Sanjeevini DS 19+ SAFE* Sanjeevini DS 143+ Whole Body * Sanjeevini BPS 54+ Vaccine Antidote Combination SSC 55 (Vaccinations are responsible for many of the mental conditions given below).

Anger: SSC 1(a) above + Anger Sanjeevini .

If this is needed for a young adolescent male please also add Vaccine Antidote Combination.

Anxiety: SSC 1(a) above + Anxiety Sanjeevini.

Depression: SSC 1(a) above + Depression Sanjeevini.

Entities (Bhooth): SSC 1(a) above + Entities (i.e. *bhooth*) can enter the body of a person through black magic, tantra, or simply through having the defences down due to addictions like alcohol or drugs.

Fears : SSC 1(a) above + Phobias Sanjeevini.

Fears are due to Chakra imbalance which can be caused by vaccinations, diet, scars of old abuse (this birth or previous lives), addictions, allopathic drugs and addictive hallucinatory drugs. Please treat the causes if you can spot them.

Hyperactivity : SSC 1(a) above + Hyperactivity Sanjeevini.

This is a problem we see mostly in children. The problem is becoming so rampant that we now have a medical name for it - Attention Deficit Disorder or Attention Deficit Syndrome. The medical world has responded by making an onslaught on the children's brains with drugs that put the brain to sleep. That is not the answer - after all how many of the world's children are we going to drug into permanent "sleep"? The solutions lie in finding causes and we would be foolish to turn a blind eye to the fact that these children respond **almost instantly** to change in diet - from a meat, milk and junk food based diet to a natural vegan (no meat, no milk, no eggs) diet using wholesome foods. Nothing from packets and bottles. There is however an even more basic cause - why have children in the last 15 years or so developed more and more allergies and sensitivities? Many impartial researchers, doctors, and scientists are pointing the finger at vaccinations (please see note under Vaccine Antidote Combination for more details).

Indecisiveness : SSC1(a) above + Indecisiveness Sanjeevini.

Phobias : Same as Fears (v) above.

Resentment : SSC1(a) above + Resentment Sanjeevini + Forgiveness Sanjeevini.

Both these emotions - resentment and forgiveness, are related - although resentment is also to do with lack of gratitude. It is unbelievable what these two conditions - resentment and incapacity to forgive - can do inside the

body. These conditions are the seeds of physical manifestations of many cancers and tumours. Resentment is cancer at the emotional level.

Schizophrenia : SSC 1(a) above + Puberty(Boys) Combination (SSC 29 a) + Schizophrenia Sanjeevini.

Vaccinations, adverse sexual experience during adolescence can cause the chakras to go out of balance. A number of young men also develop heavy dependence on tobacco related products.

In India this is becoming a disease of young boys usually between the ages of 17 to 22 years. The story is usually the same - the boy leaves home to study in a college in a different town. Within a short time he is back home in a daze as though completely out of touch with his surroundings, his parents, with reality in general. It is usually impossible to get even a few words out of him to explain what has happened.

Please use other combinations from this series 1(a) or any other combinations that might be required e.g. Addictions (tobacco related) Combination (SSC 40).

Sleep disorders - SSC 1(a) above + Sleep Sanjeevini.

You can add other combinations from 1(a) if required according to symptoms e.g. Indecisiveness Combination 1(a) vii above or Stress Combination 1(a) xii below.

Stress : SSC 1(a) above + Examination Stress Sanjeevini.

This is for general conditions of stress. **For children who are under stress due to examinations please also add** Brain Power Combination (SSC10).

Violence : SSC 1(a) above + Vaccine Antidote Combination + Ahimsa (non violence) Sanjeevini.

This is really only SSC 1(a) but we are adding Vaccine Antidote and Ahimsa (non violence) **again** to reinforce our prayers.

Our planet is witnessing unprecedented violence. Mother Earth and her creatures are crying out at the abuse heaped on them. The karmic results are there for all to see - the violence of man against man.

In the 1984 census of sheep carried out in India - at least 20% of the flock were contaminated with Scrapie. Indians, those who eat this meat, eat the brains of the animals too - as a delicacy. Besides, in India, the rabies vaccine is "grown" on the sheep's brain, from where it is extracted and given to you as a vaccine.

How many "mad cow" disease deaths we have had in India, from the rabies vaccine and from eating the brains, is anybody's guess. There is an unwritten pact in the allopathic world that vaccinations must not be "blamed" for any wrong - what on earth would happen to this multi-billion dollar vaccination market? In India, a pregnant woman is vaccinated twice for tetanus - once at the beginning of the pregnancy when the organs of the foetus are being formed and one before delivery! Is there a hidden agenda here? It is common knowledge that the tetanus vaccine is "valid" for 10 years - so how is it that a pregnant woman must be vaccinated twice during her pregnancy? Is the tetanus vaccine a "carrier" for this hidden agenda? Will the Ayurvedic world and the Homoeopathic world take some collective, concerted action to lobby for the people? If you would like to be part of a growing team working to research this area (vaccinations) of "health care", please contact us at saisanji@giasd101.vsnl.net.in

In the meantime we request all healers to make a sample of the Ahimsa Sanjeevini DS 145 and keep it on a permanent broadcast to Mother Earth. Let us pray that all kinds of violence ceases on this planet.

This Sanjeevini can also be given to: 1.- someone who is violent in thought, word or deed; 2.- those who wish to give up eating animal products but can't help themselves; 3.- anyone who, in the opinion of the healer, needs it.

SAFE Sanjeevini (DS 143) - stands for Scars of Abuse, Fears Eradication. It is to be used in all cases where there are fears, complexes and psychological conditions for any reason (including schizophrenia) and any other condition which the healer or the patient feels (eg. Cancer) can be attributed to any kind of "abuse" - sexual or otherwise - recent or long past from childhood.

Whole Body Sanjeevini (BPS 54) - balances and removes blockages from the body and mind, allowing the Higher Spiritual Self to assert itself. The prayer for this Sanjeevini has included "seeking forgiveness" for karmic causes at the levels of the Astral body and the Causal body and praying that such karmic causes be dealt with at the dream or sleep level - if the Lord wills, that is. Use this Sanjeevini when ever you feel (a) the whole body is affected; (b) when there appear to be karmic causes; (c) disorders appear at birth - even if the whole body is not involved e.g. blindness; (d) whenever you feel the inner urge to use it.

SSC 2 - ALLERGIES COMBINATION : SSS + Allergies Sanjeevini + Cleansing combination (SSC 12) + Blood Sanjeevini + Liver Sanjeevini + Vaccine Antidote Combination.

This is the basic combination for allergies of all types.

a. Hayfever - Allergies combination + Hayfever Sanjeevini. This combination is to be used if the allergy manifests as hayfever (sneezing bouts), to be taken frequently during an attack.

b. Urticaria (Hives or pith) - Allergies combination + Urticaria Sanjeevini + Skin combination. This is to be used if the allergy is a skin rash. Avoid the offending food or substance that has caused the rash as well as sour, chilly and very salty foods eg. fried food, pickles.

c. Allergic Asthma - Allergies combination + Asthma Combination SSC 28(g) (**For Asthma combination also look under Lung & Chest combination - SSC 28**).

NOTE: It is important to remember that we develop allergies only when our immune system is down. Vaccines compromise our Immune System. Valuable antibodies attach themselves to the foreign antigens being injected into the blood stream through vaccinations. With much of our immune system committed to a handful of "germs" our body is left virtually unprotected from being overtaken by other diseases. In children, vaccines can cause the lining of the intestines to become sensitive and inflamed and these children then develop severe allergies to milk, gluten (in wheat) and many other substances. The level of toxicity has gone up in the body to such a great extent that "allergies" develop.

An allergy is a very kind reminder from our "radar" or warning system that a total breakdown of health is approaching. Anti-histamines which are usually taken indiscriminately by "allergic" people, only succeed in shutting up this "radar" that the body uses to warn us.

SSC 3 - ANAEMIA COMBINATION: SSS + Anaemia Sanjeevini + Blood Sanjeevini + Spleen Sanjeevini + Cleansing combination (SSC 12) + Vaccine Antidote Combination (SSC 55). Anaemia can actually be caused by milk.

NOTE: It is common for medical advice even in this day and age to include milk, meat and eggs. This is folly. What the body cannot digest will only produce toxins. That is, a bigger burden for the already run down body. What looks like good nutrition in the laboratory does not necessarily look good inside the body which cannot digest it.

In fact it doesn't even look good in the laboratory! We have long been sold a myth by the dairy, meat, and egg industry, that these foods are the richest sources of iron and protein. The truth is, ounce for ounce, daals, lentils and beans are richer in protein than any of these foods.

As far as iron is concerned 50 gallons of milk contains as much iron as a bowl of spinach. Milk drinkers - please don't rush off and have a bowl of spinach in addition to your glass of milk - the milk does not allow your body to absorb the iron from the spinach! Stop the milk and cleanse your insides with a lemon-water-and- honey drink twice a day. Then the spinach is wonderful. **Supplement the treatment with Sai Protein Food** (see recipes).

SSC 4 - BACK PROBLEMS COMBINATION: SSS + Spine Sanjeevini + Back Sanjeevini + Slipped Disc Sanjeevini + Sciatica Sanjeevini + Spondylitis Sanjeevini + Bone Sanjeevini + Muscle Sanjeevini + Blood Sugar Imbalance Sanjeevini + Nervous System Sanjeevini. This is your combination for: a. **Spondylitis/ b. Slipped Disc/ c. Sciatica/ d. Lumbago (low back pain)/ e. Frozen Shoulder** - For this use Back Problems combination + Shoulder Sanjeevini + Frozen Shoulder Sanjeevini.

You can add as you need: For some you may need to add Rheumatism/Arthritis/Gout Sanjeevini; for others you may need to add Hip Sanjeevini or Leg & Foot Sanjeevini.

EXERCISES: A rolling pin and a golf ball can be very helpful in alleviating back problems.

Rolling pin - place one end of the rolling pin on the point on the buttock which coincides with the "injection" point. (This is where injections are usually given). This point is very painful when there is a back problem or sciatica or slipped disc, so it is easy to find. Place the other end of the rolling pin against the wall and push gently. The more pain you are able to bear in doing this, the sooner will healing start. Do this to the count of 10 atleast 3 times.

Golf ball - Lie on the back in bed if it is a hard bed or on a blanket on the floor if it is not. Place the golf ball under you and roll it around by moving over it. The most painful area and therefore the most healing area, is the space between the scapula (shoulder blade) and the spine. The next most painful area is the space between the scapula and the shoulder and arm joint. Do this for as long as you like. Do not bring the ball directly under the spine.

Bhujangasana is a good yogic posture to keep back problems at bay.

SSC 5 - BEDWETTING COMBINATION: SSS + Bedwetting Sanjeevini + Cleansing Combination + Muscle Sanjeevini + SAFE Sanjeevini + Vaccine Antidote Combination. (**Bedwetting in children is often due to fears or insecurity**).

SSC 6 - BLEEDING OR HAEMMORRHAGE COMBINATION: SSS + Bleeding Sanjeevini + Circulatory System Sanjeevini + Veins & Arteries Sanjeevini + Endocrine System Sanjeevini + Emergencies combination (SSC 18)
Add to this the relevant Body Part Sanjeevini or their combinations:

a. **Nose bleed** - Bleeding combination + Nose Sanjeevini and if indicated, Sinuses (all) Sanjeevini(BPS). Sometimes nose-bleed is due to high blood pressure. In such a case also give Blood Pressure (high) Combination for a long period.

b. **Uterine bleeding** - Bleeding combination + Female Problems combination (SSC 20) for abnormal uterine bleeding.

c. **Prostate bleeding** - Bleeding combination + Male Problems SSC combination (SSC 29) Prostate Sanjeevini + Pus & Drawing combination (SSC 31) for prostate bleeding.

d. **Cut or Wound** - Bleeding combination + Injury combination (SSC 26) + the relevant Body Part (eg.Arm and Hand Sanjeevini). For a bad cut or wound give frequently. In water, it can be applied locally as well.

NOTE: **R-30**, a homoeopathic ointment (German) is a good first-aid item to have around the house. It works well on cuts, wounds, burns, bites, stings, rheumatic pains etc.

SSC 7 - BITES AND STINGS COMBINATION: SSS + Bites&Stings Sanjeevini + Infection Sanjeevini + Cleansing combination(SSC12) + Poisoning combination (SSC 16 (I)).

To this add the Body Part Sanjeevini where the bite is located eg. Eye, Leg, Arm, Face or Neck Sanjeevini as the case may be. The combination made up in water may be applied locally as a lotion or R-30 may be used.

NOTE: **R-30**, a homoeopathic ointment (German) is a good first-aid item to have around the house. It works well on cuts, wounds, burns, bites, stings, rheumatic pains etc.

SSC 8 - BLOOD PRESSURE (HIGH) COMBINATION: SSS + Cleansing combination (SSC 12) + Endocrine Sanjeevini + Blood Pressure (high) Sanjeevini + Circulatory system Sanjeevini + Veins & Arteries Sanjeevini + Sinuses (all) Sanjeevini (BPS) + Heart Sanjeevini + Thyroid Sanjeevini.

Please do not discontinue the allopathic drugs. The patient will reduce them on his own as he gets better. Diet is of paramount importance. Salt intake to be drastically reduced. Only fruits for breakfast - no cereal or grains before noon.

Important : Please read carefully the note accompanying Lung & Chest combination (SSC 28) and the Thyroid Problems combination (SSC 36) regarding Lassix and salt.

High Blood Pressure patients often suffer from heart disease and arteriosclerosis as well. Please refer to the Heart combination for details of what to give if this is the case.

SSC 9 - BLOOD PRESSURE (LOW) COMBINATION: SSS + Cleansing combination (SSC 12) + Anaemia combination (SSC 3) + Liver Sanjeevini + Circulatory System Sanjeevini + Veins & Arteries Sanjeevini + Sinus Sanjeevini + Blood Pressure (low) Sanjeevini.

Important : Please read the note accompanying Anaemia Combination regarding milk, meat, protein and iron.

SSC 10 - BRAIN POWER COMBINATION: SSS + Brain Sanjeevini + Brain Power Sanjeevini + Nervous System Sanjeevini. This combination can be used as a brain tonic for students as well as adults who find their mental faculties slowing down.

a. **Mental Retardation** - Brain Power combination + Retardation (Mental) Sanjeevini + Endocrine System Sanjeevini + Whole Body Sanjeevini + Vaccine Antidote Combination.

b. **Physical Retardation** - Brain Power combination + Retardation (Physical) Sanjeevini + Endocrine System Sanjeevini + Whole Body Sanjeevini + Vaccine Antidote Combination.

If you are dealing with a spastic child (due to any causes - polio, cerebral palsy etc.) Please add Paralysis Combination and any other relevant Body Part Sanjeevini that may be required. If the cause is polio, please add Polio Sanjeevini.

c. **Autism** - Brain Power combination + Autism Sanjeevini + Speech Sanjeevini + Tongue Sanjeevini + SAFE Sanjeevini + Endocrine System Sanjeevini + Whole Body Sanjeevini + Vaccine Antidote Combination.

These children usually have severe allergies. (Please treat them separately for allergies). For this reason they must be kept completely away from JUNK FOOD and packet food of any kind. They are very sensitive to sugar, which can make them very violent and almost all of them are severely allergic to milk. Many are also allergic to wheat. They find it very difficult to make any personal relationships. They avoid any kind of eye contact.

Their senses are highly tuned - they see things very magnified and hear sounds which we do not even notice. Similarly their memories are also finely tuned so that they remember the previous life - with its old body and previous relationships - the present body and present parents are to them a frightening "misplacement".

The only known cause of Autism is childhood vaccinations.

Autism is not the end of the road however - many children grow up to be almost normal. From experience we know that these children have probably taken rebirth very soon after having left the previous body - probably in a violent or sudden manner.

d. **Downes Syndrome** - Brain Power combination + Downe's Syndrome Sanjeevini + Whole Body Sanjeevini.

These children have a lot of problems with sinuses, and chesty conditions. They also have a weak heart. Add all the relevant combinations for these conditions. Like autistic children these children must be kept on a ZERO JUNK FOOD DIET.

Note: The extra chromosome these children carry is likely determined by the number of X-rays the parents have been exposed to in their lifetime.

e. **Epilepsy** - Brain Power combination + Epilepsy Sanjeevini + Endocrine System Sanjeevini + Whole Body Sanjeevini + SAFE Sanjeevini + Blood Sugar Imbalance Sanjeevini + Vaccine Antidote Combination.

Note: Please add the Injury Combination (SSC 26) if the problem started after an injury.

There are two types of Epilepsy - Petit mal and Grand mal. In Petit mal the patient, usually a child, tends to develop a vacant look in the eyes for a short period (ranging from a few seconds to a few minutes). After that the child usually goes to sleep for a few hours.

In Grand mal, the patient has a violent fit and falls down and often injures himself.

It appears that epilepsy has become very common today. The truth however is that many children are diagnosed as having epilepsy and put on dangerous, addictive, mind-boggling, liver destroying drugs. We feel that the so called "brainstorms" that these children are said to suffer from are triggered by external factors. Television is a major culprit. Too many electric gadgets in the house operating together is another cause. Perfumes and certain smells, sugars, bottled drinks, artificial flavours have a big role to play in destroying the lives of these children and their parents. The root cause however, is usually either (a) vaccinations or (b) injuries.

These children are often worse at the full moon or the moonless night.

The "Chakras" of these children are not tuned in correctly. The Endocrine System Sanjeevini is programmed to balance the Chakras.

Drugging these children is not the answer. If the children have already been on the allopathic drugs for sometime, do not discontinue the drugs immediately. As improvement takes place the parents must slowly reduce the drugs. If both parents are counselled on what the television and wrong foods are doing to the child, we find that the lifestyle of the whole family changes bringing about great relief in the life of the child.

f. **Parkinsons Disease** - Brain Power combination + Parkinsons Sanjeevini + Paralysis combination (SSC 30) + Endocrine System Sanjeevini + the affected Body Part Sanjeevinis or Whole Body Sanjeevini.

g. **Multiple Sclerosis** - Brain Power combination + Multiple Sclerosis Sanjeevini + Endocrine System Sanjeevini + Paralysis combination (SSC 30) + Whole Body Sanjeevini + Vaccine Antidote Combination. (together with sanjeevinis against which vaccinations have been given e.g. Measles Combination (SSC21(d)), Mumps Combination (SSC21(e)) etc.)

Vision and speech may be affected. In such cases please add the Vision combination (see Eye combination) + Speech Sanjeevini + Tongue Sanjeevini.

h. **Better Memory** - Brain Power combination + Better Memory Sanjeevini.

Named as it is, there is no one who will not "want" this Sanjeevini. But there is also a pun on the word "better" - when we can recall only the negatives of our life - its time to use this Sanjeevini for recall of "better" days and experiences. Of course it is also for improving the memory.

i. **Dementia Sanjeevini** - Brain Power combination + Antitoxin - Heavy Metals Sanjeevini + Liver combination
Dementia is a disorder of the brain involving loss of memory and other intellectual functions. This combination is also to be used for Alzheimer's Disease.

j. **Examination Stress** - Brain Power combination + Examination Stress Sanjeevini.

Examination Stress Sanjeevini can be used for all of life's examinations and tests - not only for students' appearing for academic examinations.

k. **Coma** - Brain Power combination + Coma Sanjeevini.

NOTE : For detailed information on the Whole Body Sanjeevini please refer to note given under Sarva Shakthi Shanthi Combination.

SSC 11 - BURNS COMBINATION: SSS + Burns Sanjeevini + Infection Sanjeevini + Emergencies combination (SSC 18) + the affected Body Part Sanjeevinis. Scar & Scar Tissue Sanjeevini may be used for old scars on the body.

This combination can be applied locally in water. Another very good remedy for local application on burns is the gel which lies in the juicy leaves of the Aloe Vera cactus plant.

For minor kitchen burns keep a bottle of mustard oil mixed with salt ready for use in the kitchen. Apply as soon as there is a burn.

SSC 12 - CLEANSING & KIDNEY COMBINATION: SSS + Kidney & U.T. Sanjeevini + Infection Sanjeevini + Abdomen Sanjeevini + Colon Sanjeevini + Antitoxin - Heavy Metals Sanjeevini + Antitoxin - Dental Fillings Sanjeevini.

This is your basic Cleansing combination

a. **Urinary Tract Infection** - same as above.

b. **Kidney Failure (Renal Failure)** - Cleansing combination + Renal Failure Sanjeevini + Emergencies combination (SSC 18)+ Body Tissue Sanjeevini + Blood Sanjeevini + Endocrine System Sanjeevini.

Do not take any one off their allopathic drugs. This is a life-threatening disease. Sanjeevinis can be given side by side with allopathic drugs - remember Sanjeevinis are prayers and can do no harm.

c. **Kidney Stones (or stones anywhere in the urinary tract)** - Cleansing combination + Stones (Kidney and U.T.) + Blockages Sanjeevini + Body Tissue Sanjeevini.

SSC 13 - COLD & SINUS PROBLEMS COMBINATION: SSS + Sinus & Cold Sanjeevini (DS) + Sinuses (all) (BPS) + Fever & Flu + Infection + Blood Sugar Imbalance Sanjeevini.

If the problem is only of a runny nose use only Nose Sanjeevini + Discharges Sanjeevini.

For **Hayfever**, look under Allergies combination.

For chronic sinusitis - a drop of castor oil in the nose can be remarkably effective. The Flu Rasam (soup) is wonderful during colds and sinusitis (see Recipes chapter).

SSC 14 - CONSTIPATION COMBINATION: SSS + Constipation Sanjeevini + Alimentary Canal Sanjeevini + Abdomen Sanjeevini + Colon Sanjeevini + Blockages Sanjeevini.

a. **Piles (Haemorrhoids)** - Constipation combination + Piles Sanjeevini + Rectal Sanjeevini.

Diet is the most important factor. Fasting with lemon-water and honey is very useful. Breakfast is only fruits. Isabgol taken at night with water is also very useful.

Important : Please read the note on "**Fruits - The Wonder Food**" in order to understand how to eat fruits correctly - this is particularly relevant for constipation and piles.

SSC 15 - DIABETES COMBINATION: SSS + Diabetes (adult) Sanjeevini + Pancreas Sanjeevini + Endocrine System Sanjeevini + Blood Sugar Imbalance Sanjeevini.

a. **Diabetes Mellitus Combination** - same as SSC 15.

b. **Juvenile Diabetes** - SSS + Diabetes (Juvenile) Sanjeevini + Pancreas Sanjeevini + Endocrine System Sanjeevini + Body Tissue Sanjeevini + Vaccine Antidote combination.

NOTE: Do not take anyone off their insulin in either case. Their doctor will monitor them and regulate their insulin intake.

Diabetes Mellitus is a disease of "plenty" - eating too many wrong things for too long.

It is important to talk to diabetes patients about the right way to eat fruit.

Important : Please read the note on "**Fruits - The Wonder Food**" (in the section Guidelines on Diet & Lifestyle) in order to understand how to eat fruits correctly.

Juvenile onset diabetes is being now linked to childhood vaccines. Please be aware.

SSC 16 - DIGESTION PROBLEMS COMBINATION: SSS + ACID Sanjeevini + Digestion Sanjeevini + Alimentary Canal Sanjeevini + Abdomen Sanjeevini + Colon Sanjeevini. This is your basic Digestion combination which answers for most common digestion ailments:

a. **Flatulence (Gas)** - Same as above.

b. **Acidity** - Same as above.

c. **Indigestion** - Same as above

d. **Colic** - Digestion combination + Pain Sanjeevini + Cramps Sanjeevini.

e. **Hiccups** - Digestion combination + Hiccups Sanjeevini. Hiccups are an indication that the body is not happy with either what is being eaten (e.g. too much chilly) or that you are eating too fast. Sometimes it is an indication of internal haemorrhage. (People who take aspirin often under the misguided notion that they are "preventing" heart trouble, could well be developing internal haemorrhage).

f. **Diarrhoea and Dysentery** - Digestion combination + Diarrhoea/Dysentery Sanjeevini + Infection Sanjeevini + Fever Combination + Dehydration Sanjeevini.

Fast with lemon water and honey. Rice kaanji or sago (arrowroot) water is good when some improvement is seen. Khichdi (rice/daal gruel) can be slowly introduced. Cook in ghee (clarified butter). Add black pepper (whole), ginger and cummin seeds to the hot ghee before adding the rice and daal and water.

g. **Ulcer** - Digestion combination + Ulcer Sanjeevini. If the ulcer is in the mouth, add Mouth Sanjeevini. Ulcers in the mouth indicate that the body does not want to eat or that it wants only bland food. (Always cook even "bland" food in ghee and add whole black pepper, cummin and some ginger).

h. **Worms & Parasites** - Digestion combination + Worms and Parasites Sanjeevini.

Natural "de-worming" : 1. Worms do not like raw carrots. Eating raw carrots will drive the worms out./ 2. Boil Neem leaves (10-15) in a cup of water (reduced to half a cup by boiling), add some salt and drink in the morning for 7-10 days.

i. **Cholera** - SSC 16 (f) + Cholera Sanjeevini + Dehydration Sanjeevini + Fever Combination SSC (21).

This combination can be used as a prophylactic (preventive) too. 3 doses a day till the epidemic lasts. If the disease does strike, this combination must be given in water for constant sipping and same precautions as given for Diarrhoea/Dysentery must be taken.

j. **Colitis** - Digestion combination + Colitis Sanjeevini + Infection Sanjeevini + Inflammation Sanjeevini.

k. **Crohn's Disease/ Celiac Disease** - Digestion combination + Crohn's Disease Sanjeevini + Vaccine Antidote combination.

Although known as Crohn's Disease Sanjeevini, this Sanjeevini **also** covers **Celiac disease**. Crohn's Disease is a chronic inflammation of the intestine - usually the last part of the small intestine at the lower right end of the abdomen. However it can occur in other parts of the intestine as well. The inflammation can heal but often leaves scar tissue behind which can cause a blockage in the intestine. It starts most often in young adults. Celiac Disease on the other hand is usually diagnosed in infancy. Both diseases show allergy/sensitivity to dairy products and gluten (which is present in many grains esp. wheat). Note - rice does not have gluten. In India these conditions are sometimes referred to as Colitis. There is a causal relationship between vaccinations and Crohn's Disease and Celiac Disease.

I. **Poisoning (all types)** - Digestion combination(above) + Liver combination (SSC 27) + Cleansing and Kidney combination (SSC 12) + Vomiting combination (SSC 39). If it is a case of food poisoning please add Fever combination (SSC 21) + Diarrhoea/ Dysentery combination (SSC 16 f, above).

NOTE: For all problems relating to the digestive tract, diet is of utmost importance. Breakfast should be only fruits. Fasting is a very potent tool to help the patient "tune in" to the body's requirements. Please read the section Diet & Lifestyle.

The Colon: The small intestine opens into the colon through a pouch like sac called the cecum at the lower right end of the abdomen. The colon travels up the right side of the abdomen (this section is called the ascending colon), turns at the rib cage to go across to the left side of the body (this section is called the transverse colon) and at the far left end it turns to go downwards (this section is called the descending colon). At the bottom left end of the abdomen it joins the rectum which in turn opens to the anus.

The colon is a tube about 2 inches in diameter and about 5 feet in length. It has curves and convolutions making it an ideal breeding ground for diseases. It is the part of the digestive tract which is most susceptible to cancer, tumours, polyps and growths and blockages It is in this part of our anatomy where maximum hygiene needs to be maintained but unfortunately it is perhaps the most neglected organ for most of us. This is where all the accumulated junk (sometimes 20 -30 years old) lies. The lining of the colon is sensitive and absorbs the good and the bad - mostly bad because the natural lining has now become coated with the artificial lining of accumulated rubbish. As the rubbish continues to accumulate, the colon stretches itself - soon sac like pockets begin to form to increase the storage space for the junk. These are known as diverticuli - these can cause significant discomfort and pain and lead to inflammation and infection (besides absorbing toxins produced by the contents which can lead to virtually all of the problems that humans suffer from today).

Sometimes, with the burden of accumulated junk (or other reasons on rare occasions), the transverse colon comes free and collapses on top of the small intestine. This is called a prolapsed colon. The Prolapsed Uterus Sanjeevini (DS 102) may be used in conjunction with the Colon Sanjeevini for a prolapsed colon.

SSC 17 - EAR PROBLEMS COMBINATION: SSS + Ear Sanjeevini + Discharges Sanjeevini + Infection Sanjeevini + Pain Sanjeevini. This is a basic combination to which you can add according to the problems :

- a. **Deafness** - Ear combination + Hearing & Deafness Sanjeevini + Nervous System Sanjeevini.
- b. **Tinnitus** - Ear Combination + Allergy combination + Tinnitus Sanjeevini. Tinnitus is the name for noises in the ear. These are usually due to fluid (pus) in the ear. Milk products and wheat products are the most common causes.
- c. **Meniere's Disease** - SSC 17 (b) + Meniere's Disease Sanjeevini + Body Imbalance Sanjeevini. The symptoms are deafness, vertigo, tinnitus.
- d. **Vertigo and giddiness** - SSC 17 (b) + SSC 17 (c).
- e. **Pus in the ear** - SSC 17 + Pus and Drawing combination (SSC 31) + Vaccine Antidote combination. In children this condition is finding a causal link with childhood vaccinations. The problems is further aggravated by dairy products and in some people who have developed a gluten sensitivity (again due to vaccinations) wheat too aggravates the problem. These foods need to be cut out. Please see section on "Recipes" for non-dairy milks. Recurring ear problems can be due to chronic Tonsillitis or Sinus problems. Please treat accordingly for those. Milk and milk products are the main culprits.

SSC 18 - EMERGENCIES COMBINATION: SSS + Emergency Sanjeevini + Pain Sanjeevini + Cramps Sanjeevini.

This is a basic combination which is often required. It can be given separately or added to any combination when the occasion requires it. Give in water for frequent sipping when there is an emergency like asthma attack, heart attack, accident, emotional shock etc.

SSC 19 - EYE PROBLEMS COMBINATION: SSS + Eye Sanjeevini + Infection Sanjeevini + Discharges Sanjeevini.

This is your basic combination for all eye infections :

a. **Conjunctivitis** - Same as above

b. **Vision** - SSC 19 + Vision Sanjeevini + Muscle Sanjeevini + Spleen Sanjeevini + Cleansing Combination + Vaccine Antidote combination.

c. **Astigmatism** - Same as SSC 19 (b)

d. **Night blindness** - Same as SSC 19 (b)

e. **Cataract** - SSC 19 (b) + Cataract Sanjeevini.

f. **Glaucoma** - SSC 19 (b) + Glaucoma Sanjeevini.

g. **Styes** - SSC 19 (b) + Pus & Drawing Combination (SSC 31).

h. **Blindness (due to injuries)** - SSC 19 (b) + Brain Sanjeevini + Nervous System Sanjeevini + Injury combination (SSC 26)

i. **Squint Eye** - SSC 19 (b) + Squint Eye Sanjeevini + Muscle Sanjeevini.

j. **Tearing Eyes and Dry Eyes** - SSC 19 (b) + Tearing Eyes Sanjeevini + Blockages Sanjeevini + Vaccine Antidote combination. Should be used for both conditions - tearing eyes and dry eyes.

These Sanjeevinis can be made up in WATER and used in the eye locally.

For Vitamin A deficiency - drumstick leaves to be juiced or added to all daals or soups etc. Coriander leaves are an extremely rich source of Vitamin A. Wheatgrass eye-bath (See chapter on Wheatgrass). No milk.

SSC 20 - FEMALE PROBLEMS COMBINATION: SSS + Female Sanjeevini + Endocrine System

Sanjeevini + Ovaries Sanjeevini. This is the basic combination. Add to this as required: Add to this as required:

a. **Leucorrhoea (vaginal discharge)** - SSC 20 + Leucorrhoea Sanjeevini.

b. **Puberty (girls)** - SSC 20 + Puberty (girls) Sanjeevini.

During puberty (10 to 16 years of age) girls go through biological changes which, if not handled with care can cause many permanent changes in their nature causing them to throw tantrums and become complete rebels.

It is a very crucial point in their lives. Most parents do not understand that often what these girls do and say is not their fault but only a consequence of the biological changes. They need a lot of patience and delicate handling at this point. Being tough and bringing the stick down on them is not going to help.

They are discovering new things about their feelings and sensations and need support from mothers to understand what is happening.

c. **Menopause** - SSC 20 + Menopause Sanjeevini.

We are told that hot flushes, erratic menstrual cycle and flow, shifting moods, sudden onset of rheumatism and arthritis, change in eating patterns (eating all the time!), vertigo, occurring between the age of 35 and 50, can be signs that menopause is round the corner. None of these symptoms need necessarily occur but we have all been programmed to "expect" them - so they happen. Menopause CAN be a painless process!

The medical profession and women in general have a very limited vision of the ovaries. They are not just egg producing machines - they produce very important hormones which regulate many systems in the woman's body. After menopause, everyone thinks that the ovaries and the uterus are completely indispensable. **Wrong!** Nothing that God created was without meaning and purpose. After menopause, when the ovaries stop producing eggs, their inner layer takes over and continues to produce female hormones which make certain that we move without problems into and through our old age. By removing the ovaries women become a captive market for consuming the hormones that the pharmaceutical industry produces.

However, the ovaries, in their astral form continue to live inside the woman's body (just as an amputated leg which is "no longer there" wants to be scratched or pressed). ***The Ovaries Sanjeevini is programmed to work not only on the "real" ovaries but also on the astral ovaries- with the prayer to re-activate the hormone activity through these astral bodies working on the scar tissue of the removed ovaries.***

So do not hesitate to use *any* body parts even if they are no longer there - their astral counterparts will take over the function with the prompt of the Sanjeevini prayer.

d. **Menstrual Disorders** - SSC 20 + Menstrual Disorders Sanjeevini. - To be taken for 2-3 months.

e. **Pregnancy** - SSC 20 + Pregnancy Sanjeevini. To be taken for all 9 months and continued for a further 3 months after delivery. For nausea and vomiting during pregnancy, please add Vomiting Sanjeevini. Pregnancy and Childbirth are not "diseases". This is a perfectly natural state and does not require medical intervention. We have however been conditioned to think of every female function to be a "problem". This mindset suits the medical profession who are always at hand with their technological interventions.

Tetanus vaccine - In India and other third world countries (140 of them), the pregnant woman is given the tetanus vaccine at the behest of the WHO apparently to prevent neo-natal deaths from tetanus. The true agenda of governments and welfare organisations is unclear. Since the tetanus vaccine is valid for 5 to 10 years it makes absolutely no sense to give it 2 to 3 times in a period of 9 months. It is also now an open secret that in many countries the tetanus vaccine has been found to be "spiked" with Hcg - a hormone which when given with the tetanus vaccine - causes antibodies to be formed ***against the foetus and all future foetuses - thus making it effectively a birth control vaccine.*** While human rights organisations are looking into this flagrant violation of human rights we advise all women in the child bearing age to ***be aware!*** Educate yourself on this subject before you decide to vaccinate yourself or your child. Tetanus is not a disease that can occur very easily. The tetanus spore grows on in anaerobic conditions and all we have to do is ensure that a wound is cleaned thoroughly and if it is deep, ensure that it does not close up before the healing of the wound is complete.

Recommended Reading: "Reclaiming Our Health" by John Robbins - ISBN 0-915811-69-3 Published by H.J. Kramer Inc. (who also authored "Diet for a New America") has a wonderful section (in fact the major part of the book) on the subject of how women are misguided, misinformed and misused by vested interests. This book is a "**must read**" for every woman, medical practitioner, healer and anyone wanting to make an informed choice on women's health issues in particular and cancer treatment in general.

f. **Childbirth** - SSC 20 (e) + Childbirth Sanjeevini. To be given 8th month onwards. **Please see the note on the tetanus vaccine and Recommended reading under Pregnancy (SSC 20 (e)) above.**

g. **Threatened Miscarriage** - SSC 20 + Miscarriage Sanjeevini + Bleeding combination (SSC 6) + Vaccine Antidote combination + Tetanus Sanjeevini. Give this in water to be sipped frequently. The patient must take complete bed rest. Keep 2-3 pillows below the feet in order to raise the level of the feet. Ice bag on the abdomen. Fast for a day so that the body does not have to exert in any way. **Please see the note on the tetanus vaccine and Recommended reading under Pregnancy (SSC 20 (e)) above.**

h. **Fibroids, Tumours, Cysts and Growths** - SSC 20 + Pus & Drawing combination (SSC 31) + Tumours & Growths Sanjeevini + Vaccine Antidote Sanjeevini + Polio Sanjeevini. Add Breast Sanjeevini to this combination if the problem lies in the breast.

Note: During the 1950's and 1960's millions of people received **polio vaccines** that were contaminated with the SV-40 virus undetected in the monkey organs used to prepare the vaccines. SV-40 is considered a powerful immunosuppressor and trigger for HIV. It is said to cause a clinical condition similar to AIDS, and has been found in **tumours**, leukaemia, and other human cancers as well.

i. **Prolapsed Uterus** - SSC 20 + Prolapsed Uterus Sanjeevini + Body Tissue Sanjeevini.

j. **Infertility (in the female)** - SSC 20 + Infertility Sanjeevini + ACID Sanjeevini + Vaccine Antidote Sanjeevini. **Please see the note on the tetanus vaccine and Recommended reading under Pregnancy (SSC 20 (e)) above. (For infertility in males see Male Combination).**

k. **Pre-Menstrual Tension** - SSC 20 + Pre-Menstrual Tension Sanjeevini.

Take three doses a day for 2-3 months. When and if the problem does come take this combination in water as frequently as required. If there is pain please add the Emergency Combination (SSC 18). The monthly menstrual cycle is an event that should ideally go by unnoticed. However, it is to the advantage of those who stand to benefit (pharmaceutical companies mostly) to make a woman feel that she has a disease and that she needs special medical care from the time of menarche (on set of the monthly cycle at age 13) till the time she finally reaches menopause. At that time for one reason or the other (mostly irrelevant) a hysterectomy is performed and she becomes totally dependent on hormones for the rest of her life.

Every woman must empower herself with the knowledge that PMT is caused mostly by dietary factors. If you are on a meat, milk, junk food diet - get off it. Switch to more and more fresh fruits, vegetables and grains.

Note: We recommend that all women read John Robbins excellent book "Reclaiming Our Health" on the subject. Another very good book is "Male Practice - how doctors manipulate women" - By Dr. Robert Mendelsohn MD.

SSC 21 - FEVERS COMBINATION

SSS + Fevers & Flu Sanjeevini + Immune System Sanjeevini + Infection Sanjeevini + Blood Sugar Imbalance Sanjeevini. This is the basic Fevers Combination. To this you can add other Sanjeevinis depending on the kind of fever. Sanjeevinis can be used as Preventives for all childhood and other infectious diseases.

- a. **Malaria** - SSC 21 + Malaria Sanjeevini + Spleen Sanjeevini.
- b. **Typhoid** - SSC 21 + Typhoid Sanjeevini + Alimentary Canal Sanjeevini.
- c. **Chicken pox** - SSC 21 + Chicken pox Sanjeevini + Skin Sanjeevini.
- d. **Measles** - SSC 21 + Measles Sanjeevini + Skin + Lung & Chest combination.
- e. **Mumps** - SSC 21 + Mumps + Glands combination.
- f. **Tonsillitis** - SSC 21 + Tonsillitis Combination.
- g. **Diphtheria** - SSC 21 + Diphtheria Sanjeevini + Tonsillitis Combination.
- h. **Filaria** - SSC 21 + Filaria Sanjeevini + Cleansing combination + Glands combination.

The affected Body Parts Sanjeevinis may be given eg. Leg and Foot Sanjeevini, Male combination or Female combination. An acute case must be treated like any other fever case. Do not refuse old cases where the body part is swollen (lymph drainage is impaired). Some very old cases have been greatly helped by the Sanjeevinis by removing most of the discomfort and swelling. In old cases add Swelling Sanjeevini.

- i. **Dengue** - SSC 21 + Bleeding combination (SSC 6) + Dengue Sanjeevini + any other combinations or sanjeevinis depending on symptoms.

This Sanjeevini is to be used for all types and strains of Dengue Fever.

- j. **Meningitis** - SSC 21 + Meningitis Sanjeevini + any other combinations according to symptoms e.g. Headache, Neck, pain etc.(Please select the required body part sanjeevinis and disease sanjeevinis from the main menu).

This Sanjeevini is for both viral and bacterial infection of the meninges, the membrane that covers the brain. Make the Sanjeevini combination in water and give frequently. Keep the patient on a liquid diet consisting of juices and blended fruits.

It is important to remember that fever is a friend. It is a sure sign that the body's Immune system is alive and kicking. The worst thing we can do is to suppress a fever. A fever burns all undesirable unwanted guests like viruses and bacteria, clears blockages, throws out toxins, and is generally to be considered a welcome visitor. Fever is not a disease - it is the body's **RESPONSE** to a disease.

Whatever are the Sanjeevinis that are applicable in the case you are treating, give them in water for sipping frequently when the patient is awake. When the patient is sleeping an occasional drop in the mouth is adequate. For children, use an icepack on the head.

Please refer to the Recipes for Flu Rasam (soup).

SSC 22 - GLANDS COMBINATION

SSS + Glands Sanjeevini + Lymphatic system Sanjeevini + Lymphatic disorders Sanjeevini + Spleen Sanjeevini + Infection Sanjeevini + Inflammation Sanjeevini + Whole Body Sanjeevini + Cleansing combination + Vaccine Antidote combination. + Polio Sanjeevini.

This is a basic combination to be added to Sanjeevinis being given for problems related to lymphatic glands eg. tonsillitis, adenoids, lymphomas, lumps in the arm-pit, lump in the groin, primary complex related to Tuberculosis, **Cancer, Aids, Bubonic plague** etc.

The lymphatic system is our sewage-system-cum-immune-system. It carries waste to the blood which then takes it to the liver and kidneys for flushing out of the system. That matter which would be too toxic for the blood to handle gets blocked in the lymph nodes (which we see as lumps or glands). Pricking, poking, cutting a lymph node is folly - it lets loose in the body that matter which the body intelligence has trapped and held captive in one place.

Note: During the 1950's and 1960's millions of people received **polio vaccines** that were contaminated with the SV-40 virus undetected in the monkey organs used to prepare the vaccines. SV-40 is considered a powerful immunosuppressor and trigger for HIV. It is said to cause a clinical condition similar to AIDS, and has been found in tumours, leukaemia, and other human cancers as well.

- a. **AIDS** - SSC 22 + AIDS (all types) Sanjeevini. + any other combinations and/ or Sanjeevinis according to symptoms (Please select the required Body Parts Sanjeevinis and Disease Sanjeevinis from the index).

Please refer to note on Wheat grass below.

Cancer - SSC 22 + Cancers (all) Sanjeevini + any other combinations and/ or Sanjeevinis according to symptoms (Please select the required Body Parts Sanjeevinis and Disease Sanjeevinis from the index).

Leukaemia - SSC 22(b) + Anaemia combination (SSC 3) + Bone Marrow Sanjeevini + Leukaemia Sanjeevini.

This combination is for blood cancer. If it is childhood leukaemia - please add the Vaccine Antidote Combination. Some Nature Cure schools of thought advocate the following:

First thing in the morning the patient must eat 1 teaspoon of freshly chopped onion + 1 teaspoon of freshly chopped tomatoes with a tiny pinch of red chillie powder - all mixed together. Although results may be seen very soon the practice must continue for a long period of several years. There are people who have reported remarkable success using this method. It certainly cannot do any harm.

For more information on alternative cancer therapies please refer to the note on **WHEAT GRASS** and the recommended reading and site below.

- c. **Tumours** - SSC 22 + Tumours & Growths Sanjeevini + any other combinations and/ or Sanjeevinis according to symptoms (Please select the required Body Parts Sanjeevinis and Disease Sanjeevinis from the index).

Wheat grass and/ or its juice is a specific food which can assist in fighting a whole range of chronic ailments - from simple anaemia to leukaemia; from a simple skin rash to skin cancer. It is a wonderful cleanser and rejuvenator which means it helps your body to throw out toxins that have built up over the years and helps it replace old dead cells with new cells. These are the two essential factors that cause disease in our bodies and which wheat grass sets right.

Recommended Reading: "Reclaiming Our Health" by John Robbins - ISBN 0-915811-69-3
Published by H.J. Kramer Inc.

Recommended Site: THE PREVENTORIUM - ALTERNATIVE CANCER THERAPIES

SSC 23 - HAIR PROBLEMS COMBINATION

SSS + Hair Sanjeevini + Head Sanjeevini + Blood Sanjeevini + Liver Sanjeevini + Thyroid Sanjeevini.
Use this basic combination for any problems relating to the hair combining other Sanjeevinis wherever necessary.

- a. **Lice** - SSC 23 + Lice Sanjeevini.

Try not to use lice killers - some contain a chemical which causes blindness. Instead use Shikakai soap or Neem (Margosa) water.

- b. **Dandruff** - SSC 23 + Skin combination(SSC 33) + Dandruff Sanjeevini.

Diet plays a dominant role - please refer to the section Diet & Lifestyle for details on diet.

Note: Some people benefit by applying lemon juice or sesame oil to the scalp before washing. Avoid harsh shampoos - some anti-dandruff shampoos can cause damage internally due to the ingredients that go into them e.g. tar. We find Fuller's Earth (Multani Mitti) and/or Shikakai nut powder (also known as soap nut powder) are good substitutes for shampoos especially if you are the kind that wants to wash frequently.

SSC 24 - HEADACHES COMBINATION

SSS + Emergencies combination (SSC 18) + Head Sanjeevini is the first aid combination.

However there are many causes and a permanent solution lies in treating the causes. Poor vision, sinusitis, constipation, liver and gall bladder disorders, high blood pressure, are the main causes. Each cause must be treated with its own Sanjeevini combination.

- a. **Migraine** - SSC 24 + Liver problems combination (SSC 27) + Migraine Sanjeevini. Follow all precautions as given under SSC 27.

SSC 25 - HEART PROBLEMS COMBINATION

SSS + Heart Sanjeevini + Chest Sanjeevini + Circulatory System Sanjeevini + Veins & Arteries Problems Sanjeevini + Cleansing combination (SSC 12) + Liver combination (SSC 27) (remember it is the liver that processes cholesterol). Give the Emergency combination **SEPARATELY** to be used in emergencies.

- a. **Angina** - SSC 25 + Angina Sanjeevini + Blockages Sanjeevini.

Give the Emergencies combination **SEPARATELY** to be used in emergencies.

- b. **Arteriosclerosis (and atherosclerosis)** - SSC 25 + Arteriosclerosis Sanjeevini + Blockages Sanjeevini.

Give the Emergencies combination **SEPARATELY** to be used in emergencies.

- c. **Palpitations** - SSC 25 + Palpitations Sanjeevini. You may need to add Thyroid Sanjeevini and Hyperthyroidism Sanjeevini.

Palpitations in women could be due to menstrual disorders or menopause. In such cases you must add the Female Combination together with Menstrual Disorders Sanjeevini or Menopause Sanjeevini.

- d. **Hole in the heart** - SSC 25 + Heart, Hole in- Sanjeevini + Blockages Sanjeevini.

This combination is to be used for hole(s) in the heart and for all structural damage to the heart and the valves etc.

Note : Diet and lifestyle is of paramount importance. Alcohol, tobacco, smoking, meat, milk, sweets, soft drinks, fried foods are OUT. Fruits only for breakfast - no cereals upto noon. One tablespoon of Isabgol at night with water helps clear clogged arteries. Lemon water is excellent.

SSC 26 - INJURIES COMBINATION

SSS + Injury Sanjeevini + Infection Sanjeevini + Inflammation Sanjeevini + Bone Sanjeevini + Shock Sanjeevini + Body Tissues Sanjeevini + Tetanus Sanjeevini.

Vary this according to your requirements by adding Swelling, Bleeding, or the relevant location Body Parts Sanjeevinis e.g. Leg and Foot Sanjeevini, Arm and Hand Sanjeevini, Head Sanjeevini etc. (For additional Body Part Sanjeevinis and Disease Sanjeevinis required please refer to the list under Body Part Sanjeevinis and Disease Sanjeevinis) . This can be applied locally when made in water. Orally also, when the situation is acute, it can be taken in water and sipped slowly.

The Tetanus Sanjeevini is actually already included in the Injury Sanjeevini but there was a great demand from healers who became aware of the negative effects of the Tetanus Vaccine - for a separate Sanjeevini which could be use (a) instead of the vaccine and (b) for anti-doting the tetanus vaccine.

Note: There is a big question mark on this vaccine which is being used by 140 countries during pregnancy at the behest of the WHO apparently to prevent neo-natal deaths from tetanus. The true agenda of governments and welfare organisations is unclear. Since the tetanus vaccine is valid for 5 to 10 years it makes absolutely no sense to give it 2 to 3 times in a period of 9 months. It is also now an open secret that in many countries the tetanus vaccine has been found to be "spiked" with Hcg - a hormone which when given with the tetanu vaccine - causes antibodies to be formed **againstst the foetus and all future foetuses - thus making it effectively a birth control vaccine.** While human rights organisations are looking into this flagrant violation of human rights we advise all women in the child bearing age to **be aware!** Educate yourself on this subject before you decide to vaccinate yourself or your child. Tetanus is not a disease that can occur very easily. The tetanus spore grows on in anaerobic conditions and all we have to do is ensure that a wound is cleaned thoroughly and if it is deep, ensure that it does not close up before the healing of the wound is complete.

To anti-dote the vaccine if it has already been taken, please use this Sanjeevini together with the Vaccine Antidote combination.

SSC 27 - LIVER PROBLEMS COMBINATION

SSS + Liver Sanjeevini + Digestion problems combination (SSC 16) + Infection Sanjeevini + Gall Bladder Sanjeevini.

- a. **Jaundice (including all types of hepatitis)** - SSC 27 + Jaundice Sanjeevini.

Note: This combination can be used as a preventive.

- b. **Gall Stones** - SSC 27 + Stones (Gall Bladder) Sanjeevini + Blockages Sanjeevini.
c. **Cirrhosis of the Liver** - SSC 27 + Cleansing combination + Body Tissue Sanjeevini.

Please treat separately for Addictions if the person is alcoholic.

Diet cannot be over emphasised. Please study the separate note on Diet & Lifestyle very thoroughly. Life is a dead-end with a ruined liver - people must be guided accordingly for diet. Acupressure is a good tool to assist in rejuvenation of the liver. A major cause for liver failure is aluminium. This creeps in through the food we cook in aluminium vessels, through allopathic antacids and through the water we drink (alum is used in the water treatment). Add to this our Kola yuga (junk food) diet and we have a perfect combination for ruined health.

SSC 28 - LUNG & CHEST COMBINATION

SSS + Chest Sanjeevini + Respiratory Tract Sanjeevini + Infection + Fever Combination+ Blood Sanjeevini + Lung Sanjeevini. This is your basic lung and chest combination. Add the relevant Sanjeevinis to this for different disorders.

- a. **Bronchitis** - Lung & Chest combination + Bronchitis Sanjeevini + Cough (wet) Sanjeevini.
b. **Cough Wet** - Same as SSC 28 (a).
c. **Cough Dry** - Please see under SSC 37 (a).
d. **Pneumonia** - Lung & Chest combination + Pneumonia Sanjeevini + Cough (wet) or Cough (dry) Sanjeevini, as the case may be.
e. **Tuberculosis** - Lung & Chest combinatioin + Tuberculosis Sanjeevini + Cough (wet) or Cough (Dry) + Endocrine System Sanjeevini + Glands combination (SSC 22).
f. **Primary Complex (Beginning of Tuberculosis)** - SSC 28 (e) + Primary Complex Sanjeevini + Tuberculosis Sanjeevini + Vaccine Antidote combination.

Note : Primary complex Sanjeevini may also be used for the primary complex (beginning stages) of Cancer & AIDS.

- g. **Asthma** - Lung & Chest combination + Asthma Sanjeevini + Vaccine Antidote combination. Give Suffocation & Wheeze Sanjeevini + Emergencies combination separately, to be used by the patient when in an asthma attack.
- h. **Pneumonic plague** - Lung & Chest combination + Pneumonic Plague Sanjeevini + Glands combination (SSC 22) + Endocrine System Sanjeevini.
- i. **Oxygenation** - Lung & Chest combination + Body Tissue Sanjeevini + Circulatory System Sanjeevini + Muscle Sanjeevini + Oxygenation Sanjeevini.

The Oxygenation Sanjeevini is to help improve the oxygen level in the body. Lack of oxygen is something most of us are "suffering" from. Partly the blame lies in the polluted environment but partly we ourselves are to blame as well. We have forgotten how to breathe. This is the reason that most meditation techniques start with concentrating on the breath - simple awareness of the breathing pattern as each breath enters and leaves the nostrils. Even in our busy schedules all of us should be able to spend a few minutes standing at an open window and breathing deeply. Start by breathing **out** deeply so that the lungs are cleansed of old stale air. Please do not use your nose as a pump. Instead concentrate on expanding lungs and the chest area in general. This causes a vacuum to be created and air is sucked in effortlessly in large quantities. Try pausing for about 4 to 8 seconds between each inhalation and exhalation and the next inhalation.

Note 1 : Drugs like Lassix, which are being indiscriminately prescribed today, can damage our kidneys - they cause the water to leave the body leaving behind all the toxic waste which can cause kidney failure. (See also note on salt under Thyroid combination). People with water in the lungs are also prescribed this drug. The water in the lungs is often not monitored and Lassix is taken on a regular basis giving rise to dehydration of the lungs. In an attempt to retain moisture, the parched lungs then go into an attack of breathlessness or wheeze. In such cases do not interfere with the Lassix dosage - only explain to the patient the cause of his or her breathlessness. The patient can sip water when breathless in order to replace the fast disappearing moisture.

Note 2 : Please study the section Guidelines on Diet & Lifestyle very carefully and guide the patient accordingly. Also read the note under **Anaemia Combination** (SSC 3).

SSC 29 - MALE PROBLEMS COMBINATION

SSS + Male Sanjeevini + Endocrine Sanjeevini.
This is the basic combination.

- a. **Puberty** - Male combination + Puberty (boys) Sanjeevini.

Please also read Puberty (girls) (SSC 20 (b)) under Female combination. The same caution applies here too.

Note: For Schizophrenia in boys - please see SSC 1(a (x))

Prostate problems - Male combination + Prostate Sanjeevini + Cleansing & Kidney combination (SSC 12) + Swelling Sanjeevini + Blockages Sanjeevini + Glands combination (SSC 22) + Pus & Drawing Combination (SSC 31).

For cancer add Cancer Sanjeevini. Please read the chapter on Wheatgrass. Use it in cancer patients. Please also refer to the Bleeding combination (Prostate Bleeding) - SSC 6 (c).

- b. **Hydrocele** - Male combination + Hydrocele Sanjeevini + Infection Sanjeevini + Water Retention Sanjeevini.
 - c. **Infertility** - Male combination + Infertility Sanjeevini + ACID.
-

SSC 30 - PARALYSIS COMBINATION

SSS + Paralysis Sanjeevini + Circulatory System Sanjeevini + Nervous System Sanjeevini + Blockages Sanjeevini + Brain Power combination (SSC 10)+ Veins & Arteries problems Sanjeevini + Muscle Sanjeevini + Endocrine System Sanjeevini + Body Tissue Sanjeevini.

This is the basic combination. The relevant body part Sanjeevini may be added eg. Tongue, Leg or Arm Sanjeevini. Or, if almost the whole body is affected, Whole Body Sanjeevini can be added.

- a. **Cerebral palsy** - Paralysis Combination + Vaccine Antidote combination + Retardation (Physical) Sanjeevini + Retardation (Mental) Sanjeevini - if necessary.
- b. **Polio** - SSC 30 (a) + Polio Sanjeevini + Fevers combination (SSC 21) + Vaccine Antidote combination.

It does not matter how long ago the patient had suffered from **Polio. (Please refer to SSC 10 also)**

Polio can and is most often caused by vaccines including the Polio Vaccine itself.

SSC 31 - PUS & DRAWING COMBINATION

SSS + Drawing Sanjeevini + Infection Sanjeevini + Inflammation Sanjeevini + Fever & Flu Sanjeevini + Gland combination (SSC 22).

This combination can be used for drawing out foreign particles as well as pus and putrid matter. Please study the Note below very carefully.

- a. **Boils and Abscesses** - Pus & Drawing combination + Boils Sanjeevini.

To this you could add the relevant body part where the problem is located.

- b. **Fissures** - Pus & Drawing combination + Fissures Sanjeevini + Rectal Sanjeevini.
- c. **Fistula** - Pus & Drawing combination + Fistula Sanjeevini + Rectal Sanjeevini.

Pus in any part of the body - be it a boil, a lump, a gland, a tumour, discharging ears, blocked sinuses, chronic acne conditions, deteriorating eye-sight, fistula or fissures - all these are indications that there is too much putrid matter in the body. If these conditions are not dealt with naturally or if they are ignored or suppressed, they could grow "backwards" into our bodies and become calcified tumours in various organs including the brain.

If there is any indication that a boil or abscess formed after a vaccination please add the Vaccine Antidote combination.

Note : The Pus & Drawing combination, we are finding, does not necessarily draw out from the local site of the boil or abscess but instead allows the body to choose the best avenue for throwing out - which could be bowels, kidneys, nose etc.

It is best to give this combination for 24 hours and then evaluate to see if the boil or abscess is getting bigger or smaller. If it has shrunk then you do not need to provide a "dressing" to the local site. But if it has become bigger and more angry looking, a dressing with the **bread and milk poultice** will speed up the drawing out process. The dressing must continue until all the putrid matter has been drawn out.

Bread and Milk Poultice : Heat a few tablespoons of milk. Turn off the heat. Immediately add 1/2 to 1 slice of white bread to the milk. Allow the bread to soak the milk. While still slightly warm, squeeze out the surplus milk. Cup the bread in the palm of one hand. In the center of this add one teaspoon of white sugar. Apply this whole mass to the abscess or boil so that the sugar touches the area where the "head" is likely to form.

Cover with a thick wad of cotton wool followed by a large piece of gauze. Hold it in place with a bandage if convenient - otherwise use sticking plaster. Until the abscess opens up (it takes 1-3 days usually), the dressing needs to be done once a day. Once the boil or abscess has opened up, you may need to dress the wound twice a day or as soon as the dressing is wet. At each dressing wash with salt-water solution. Do not rub the wound - just soak a wad of cotton with the salt and squeeze the water on to the wound. Wipe gently with wet cotton only around the wound taking care not to touch the open wound. Touching the wound interferes with the healing which is taking place. Continue with the dressing until swelling and the hard redness around the wound has disappeared. When the swelling disappears you can switch to a simple dressing of R-30 ointment (see Injury combination for details).

SSC 32 - RHEUMATISM, ARTHRITIS & GOUT COMBINATION

SSS + Rheumatism/Arthritis/ Gout (RAG) Sanjeevini + Endocrine Sanjeevini + Cleansing & Kidney combination (SSC 12) + Bone Sanjeevini + Pain Sanjeevini + ACID Sanjeevini + Muscle Sanjeevini.

To this basic combination you can add the relevant Body Part Sanjeevini e.g. Knees Sanjeevini.

Diet is of paramount importance. Please read carefully the section on diet to find out what NOT to eat. Do not combine lemon water with sugar - it is pure acid. Always have lemon water with honey and/or a little rock salt and black pepper powder.

No milk or yoghurt, meat, fish eggs, soft drinks (or hard drinks), sweets, tobacco or smoking.

Note 1 : Massaging the body or at least the affected parts with warm sesame oil is very beneficial.

Note 2 : For swollen knees which are red, shiny and seem to contain water - when there is acute pain apply slightly warmed Castor oil and foment with DRY HEAT. This can be done by heating brick dust or sand which has been put in a handy cloth bag (say 6" x 6"). You can heat on the tawa (griddle) or in the oven. If you are using the oven, first heat the sand and then pour into the bag. This bag is then gently applied to the knees after applying the Castor oil.

SSC 33 - SKIN PROBLEMS COMBINATION

SSS + Cleansing & Kidney combination (SSC 12) + Skin Sanjeevini + Thyroid Sanjeevini.

Add other Sanjeevinis as required:

- a. **Psoriasis (and all types of Itching even if it is not psoriasis)** - SSC 33 + Psoriasis Sanjeevini + Vaccine Antidote combination.
- b. **Eczema** - SSC 33 + Eczema Sanjeevini + Vaccine Antidote combination.
- c. **Fungal infection (including ringworm , Dhobi's itch, Barber's rash)** - SSC 33 + Worms & Parasites Sanjeevini + Fungal Infection Sanjeevini.

This can be used for all kinds of fungal infections including Candida. Combine it with the relevant combinations or Sanjeevinis - for example - Female Combination (SSC 20) for candida or other fungal infection of the female reproductive tract; Mouth Sanjeevini for thrush in the mouth and so on. When made up in water, it may also be used as an external application, mouth wash, or douche.

Diet plays a big role in fungal infections. Animal products, sugar (this includes all sweets), so-called "soft" drinks - must all be avoided. Do not combine fruits with anything else - eat them on a completely empty stomach only.

Fungal infections are also immensely helped by washing the relevant parts in Neem. Please see the note on Neem below.

- d. **Urticaria (Pitthi/Hives)** - Look under Allergies combination (SSC 2b)
- e. **Warts** - SSC 33 + Warts Sanjeevini + Vaccine Antidote combination.
- f. **Leucoderma (Vitiligo - white pigmentation on the skin)** - SSC 33 + Leucoderma Sanjeevini + Liver combination (SSC27) + Vaccine Antidote combination.

All "white" foods must be removed especially milk, yoghurt (curds), cottage cheese (paneer), all sweets made with milk.

- g. **Herpes Zoaster (Shingles)** - Skin combination + Herpes Zoaster + Nervous System Sanjeevini + Chicken Pox Sanjeevini.
- h. **Herpes Simplex** - SSC 33 + Herpes Simplex Sanjeevini + Vaccine Antidote combination.

May be used for genital herpes or recurring cold sores. Combine with the relevant Combinations (Male or Female). Use as an external application too.

Please see the note on Neem below.

- i. **Scabies** - SSC 33 + Scabies Sanjeevini.

For local application prepare the Sanjeevinis in water and apply as a lotion. Please see the note on Neem below.

Note : The skin is a secondary excretory organ. Any skin condition indicates that the primary excretory organs i.e. Kidneys are clogged up. Anything other than health food (the Diet and Lifestyle section describes this) will aggravate this condition and indeed result in chronic renal (kidney) failure if corrective steps are not taken.

Neem: Most skin ailments are also immensely helped by washing the relevant parts in Neem (margosa) water (prepared by boiling 8 to 10 neem leaves in 1 1/2 cups of water for 5 minutes). If neem does not grow in your part of the world, take some with you from India. The leaves can be dried in the shade and stored indefinitely. They are light to carry and available in plenty all over India. Do not use so called patented neem ointments - the "wholistic" effect is lost - only the active ingredient is extracted leaving you open to possible reactions. Only nature provides everything in balance.

SSC 34 - SUNSTROKE COMBINATION

For this give SSS + Fevers combination (SSC 21) + Emergencies combination (SSC 18) + Dehydration Sanjeevini. Give in water for constant sipping. To this water you can add some lemon juice and a pinch of salt and some honey.

SSC 35 - TEETH & GUMS COMBINATION

SSS + Teeth Sanjeevini + Gums Sanjeevini + Mouth Sanjeevini.

- a. **Caries** - SSC 35 + Caries Sanjeevini + Infection Sanjeevini + Pain Sanjeevini + Bone Sanjeevini + Nervous System Sanjeevini.
- b. **Teething in babies** - SSC 35 + Bone Sanjeevini + Pain Sanjeevini.

If fever and/or diarrhoea are present, please add the relevant combinations to this.

Instead of commercial teething rings, make a necklace for the baby from dried dates, stringing them through a tough string. It is effective, nutritious and delicious babies love it.

- c. **Pyorrhoea and Bleeding gums** - SSC 35 + Pus & Drawing combination (SSC 31) + Bleeding combination (SSC 6) + Infection Sanjeevini.

It is important to remember that when teeth and gums give trouble, or there are ulcers in the mouth, the body is giving a very strong signal that toxins have reached a very high level. The very gateway of food is now protesting - this warning from nature must be heeded. Diet must be examined very closely and rectified.

(See section on "Guidelines on Diet & Lifestyle").

Brushing teeth with a neem (margosa) twig daily or as often as possible, is recommended. Massaging the gums with a paste of mustard oil and salt can help with Bleeding gums and Pyorrhoea.

Note : Using commercial toothpastes may be very "pleasant" but beware of the sugar content and various other not-so-pleasant additives. Make your own toothpowder by mixing salt and soda bicarb (2:1). Leaves your teeth sparkling clean. Do not use toothpaste containing "Flouride". Use Ayurvedic preparations if you wish to use toothpaste.

SSC 36 - THYROID PROBLEMS COMBINATION

SSS + Endocrine System Sanjeevini + Cleansing & Kidney combination (SSC 12) + Thyroid Sanjeevini . This is the basic combination.

- a. **Simple Goitre** - SSC 36 + Swelling Sanjeevini + Body Tissue Sanjeevini. If **Cancer** is suspected add Gland combination (SSC 22) + Cancer Sanjeevini.
- b. **Hyperthyroidism (over-active thyroid)** - SSC 36 + Hyperthyroidism Sanjeevini + Hyperactivity Sanjeevini.
- c. **Hypothyroidism (under-active thyroid)** - SSC 36 + Hypothyroidism Sanjeevini + Obesity Sanjeevini + Water Retention Sanjeevini.

Important : Please do not take anyone off their allopathic drugs.

The present day refined salt (so-called iodised) is a "drug" and must not be used indiscriminately. The best salt to use is unprocessed, unrefined sea salt. Ground rock salt is very good for many problems, but must not be used in excess. In fact salt per se can be really cut down drastically from our diet. Salt causes more problems than it solves. Salt is acid and the body intelligence retains water in the body to neutralise this acid. This causes water retention leading to Obesity & High Blood pressure.

SSC 37 - TONSILITIS & OTHER THROAT PROBLEMS COMBINATION

SSS + Throat & Tonsils Sanjeevini(BPS) + Sore Throat Sanjeevini + Tonsillitis Sanjeevini + Infection Sanjeevini.

- a. **Dry Cough** - SSC 37 + Cough (dry) Sanjeevini + Pain Sanjeevini.
- b. **Tonsils with Pus** - SSC 37 + Glands combination (SSC 22) + Pus & Drawing combination (SSC 31) + Fevers combination (SSC 21).

Please also refer to SSC 21 (f).

A good home remedy for congestion in the throat and acute tonsillitis is 1 tsp. honey mixed with 1/4 tsp. turmeric (haldi), to be licked off the spoon slowly. Give this 3 times a day.

As a first aid, chilled water sipped slowly is excellent for a very dry cough and a very painful sore throat. Do not use this if there is accompanying chest congestion.

SSC 38 - ULCERS COMBINATION

SSS + Ulcer Sanjeevini + Digestion combination (SSC 16) + Mouth Sanjeevini or Tongue Sanjeevini or Gums Sanjeevini etc. This is combination for ulcers of any part of the digestive system.

For ulcers of the legs or any other part due to diabetes or old injury or cancer, treat according to the disease using the affected Body Part Sanjeevini, Glands combination, Pus & Drawing combination, Cancer Sanjeevini, Diabetes combination or any other relevant Sanjeevini or their combinations.

Wheat grass, moistened and crushed on a stone and then applied as a poultice heals even very old leg ulcers. For instructions on how to grow Wheat grass please refer to the chapter on "Wheat grass" under Guidelines on Diet & Lifestyle.

SSC 39 - VOMITING COMBINATION

SSS + Vomiting Sanjeevini + Liver problems combination (SSC 27).

Often, in children, vomiting is due to tonsillitis. Please check for this and in such cases add the Tonsillitis combination. When there is vomiting, it is a clear message from the body that we must not put anything in it. Trying to force food down the throat of a child who is vomiting is inviting further trouble. LISTEN to the body's language - it talks - given half a chance.

SSC 40 - ADDICTIONS COMBINATION

SSS + Addictions Sanjeevini + SAFE *(Scars of Abuse, Fears Eradication) Sanjeevini + Cleansing & Kidney combination (SSC 12) + Liver Combination (SSC 27) + Whole Body* Sanjeevini.

An important part of trying to overcome addictions are affirmations and mantras. Visualising (imagination) can also play a very important role

- a. **Alcohol Related Addictions** - SSC 40 + Addictions (Alcohol Related) Sanjeevini (DS 151).

Use for addiction to any alcohol related substance - be it beer, rum, whisky, wine, liqueur, vodka, feni or locally or home brewed stuff.

- b. **Caffeine Related Addictions** - SSC 40 + Addictions (Caffeine Related) Sanjeevini (DS 152).

Use for addiction to coffee, tea, chocolates (and chocolate flavoured drinks, ice creams etc), colas and anything that you know has caffeine.

- c. **Nicotine Related Addictions** - SSC 40 + Addictions (Nicotine Related) Sanjeevini (DS 153).

Use for addiction to cigarettes, cigars, *bidis*, *hukka*, tobacco, *gutka* and *paan* or *paan-masala* chewing or anything that you know has nicotine.

d. **Drug Related Addictions** - SSC 40 + Addictions(Drug Related) Sanjeevini (DS 154).

Use for addictions to ***all kinds*** of drugs including sleeping pills and all "mental" drugs medically prescribed in addition to heroin, marijuana, etc.

For medically prescribed drugs, please do not discontinue immediately - as the underlying condition improves (please treat the underlying causes with the Sanjeevinis simultaneously e.g. depression or epilepsy), the drug can be slowly reduced and over a long period tapered off and discontinued as the situation demands.

The prayer in all these is to remove dependency by healing the underlying deeper causes and to subsequently create an aversion.

***For details on SAFE Sanjeevini and Whole Body Sanjeevini please refer to Sarva Shakthi Shanthi combination (SSC 1).**

SSC 41 - ANOREXIA (loss of appetite) COMBINATION

SSS + Anorexia Sanjeevini.

This is often due to mental and psychological reasons.

SSC 42 - APPENDICITIS COMBINATION

SSS + Appendix Sanjeevini + Digestion combination (SSC 16) + Infection Sanjeevini + Inflammation Sanjeevini + Emergencies combination (SSC 18).

Important : Give frequently in water, but **remember that acute appendicitis is a life threatening medical emergency and the patient must be rushed to a hospital.**

SSC 43 - GONORRHOEA COMBINATION

SSS + Gonorrhoea Sanjeevini + Male problems combination (SSC 29) or Female problems combination (SSC 20) + Infection Sanjeevini + Inflammation Sanjeevini.

To this you can add the affected body parts eg. Vision combination (SSC 19b).

SSC 44 - HERNIA COMBINATION

SSS + Hernia Sanjeevini + Abdomen Sanjeevini + Injury Sanjeevini + Pain Sanjeevini. Add to this Circulatory System Sanjeevini + Veins and Arteries Sanjeevini + Infection Sanjeevini + Inflammation Sanjeevini if there is danger of strangulation.

SSC 45 - INCONTINENCE COMBINATION

SSS + Incontinence Sanjeevini.

This combination is to be used for any kind of incontinence:

- a. **Urinary incontinence** - Incontinence combination + Cleansing & Kidney combination (SSC 12) + Muscle Sanjeevini.

- b. **Sexual incontinence** - Incontinence combination + Male problems combination (SSC 29) or Female problems combination (SSC 20) - as the case may be.
- c. **Incontinence of desires (uncontrollable desire for any thing)** - Incontinence combination (SSC 45) + Addictions combination (SSC 40) + Tongue Sanjeevini (if the desires are to do with food).
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SSC 46 - LEPROSY COMBINATION

SSS + Leprosy Sanjeevini + Glands combination (SSC 22) + Cleansing & Kidney combination (SSC 12) + Circulatory System Sanjeevini + Veins & Arteries problems Sanjeevini + Skin Sanjeevini + Nervous System Sanjeevini + Body Tissues Sanjeevini + Vaccine Antidote combination + the relevant Body Parts Sanjeevini eg. Arm & Hand Sanjeevini or Leg & Foot Sanjeevini or Nose Sanjeevini etc. (Please select the required Body Parts Sanjeevini from the main index)

Leprosy is very often tubercular in nature. Tuberculosis Sanjeevini can be added to the above combination. If numbness is a symptom (it often is), then add Numbness Sanjeevini.

After a month of treatment make a remedy of vibrations of the discharge of the patient's sores (see Instructions chapter - Preparing vibrations from a given gross substance using the Multiplication & Broadcasting Card (Instruction 6)), taking care to use a cotton bud to obtain a sample. The sample can be smeared into a plastic bottle (even a miniscule quantity is enough). Please dispose off the cotton bud and the sample bottle safely.

The pills prepared from the discharge can be preserved as a permanent sample. The vibrations from this can be added to the general Sanjeevini combination being given to the patient.

(Ointment for local application can be made by using mustard oil or sesame (til) oil as the medium for preparation of this combination).

SSC 47 - MARASMUS COMBINATION

SSS + Marasmus Sanjeevini + Muscle Sanjeevini + Bone Sanjeevini + Vaccine Antidote combination (together with all the Sanjeevinis pertaining to diseases for which the child has been vaccinated e.g. Measles, Polio etc - Please select the required Disease Sanjeevini cards from the index)

This is the basic combination. Add according to the condition of the child e.g. Vision combination SSC 19 (b), Teeth combination (SSC 35) etc.

Marasmus is the ultimate condition of malnutrition (remember the pictures of starving children in Ethiopia). Marasmus in third world countries is caused by mass vaccination programs. The vaccines overwhelm the child's immune system resulting in chronic diarrhoea/ pneumonia/ malnutrition leading to Marasmus.

The allopathic system of medicine blames the mothers for "rejecting" the child. Anyone who has read "Every Second Child" by Archie Kalo Kerinos, M.D., will understand that how we blame ANYONE except the accepted system of health.

In the event that the child or group of children or a community is suffering from marasmus due to external factors please prepare the Sai Protein food as given in the recipe section and distribute as a daily quota. This is a very cost-effective and easy way to provide nutrition.

SSC 48 - MUSCULAR DYSTROPHY COMBINATION

SSS + Muscular Dystrophy Sanjeevini + Muscle Sanjeevini + Nervous System Sanjeevini + Body Tissues Sanjeevini + Bone Sanjeevini + Vaccine Antidote combination + the affected body parts. (Please select the required Body Parts Sanjeevinis from the index).

In some cases even bones get deformed and scoliosis (curvature of the spine) takes place.

This was considered an inherited disorder seen almost always in boys. Muscle tissue begins to degenerate and is slowly replaced by fatty tissue. Usually starts in the pelvic muscles and the lower back muscles. The child develops a waddling gait. Calf muscles, shoulders and arms are also slowly affected. We now know that childhood vaccines play a major causative role in this disease.

SSC 49 - OBESITY (being overweight) COMBINATION

SSS + Obesity Sanjeevini.

Obesity is a common problem amongst Indians where fat is usually synonymous with "healthy".

SSC 50 - POLYPS COMBINATION

SSS + Polyps Sanjeevini + Pus & Drawing Combination(SSC 31) + Nose Sanjeevini, (adding Sinus combination, Ear combination, Digestion Combination, Female combination - as required).

Polyps are benign growths usually found in the nose, and sinuses, and less often in the stomach, ear, colon and uterus. Often polyps are due to Hayfever (and the antihistamines being indiscriminately used to suppress it). Treat the cause if you can locate it (see Allergies combination SSC 2).

SSC 51 - SEPTICAEMIA COMBINATION

The combination would be SSS + Septicaemia Sanjeevini + Blood Sanjeevini + Body Tissues Sanjeevini + Fever combination + Cleansing combination + Glands combination + Whole Body Sanjeevini.

This is the basic combination. You may require Pus & Drawing comb as well and some body part Sanjeevinis in case there is putrid matter wanting to leave from a particular place eg. Leg & Foot Sanjeevini.

Under this category comes any kind of blood poisoning - be it Pyaemia, Toxaemia, Sepsaemia or Septicaemia.

Diet and lifestyle is very important - please guide the patient to a very simple diet. Please refer to section on Diet and Lifestyle for details.

SSC 52 - SYPHILIS COMBINATION

SSS + Syphilis Sanjeevini + Male problems combination (SSC 29) or Female problems combination (SSC 20) + Glands combination (SSC 22) + Cleansing & Kidney combination (SSC 12).

You may need to add other combinations or Sanjeevinis depending on the symptoms eg. Circulatory System Sanjeevini, Pus & Drawing Combination (SSC 31), Vision combination (SSC 19b).

SSC 53 - WATER RETENTION COMBINATION

SSS + Cleansing & Kidney combination (SSC 12) + Liver combination (SSC 27) + Water Retention sanjeevini would be the basic combination.

Add to it as per requirement. Please also refer to Thyroid (Hypothyroidism) combination (SSC 36c).

Important : It is important to read the write up accompanying Lung & Chest combination and Thyroid combination regarding Lassix and salt.

SSC 54 - WHOOPING COUGH COMBINATION

SSS + Whooping Cough Sanjeevini + Lung & Chest combination (SSC 28) + Vaccine Antidote combination.

Use this combination whenever a cough keeps coming back; when a child cannot sleep due to the cough; when there is dry deep barking cough as soon as the child lies down. You will not harm in any way by giving this "prayer" so do not hesitate. Milk must be discontinued. Please refer to section on Diet & Lifestyle. Sai Protien food can be given for a few months (see Recipes for Sai Protien Food)

Today, due to vaccinations we do not see much of whooping cough - only sickly looking children suffering from chronic chest conditions. Which is worse - having whooping cough for 40 days and bidding it goodbye or having a lifelong "chest" condition?

SSC 55 - VACCINE ANTIDOTE COMBINATION

Sarva Shakthi Shanthi (SSC1) + Vaccine Antidote Sanjeevini (DS 185) + SAFE Sanjeevini (DS 143) + Whole Body Sanjeevini (BPS 54) + Ahimsa Sanjeevini (DS 145) + Cleansing Combination (SSC 12) + the Sanjeevini related to the vaccine you are trying to antidote e.g. Measles Combination (SSC 21d) or Mumps Combination (SSC 21e) or Diphtheria Combination (SSC 21g). Please remember that the "P" in the DPT vaccine stands for Pertussis. In the Sanjeevinis it is called Whooping Cough. Please select other Combinations/ Body Parts Sanjeevini cards/ Disease Sanjeevini cards from the index, as required.

It is really amazing how little the medical world knows about what vaccines can do in the body - all they talk about is antibodies being formed. The truth is that what the medical establishment does not know about how vaccines work inside the body is substantially greater than what it does know. And children are paying the price! Is it really worth trying to prevent relatively harmless childhood diseases which are important milestones in the growth of the immune system of the child - and acquiring permanent brain damage, autism, diabetes, blood clotting disorders and a host of auto-immune disorders like cancers. SIDS (Sudden Infant Death Syndrome) is also being increasingly linked to childhood vaccinations.

Naturopaths and Homoeopaths have always long known the disastrous effects of vaccinations especially the role they play in development of chronic diseases. Most Homoeopaths will not even begin treatment of chronic disorders until they have antidoted the effects of vaccination (regardless of how long ago the vaccination was administered) with Thuja or another remedy of their choice.

The Vaccine Antidote Sanjeevini is a good place to start when dealing with chronic diseases and auto-immune disorders like Cancer, AIDS, Rheumatism and Arthritis, Juvenile Diabetes, blood clotting disorders, Multiple Sclerosis, Guillaine Barre Syndrome, all kinds of mental and physical disorders in children (e.g. Autism, Cerebral Palsy, Encephalitis, speech disorders, Dislexia, Attention Deficit Disorder), Asthma, Psoriasis and other chronic skin ailments, renal failure (**not** getting measles has been found to have a connection with renal failure in children), Leprosy, Tuberculosis, Myalgic Encephalitis (ME or Chronic Fatigue Syndrome (CFS) as it is often called), chronic liver disorders, children showing signs of marasmus, malnutrition and chronic dysentery and several other conditions.

Add this combination to the main combination being given to the patient for the disease at hand. If you would just like to anti-dote vaccines although there is no immediate health problem at hand - to prevent future chronic problems - please give the Vaccine Antidote combination as given in the paragraph above on its own - 3 doses a day for a fortnight (or more if you feel innerly guided). You might want to antidote one vaccine at a time or several together. Again, be guided by your "inner knowing"

Note: In 1995/96 the WHO campaign in Africa with an experimental high titer Measles vaccine (EZT) resulted in thousands of children dying of malnutrition and of diseases which overwhelmed the children because the immune system of the children became compromised as a result of the vaccine - so they "apparently" died of diarrhoea, pneumonia, gastro-enteritis etc. This campaign was later called off but not before damage on a vast scale had already been done.

If a map is drawn of those areas of Africa, which had the first spontaneous outbreak of AIDS, it corresponds exactly to the map of those areas where WHO conducted its Small Pox and Polio Vaccine campaigns. It is **now** known that this was because the Simian (monkey) equivalent of HIV - the SIV - **crossed over** to humans in contaminated vaccines.

We urge you to pursue the subject further through the recommended reading on the topic.

Recommended reading on Vaccination Risks :

Vaccinations - Are They Really Safe and Effective? - by Neil Miller ISBN 1-881217-10-8

How to Raise a Healthy Child In Spite of Your Doctor - Dr. Robert Mendelsohn MD

ISBN 0-345-34276-3

Immunisations - What Your Doctor Won't Tell You About Them - Dr. Robert Mendelsohn MD

Immunization - Theory vs. Reality by Neil Miller ISBN 1-881217-12-4

Recommended sites :

<http://www.unc.edu/~aphillip/www/vaccine/dvm1.htm>

<http://www.909shot.com/>

<http://www.i-wayco.com/niin/index.html>

<http://www.new-atlantean.com/global/vaccine.html>

"I am and have been for years a confirmed anti-vaccinationist. Anti-vaccination has no backing from the orthodox medical opinion. A medical man who expresses himself against vaccination loses caste. Tremendous pecuniary interests too have grown round vaccination."

—Gandhiji

SSC 56 - BONE DISORDERS COMBINATION

SSS + Bone Sanjeevini + Endocrine System Sanjeevini.

This is your basic bone combination. Add to this according to your needs. (Please select the required Body Parts Sanjeevini cards and Disease Sanjeevini cards from the index).

- a. **Bone Injuries** - SSC 56 + Injuries combination + Pain Sanjeevini.
- b. **Osteoporosis** - SSC 56 + Osteoporosis Sanjeevini + Cleansing & Kidney combination

The Cleansing combination is used because kidney have been put under great pressure when the calcium has been leaving the body. Remember what causes Osteoporosis - meat (all non-vegetarian food including eggs), milk, alcohol, tobacco products, refined salt, aerated drinks containing phosphoric acid etc. The cause must be removed. Taking calcium supplements is not the answer. This will only put additional burden on the kidneys. If Menopause is part of the problems add this combination too - SSC 20(c).

- c. **Flourosis** - SSC 56 + Flourosis Sanjeevini.

Flourosis is the condition of the body brought about by natural fluoride in the ground water supply e.g. what we see in Andhra Pradesh. Affected persons' bones begin to twist and turn in the most grotesque fashion. It is beginning to show its ugly head in many parts of India and unfortunately the medical establishment has responded by asking people to drink more milk. This will only create further problems. The solution lies in reverting to using tamarind (well

cooked) in our food and doing away with the imported habit of cooking food with tomatoes (Please refer to "Cooking without Tomatoes" under Recipes). It is also good to use lemon in the food frequently. Three years ago when a fluoride conference was held in Puttaparthi, eminent doctors from all over the world applauded Baba's intricate knowledge of the subject but they obviously weren't listening to what He was saying - He said people have given up the habit of eating tamarind and lemon - these habits should be inculcated in young children so that they grow up healthy. Tamarind has the unique capacity to bind the excess fluoride and remove it from the body.

- d. **Bunions, growths, spurs** - SSC 56 + Bone Disorders (Growths) Sanjeevini + Cleansing & Kidney combination.

Use the combination for bunions, growths, spurs under the sole of the foot etc. Also use for crystal formations in any part of the body and deposits on and between the vertebrae in spondylosis and other spine conditions. There are sometimes growths on the hip or shoulder as well. Combine it with the relevant Body Parts Sanjeevinis. (Please select the required Body Parts Sanjeevinis from the index)

SSC 57 - SOIL REJUVENATION COMBINATION

SSS + SAFE Sanjeevini(DS 143) + Whole Body Sanjeevini (BPS 54) + Cleansing Combination (SSC 12) + Soil Rejuvenation Sanjeevini.

As we are all aware, the earth's soil is getting depleted of not only the top soil but also the delicately balance eco-system which sustains it. Efforts to repair the damage are fragmented. In India the government is making no efforts at all to move into ecologically sound agricultural practices. The large scale usage of chemical fertilizers, pesticides, herbicides which are heavily subsidized by the government, is wreaking havoc on the environment.

Place the combination on broadcast to planet earth to a specific piece of land using a map (for instructions on how to broadcast - see instruction 7 of ' Instructions'). The watering system could have the combination added to it once a day or the seeds themselves can be charged with the combination. We would love to have feedback from you on this Sanjeevini.

SSC 58 - ANIMALS & BIRDS COMBINATION

- a. **Ticks & Fleas** - Cleansing Combination + Hair Combination + Whole Body Sanjeevini (BPS 54) + Ticks & Fleas Sanjeevini (DS 184).

Use this combination both internally in their drinking water and as a wash. For street dogs we can broadcast the Sanjeevini or add it to their drinking water.(For instructions on how to broadcast - see instruction 7 of ' Instructions').

We have found that most street dogs only rarely get ticks - the domestic pets are the ones that get easily infested! That speaks volumes - do the vaccines and diet play a role? Besides, stray dogs immerse themselves in mud and slush to (a) suffocate the ticks and fleas and (b) to ease the itching.

- b. **Canine Distemper** - Fever Combination (SSC 21) + Liver Combination SSC (27) + Paralysis Combination (SSC 30) + Canine Distemper Sanjeevini (DS 146) + Vaccine Antidote Combination (SSC 55).

This is for dogs. Please add other combinations if the symptoms so indicate. Canine Distemper Sanjeevini (DS 146) may be used as a preventive - a dose a week..

- c. **Mange** - Skin Combination (SSC 33 + Scabies (incl. mange for animals) Sanjeevini.

May be used as a rinse or lotion as well.

Most skin ailments are also immensely helped by washing the relevant parts in Neem (margosa) water (prepared by boiling 8 to 10 neem leaves in 1 1/2 cups of water for 5 minutes). If neem does not grow in your part of the world, take some with you from India. The leaves can be dried in the shade and stored indefinitely. They are light to carry and available in plenty all over India. Do not use so called patented neem ointments - the "wholistic" effect is lost - only the active ingredient is extracted leaving you open to possible reactions. Only nature provides everything in balance.

- d. **PFBD (Beak& Feather disease)** - SSS + Fever Combination + SAFE Sanjeevini (DS 143) + PFBD Sanjeevini (DS 175).

This combination is for use in Parrots and Cockatoos. This is apparently a quick-spreading disease that can destroy large flocks of these birds. Use this Sanjeevini as a remedy as well as a preventive. When an epidemic is around add a few drops of the charged water to the general drinking water every day. The whole flock (farm, clinic etc) can also be put on broadcast .(For instructions on how to broadcast - see instruction 7 of ' Instructions').

The Fever combination is included even if there is no fever because the Fever Sanjeevini is programmed to treat all diseases caused by viruses and bacteria.

Please Note that ALL the Sanjeevinis can be used for animals and birds. The reason the above are listed here is because these problems are specific only to them. For other requirements for animals and birds - please select the required combinations from the SSC combination list.

Om Sai Ram


Sanathana Sai Sanjeevinihealing fragrances
A SPIRITUAL HEALING SYSTEM TO AWAKEN THE BODY'S OWN HEALING POWER
**GUIDELINES ON DIET & LIFESTYLE
FOR
HEALTH AND HARMONY**

INTRODUCTION

There is much suffering in the world today. The "standard of living" is rising everywhere, but the "standard of health" is at its lowest! Pay a casual visit to any hospital anywhere in the world and you will see what man's "standards" have come to. Natural calamities apart, most of today's suffering is man-made.

The poor suffer from diseases of "**deprivation**". These include malnutrition (including beri beri, scurvy and extreme situations like marasmus, as in Ethiopia), blindness, and diseases caused by unsanitary living conditions like dysentery, cholera, typhoid, malaria and jaundice.

The rich, on the other hand, suffer from diseases of "**plenty**" or "**excess**". These include diabetes, rheumatism and arthritis, high blood pressure, heart trouble (cholesterol), kidney failure, asthma, osteoporosis, depression, skin problems, Parkinsons disease, prostate problems, cancer, acidity and ulcers, colitis, spondylitis, thyroid problems, migraine, obesity and its associated problems, multiple sclerosis, haemorrhoids (piles), sinusitis, septicaemia - the list is endless.

There used to be a system, we believe, in ancient China, where the family doctor was paid at the end of the month - but only if no one in the family had fallen ill during the month. If someone fell ill, it was the doctor's duty to get him well **AND** the doctor was **NOT** paid for that month. Why? Because he had not done his job properly! It was the doctor's job to practise "preventive" health care - to guide the family's food and living habits in a manner conducive to maintaining good physical and mental health. In other words, the doctor had a vested interest in your **NOT FALLING SICK**.

Today, we have reversed the process. We go to the doctor and **PAY** him when we are **SICK**. Let us be honest - the medical profession is not responsible for this - **WE** are, and only **WE** can change this.

When the words "**health care**" are used, we are programmed to think of vaccinations, inoculations, medical check ups, pap smear tests, biopsies, prostate tests, urine tests, blood tests, CT scans, Ultra sound scans, MRI's etc. - in fact the list is endless and the more it costs us to get these tests done, the more we feel satisfied that a "lot" is being done by us for our health! Notwithstanding all this, nations are getting more sick by the day.

While all governments all over the world have "health" ministries, "health" services, "health" insurance - health is quite conspicuous by its absence! What we have in fact are "disease" ministries, "disease" services, "disease" insurance and so on. Hundreds of billions of dollars are spent on "health care" annually, most conspicuously by countries who are at the forefront of medical technology. Yet - ill-health, not health, is the order of the day.

Why?

Because, dear brothers and sisters, health cannot be "bought" in a pharmacy. It doesn't "cost" money - it only demands an uncompromising quest for wellness. The pathway of peaceful and harmonious co-existence with Mother Nature and all her creatures is the **ONLY** way to wellness.

Is it not ironical - we first spend money to acquire ill-health (through indiscriminate overindulgence) and then we spend more money and vast amounts of national and personal resources trying to regain our health?

Mind you, while we are visiting doctors and hospitals we continue to guzzle vast quantities of wrong foods and live lifestyles of indulgence and indolence, all of which only adds to our woes.

Disease has overtaken us completely and we are all looking for quick-fix solutions.

Let us take an example - I have a headache. What is my response? I pop a pain-killer into my mouth. The pain goes away - for the moment. A few hours, a few days, a few weeks later it returns. I pop some more pills into my mouth. At each recurrence, the pain gets worse, the frequency is greater and the duration is longer. Soon I have to increase the number of pills I take because the pain is no longer "responding".

This goes on getting worse until I am a full blown case of "migraine" operating at an efficiency level which is only a fraction of what God intended for me. Worse still, I will develop hyperacidity (which is a side effect of pain killers) and maybe a full blown ulcer. For this I will in turn start taking antacids which over a period of time will destroy my liver. The kidneys will be next in line - all quick-fix "solutions" have a domino effect until all our vital functions are destroyed.

Meanwhile, I will go on stuffing myself with some or all of the following disease producing "foods".

1. Undigestible foods which act as slow poisons for our body e.g.. milk, refined oils etc.
2. Foods of himsa or violence (non-veg.foods), which convert our bodies into putrefying burial grounds.
3. Carcinogenic (cancer causing), nerve-destroying additives like artificial colours, preservatives, flavours, MSG., all found in most packaged foods and drinks.
4. Caustic soda, formaline, urea, Oxytocin - (a female hormone) all in milk.
5. Irradiated foods, Microwaved foods - the disastrous effects of which are only now being understood.

HOW SHOULD WE RESPOND TO DISEASE?

Let us go back to the example of a headache given above. Pain is NOT a disease. It is the body's way of telling me that a problem AT A DEEPER LEVEL exists.

What does the body expect me to do?

The body expects me to respond in a more intelligent and responsible manner. The easiest and the best thing to do under the circumstances would be to abstain from normal food - just stay with diluted fresh fruit juice or fruit or a clear soup or best of all, just fast with lemon water and honey. Responding in this way opens up a communication channel between me and my body. Within a few hours I will know what the problem is. Most likely it is constipation or a sluggish liver.

Digesting what we eat takes up more "energy" than any other activity. When there is a headache, refraining from eating or eating only fruits (which digest themselves), is the kindest thing I can do for my body. Elimination of waste matter from the body is vastly more important than eating. This function too needs "energy" The body would be most grateful if it could use its available resources of energy to get rid of the "garbage", which, to put it mildly, is raising a "stink" inside me. That stink is the "headache".

Let us say the headache was not due to constipation but was in fact due to clogged up sinuses (there are nine sinuses behind and around each eye). My response of "fasting" would still be the best response - clogged sinuses are "garbage dumps". When there is excessive mucous being produced by the body (milk and milk products are the main culprits), the body pours the mucous into the sinuses to get it out of the way, so that normal body functions can carry on. Sinuses are empty air pockets - the body's built-in garbage bags - and the body intelligence uses them as such. When they are close to filling up, the resulting build-up of pressure in the forehead area results in the headache.

When I respond by fasting, the body takes advantage of the energy bonus to throw out the mucous. I might get severe cold symptoms with a heavy discharge from the nose. The headache backs off immediately. Being aware that it is better to have the garbage outside me than inside me - I am happy with my "cold". I continue to either fast with lemon water and honey, or I eat only fruits, boost my immune system with the Sanjeevinis, and if possible take a day off from heavy routine.

Once the garbage has been eliminated, I will be "in tune" with ME, with my inner Shakthi, and my instincts will begin to tell me what to eat.

UNDERSTANDING DISEASE

Negative emotions like resentment, jealousy and anger set off chemical reactions within us which cause us to self destruct. There are latent tendencies in all of us towards certain diseases, handed down through heredity. Our negative emotions trigger off storms within us which wake up these latent tendencies and cause disease.

What is disease but dis-ease?

Our desires are like a fire - the more we feed them the more brightly they burn. Since desires cannot always be fulfilled, frustration, anger and resentment set in.

Disease is Mother Nature's response to our indulgence and our unmitigated efforts to self-destruct through over-indulgence. Disease is Nature's way of slowing us down. In Her compassion she warns us first with minor ailments that we are headed towards a precipice. When we stubbornly refuse to listen She limits us with severe illnesses.

Health, on the other hand, is a joyous journey back to harmony. Desires, material possessions, sense gratification are viewed in their proper perspective. Love, faith, compassion, sharing and caring take the place of the negative emotions. This puts us in touch with our Inner Guide. If we are listening, if we tune in, the Inner Guide never fails to guide us.

In the Sanathana (timeless - natural) way of healing (in this we include Ayurveda, Naturopathy, Yoga, Acupuncture, Acupressure, Reflexology, Homoeopathy, Radionics, Vibro-healing, Spiritual healing and all systems where the patient is

treated holistically i.e. he is looked upon as being made up of body, mind and spirit and treatment is at all three levels), we awaken the body's own healing power - THAT Cosmic Energy which when balanced, sets right all disorders at all levels of existence. This healing power is known by various names - in Yoga we call it Prana; in Acupuncture it is known as Chi; in Homoeopathy and other natural systems it is known as the Vital Force.

Therefore, in **Sanathana** health care we would work towards **keeping THAT healing power ALIVE, AWAKE AND ACTIVE.**

FOOD HABITS AND INSTINCT

Our food habits are guided by :

1. Our sense of taste
2. Conditioning through advertisements (remember, a lot of the knowledge that is acquired by the medical profession is also through advertising. This could be directly from the television or worse, in an indirect but more insidious way by vested interests who periodically come up with "studies" which are aimed at showing that "their product" is good for health). The medical profession becomes an unwitting pawn in the hands of commercial interests.
3. Conditioning through social interaction. This also includes the conditioning we receive throughout our childhood.

Many eastern nations are known for their hospitality. In India we have a saying - "atithi devo bhava". (The unexpected visitor is God). We go all out to treat the visitor like "God". We lay out the delicacies before Him which, when chemically translated, are disease causing indigestible toxins. (Please refer to the relevant section on different "foods" to understand this). There is a general lack of awareness about the harmful effects of such foods - but what is most disturbing and unfortunate is that even those who are aware continue to serve these indigestible foods. The excuse is that it is the done thing, that the visitor would take offence if he was not given a bottled drink to quench his thirst and sugared sweets made from milk to please his palate.

It is precisely this kind of conditioning and peer pressure that we have to rise above.

Our sense of taste was provided by God to be used as a tool to verify that only wholesome, balanced food is ingested by us. But due to our senses having taken control of us, all balance has been lost. We are now slaves to our 5 senses and our tongue has lost the discrimination - that instinct - to eat only what is good for us.

In the wild, animals don't have doctors - their instinct tells them how to revert to a state of health when disease strikes. We too have the same instinct, hidden in the sense of taste, to revert to good health. Given half a chance, the body will know how to heal itself.

When we are not in harmony with nature, when we are violating God's bounty at every step, when our planet, mother earth, the animals, the underprivileged, are all crying out at the abuse heaped on them by us for our own selfish ends - our instincts become numbed and slowly die.

We will have to rise above the conditioning we are constantly being bombarded with, through the media and through social and peer pressure. We will have to return to nature and to harmony - harmony with our surroundings and with ourselves. Slowly but surely, our instincts will begin to re-awaken and guide us to a state of vibrant health.

HOW DO WE REMOVE DISEASE AND RETURN TO VIBRANT HEALTH?

We can regain our health and vitality by following the Pathway to Harmony.

The only lasting way to return to good health (it is possible!), is through acute awareness of what is causing dis-ease in our lives. An honest self-examination is called for and with courage and determination we must embark on a programme of change. What do we change?

1. Remove all that is wrong and dis-ease promoting from our **Diet and Lifestyle.**
2. Add all that is good and health promoting to our **Diet and Lifestyle.**

"A strong will is the best tonic. The will becomes strong when you know that you are a child of Immortality or a person who has earned the Grace of the Lord. Medicine and hospitalisation are for those who doubt and hesitate and argue about this doctor being more efficient than the other and this drug being more powerful than the rest. For those who rely on the Supreme Doctor, His Name is the drug that cures."

- BHAGAWAN SRI SATHYA SAI BABA

WHAT TO REMOVE FROM THE DIET

We begin by giving you a list of what to remove from the diet followed by a brief write-up on the reasons. This is a brief note on diet - not a treatise. What is given here is generally applicable. Whilst what is positively good for each person may differ, what is harmful for almost each one of us is being listed here with very brief reasons.

| | |
|-----------------|--|
| REMOVE | <ul style="list-style-type: none">• Meats, chicken, fish, eggs (all non-veg.)• Refined sugar, sweets, chocolates, bottled drinks, aerated waters, packet juices.• Packaged foods like chips, soups, cornflakes, sauces.• Milk, processed cheese, icecreams, mithais (Indian sweets), desserts, puddings.• Refined foods including refined oil, refined salt, white flour (maida), polished white rice.• Cooked tomatoes.• Alcohol, smoking, tobacco products, drugs. |
| MINIMISE | <ul style="list-style-type: none">• Usage of medicinal drugs - give the body a chance to heal itself. |

WHY WE MUST REMOVE ALL NON-VEGETARIAN FOODS INCLUDING MEAT, CHICKENT, FISH AND EGGS.

- This food putrefies within a few hours and since we are by nature not equipped to pass out excreta in less than 24 hours, the putrefaction takes place within us. We are carrying around decaying corpses within us (we cannot be more graphic) and the delicate lining of the intestines and the colon absorb the resulting toxins. This is the reason that countries where meat is consumed in large quantities have the highest rates of colon cancer.
- If we wish to live long and be strong and hardworking let's learn from nature. The elephant, the bull, the horse (we measure power as horse power) are all vegetarians. The elephant lives 100 years and more. The lion and all other carnivores on the other hand live only 15 years. The lion is vicious and violent and works hard only to kill for food. The rest of the time it spends sleeping (20 hours per day).

When Shaw turned vegetarian at 25, his doctors warned that his diet would kill him. When an old man, he was asked why he didn't go back and show them what good it had done him. He replied, "I would, but they all passed away years ago".

- Our stomach has to produce a lot more acid to digest these foods. They themselves are very acidic (producing large quantities of uric acid), so anyone suffering from ulcers, arthritis, psoriasis and other skin problems, renal failure, you often don't have to look far for the cause.
- The adrenal glands or stress glands become very active in the animal during captivity and during the butchering process. The adrenal so produced is recycled to humans
- thus causing unnecessary panic, stress and fears (many present day psychiatric problems may be attributed to this).
- Further , the animals are fed all sorts of hormones and drugs to fatten them up - these are also recycled to humans and result in severe hormonal disturbances in men and women. Antibiotics are a routine part of their diet. Ingesting these will make us immune to their action should we ever need to use them.
- Besides, it makes no sense from the economics and world food shortage point of view. It takes anywhere between 12 to 20 pounds of vegetable products (as animal feed) to produce one pound of meat (enough only to feed 2 humans).

The water resources on our planet are running out. **It takes 60 litres of water to grow 1 kilo of wheat, 200 litres to grow 1 kilo of green beans, 3000 litres to produce 1 kilo of eggs, 8200 litres to produce 1 kilo of chicken 16400 litres to produce 1 kilo of pork and 50,000 litres to produce 1 kilo of beef (Source : Higher Taste - see"Recommended Reading")**.

The Ogallala Water Resource in North America, probably the world's largest underground reservoir of water, was a gift to mankind from the Ice Ages. **In a few years it will be completely dry.** The rain forests of Africa and South America have been "**cleared**" to make place for growing grain for cattle for producing hamburgers for the meat eating population of the world.

We did not inherit this planet from our forefathers -WE HAVE BORROWED IT FROM OUR FUTURE GENERATIONS! Remember, everytime you eat meat, you are permanently destroying this planet.

It is indeed horrifying that **thousands of gallons of blood and other waste matter from abattoirs** are being poured **EVERY DAY** into rivers all over India.

Could this be one reason for the high incidence of gall stones in young people in India today?

Morally and spiritually, how can we justify killing another animal to satisfy our tongue. There is only one God. He created the animal too and it is to Him that we pray for compassion when we are sick or in trouble. How can we possibly expect compassion from Him when we so ruthlessly and needlessly kill and harm **HIS** Creation. Think about it!

*"We pray on Sundays that we may have light
To guide our footsteps on the path we tread.
We are sick of war, we don't want to fight,
And yet we gorge ourselves upon the dead"*

- George Bernard Shaw

- As for eggs - they rot as fast as meat and fish. Eggs provide the largest quantity of cholesterol. Besides, the unfertilized eggs are virtual chemical factories. The hens are kept in the most shocking conditions - never allowed to roam free in the sun, always sitting in one position to produce "assembly line" eggs. They are fed hormones (for better produce) and artificial yellow colour (which is one of the worst offenders in children's behavioural disorders) to make the eggs look more appetising. Unfertilized eggs are nothing but the waste matter of the hen.

That eggs are "nuggets of concentrated nutrition" is a myth that we have swallowed for too long. One egg contains almost zero iron, 1200 IU of Vitamin A, a large quantity of Vitamin D and is loaded with Cholesterol! Compare that to 6000 IU of Vitamin A in a small bunch of drumstick leaves and 10,000 IU in an even smaller bunch of coriander leaves. Both these are also very rich sources of iron (as are all green leafy vegetables). Vitamin D is available from the sun - it is formed directly on the skin by the action of the sun. AND vegetable products do not contain any cholesterol!

Most worms, ulcer, arthritis, eczema, asthma, psychiatric, heart, blood pressure, cancer, and kidney cases respond quite dramatically when all non-vegetarian foods are eliminated from the diet.

WHY WE MUST REMOVE REFINED SUGAR, SWEETS, CHOCOLATES, BOTTLED DRINKS, AERATED WATERS AND SO CALLED JUICES.

All these items have zero nutritional value. They are "empty calories" which the body must up. **The so-called "juices" and "fresh juices" in packets are made from concentrate and/or pure chemicals - they contain water, sugar, artificial flavour citric acid, preservative and ZERO NUTRITION.**

The level of awareness however, is so low - even in professional circles - that this kind juice is being administered as food to seriously ill patients in "modern" hospitals.

Sugar is **ACID**. It wears down our tissues and leaves us open to all sorts of scourges. The process of refining requires several corroding chemicals to be added to the sugar. The number of diseases which are caused/aggravated by sugar would fill a book. (In fact there is an excellent book on the subject - Sugar Blues). We will list only a few of the common ones - all behavioural problems in children (hyperactivity, tantrums, poor concentration, lagging behind in studies, lack of interest in studies, insomnia, frequent mood changes), ulcers, skin problems, arthritis, kidney problems.

Sugar unbalances us and can cause brainstorms. People suffering from psychiatric disorders, depression, phobias, fears, paranoia, compulsive behaviour and epilepsy must omit refined sugar and other products containing sugar from their diet. We have seen many people refrain from adding sugar to their tea (and of course it's an achievement), but they undo the whole thing in the next instant by eating sweets and chocolates, gulping down colas and other bottled "soft" drinks. An eight ounce "soft" drink contains 8 teaspoons of sugar; one square inch of chocolate can contain up to 20 teaspoons of sugar. A "soft" drink is anything but soft on your system. Besides sugar it contains phosphoric acid which is corrosive and prevents calcium from being utilized in the body. It makes mush out of children's teeth and can actually retard their physical and mental growth. Drinks containing caffeine (all colas) are addictive and can ruin our kidneys. Those drinks that are labelled "Diet ..." and contain no sugar, add other sweeteners which are so dangerous that they require a statutory warning in some countries (like cigarettes).

We have seen children being asked to leave schools because the school can no longer cope with them. Some schools label them "retarded" which indeed they are well on the way to becoming. The irony is it's usually what the parent is feeding the child!

We earnestly appeal to parents and teachers not to give a chocolate or other junk food to a child as reward for being good. That's a contradiction. You cannot reward a child for being good with a substance that will prove harmful for him or her.

WHY WE MUST REMOVE ALL PACKAGED FOODS - CHIPS, SOUPS, SAUCES, CORNFLAKES.

Beware of additives in these commercial goods. Most additives are well known carcinogens (cancer promoting). Nutritionally, these packaged "goodies" cannot be classified as "food" by any stretch of imagination. MSG (monosodium glutamate or ajinomoto), which is added to most of these foods is responsible for nerve impairment and can and does retard mental growth of children. It is responsible for hyperactivity, loss of concentration, headaches and neck pains.

Contrary to popular belief, cornflakes are not as nutritious as they are made out to be. They contain 80% sugar and refined flour (nutritionally zero) and the remaining 20% are chemicals with fancy names. "Vitamins added" is another gimmick in actual fact these are in a form which is impossible for our bodies to assimilate and end up being treated as toxins by our system which of course means that our liver and kidneys take a beating.

We have seen perfectly good and healthy children deteriorate into sleepless demons who cannot be managed - at home or school. The trauma these children and parents suffer must be seen to be believed. But the truth is - it is of their own making. These are "junkies" of the 90's - living on junk food.

WHY WE MUST REMOVE MILK, PROCESSED CHEESE, MILK BASED SWEETS.

Although awareness in the West is growing, in India and other third world countries it is not yet understood what a damaging "food" milk is. We give below some reasons for not drinking milk. We do recommend that you further educate yourself by reading books on the subject (refer to Appendix - "Recommended Reading").

Let us look at it using our common sense - is there any other animal in nature that drinks another animal's milk after it has been weaned away from the mother's milk? Even a calf, once weaned will not drink cow's milk - so why do humans?

Domestic pets (dogs and cats) drink milk because we have corrupted them into doing this.

The calcium in milk is bound up in casein. Casein and lactose are broken down in our body by rennin and lactase respectively. Both these enzymes are all but missing from the human body by the age of 3 - in many cases even earlier. (There is 300 times more casein in cow's milk than in human milk). Casein, incidentally, is the substance from which wood glue (Fevicol!) is made ! This gluey substance in milk remains undigested in our body where it sticks to the mucous membrane of the intestines. The intestines react by secreting more mucous to wash it off. Soon it begins to degenerate and putrify due to the bacteria feeding on it. This putrid matter is then pushed around in the body - never able to leave and causing more and more mucous to be produced which the body endeavours to throw out through its orifices. If you suffer from tonsillitis, bronchitis, sinusitis, ear infections, asthma, discharging eyes, vaginal discharges, amoebiasis, migraine, colitis **STOP THE MILK.**

The calcium in the milk is in fact a red herring - we go after it and acquire all sorts of diseases. The truth is - the more milk we drink, the more we are likely to suffer from calcium deficiency ! The high phosphorus content in milk upsets the delicate balance which the blood maintains between phosphorus and calcium. Due to the high phosphorus content, the blood is forced to **DRAW** calcium from healthy bones and teeth - so drinking milk can actually cause osteoporosis (brittle bones) and can cause teeth to decay. Which are the countries with maximum osteoporosis? The milk guzzling countries - Sweden, USA, Finland and UK have the highest rates of osteoporosis.

The excess calcium so carried by the blood is then deposited in soft tissues causing tumours, cataracts, kidney and gall stones, spurs and bony growths, spondylitis, sciatica, thyroid problems, prostate problems, atherosclerosis (deposits in arteries) many more diseases.

What is the first thing the body does when the milk is ingested ?

The body produces acidic enzymes in order to curdle the milk so that it can stay longer in the stomach for digestion.

So how do we (please let's use common sense here) expect ulcer patients to get well with milk when its direct action is to instantly produce more acid in the body? And of course you must have heard that "cold milk" must be taken. Why? Why cold milk? Why not hot milk? Again let's use our common sense - because it is the "cold" that is working to give you temporary relief - not the milk. Cold water would be a better bet.

The things that you are told not to have are sour things. In fact lemon water and tamarind water are both powerful antacids. (This may sound peculiar when doctors keep telling us that these two items are acidic). What we view under the "microscope" in the laboratory is not necessarily how the inside of our body views it.

Inside the body both these remove acid. Take a cue from our traditional eating patterns - our chutneys, chaats, sambars, rasams - which are "hot and spicy" - always use tamarind in the recipes to antidote the ulcer causing chillies.

Another thing that antidotes the chillies is pure desi ghee (clarified butter). Again let us take a cue from our South Indian food - Every serving of rice is liberally "garnished" with desi ghee to antidote the chillies in the "hot" sambars and rasams. People with operable peptic and duodenal ulcers have been saved from the surgeon's knife by simply changing these two things :

1. giving up all non-vegetarian foods, eggs and dairy products **EXCEPT** ghee (cooking everything in ghee - no oil) butter and homemade yoghurt (curds).
2. introducing fresh lemon and water into their early morning regimen on waking (honey may be added but no salt or sugar).

Try it - don't take our word for it ! Within 10-15 days you will see the difference if not sooner. You may get what looks like an aggravation of cold symptoms for a few days, but that will pass - it's nothing but the body cashing in on the unexpected break to throw out accumulated garbage. Joints may also pain as the uric acid begins to come away from the joints. In a month you will feel like a new person.

There may be weight loss. This causes a lot of people to panic that they are getting "weak" Unfortunately, in India people associate "health" with being fat. Again, the awareness level is so low - very few in the medical world pay any attention to educating their patients that "fat" is not healthy. Many people are aware that at the age of 40 being overweight is not good - but few are able to comprehend that the foundation of "fat" is laid in childhood - that the foundation of all diseases starts with wrong eating patterns acquired through childhood conditioning.

It is naive and ridiculous for parents, grandparents & "well wishers" to respond to this information with the statement : "But the children must "enjoy" their childhood." Yes - enjoy their childhood visiting doctors every month, guzzling antibiotics & suffer their adult-hood with high blood pressure, diabetes, kidney disorders, heart trouble, arthritis, cancer or worse!

Note : For further information on this subject see Appendix - "Recommended Reading" (Fit for Life, Heads & Tails, Diet for a New America)

WHY IS MILK INDIGESTIBLE NOW?

Rennin and lactase were being produced in our bodies not long ago. Why has the human body stopped producing these two enzymes now? Why is milk consumption proving to be disastrous for mankind?

Consider this:

We call the cow "mother cow" because like the mother she gives her milk to us. In fact she is more than mother because she feeds us at the cost of her own babies.

How have we treated this mother?

Go to any modern dairy and see how the cow is treated. Over fattened with drugs, this gentle herbivore is fed chicken bones in its feed. She is not gently milked by a loving cowherd - **instead her udder is hooked to a machine**. She stands long hours parting with milk in this crude way all the year round. Her milk is produced at the behest of hormones.

In India, this great land of ahimsa, the conditions are even more shocking! "Oxytocin" is a hormone which is meant to be used by obstetricians during childbirth in women where the contractions of the uterus are insufficient. Oxytocin produces contractions in the uterus.

Indian milkmen inject the cows and buffalos with oxytocin **TWICE** a day - causing "labour pains" in the animal **TWICE A DAY**. They do this because this causes the milk to flow faster. Oxytocin is a "banned" drug worldwide for animals, but is available at a throw-away cost in India and almost every milkman uses it. Besides the fact that this hormone causes several disorders in humans when they drink this milk, it causes acute torture to the animal.

As if this is not enough, Indian milkmen push an iron rod into the uterus of the cow and crudely shake it about to cause pain, which they believe will make the milk flow faster. Dear sisters, can you imagine what this must feel like? What kind of milk do you think a cow that goes through this kind of torture, will "gift" us? Nutritious? Imagine you are that cow. What kind of sentiments would you have towards man? Would you bless man that he thrives on the milk or would you "**CURSE**" him that he suffers? As we sow so shall we reap. Perhaps we are suffering from the collective curse of the cows of the world!

Please read Maneka Gandhi's "Heads and Tails". It chronicles horror stories about the cattle pounds (where stray cattle are kept), about what happens to male calves when they are born (they are starved to death) about thousands of healthy buffalos and cows being killed every year in Bombay ALONE due to mistaken economic reasons. You will then understand why milk is causing so many diseases!

WHY WE MUST REMOVE ALL REFINED FOODS INCLUDING REFINED OIL, REFINED SALT, REFINED FLOUR (maida) , POLISHED WHITE RICE:

When the word "refined" is used, it usually means that the natural state of the product as provided by Nature, has been tampered with by removing the nutrients and adding several chemicals which will ensure longer shelf life for the product. The product "looks" better, it probably even "tastes" better BUT is it "good" for our health?

(a) refined oil - do you know that a law exists in America against the advertising of refined oil as "better for health". Why? Because studies have shown beyond doubt that the chemicals added to the oil during refining are producing cancer and that refined oil is NOT in any way better than butter and ghee in preventing heart disease. In India our media blares out advertisements declaring refined oil to be better. The conditioning has become so strong that even the medical profession has been taken for a ride and you now find doctors passing on the information provided in the advertisements, to their hapless patients. Unrefined oil is a much better bet - different geographic regions have their own typical oils - mustard oil, coconut oil, sesame (til) oil, olive oil etc.

(b) refined salt - sea salt and rock salt were provided by nature and that is the way they must be had. India fought and won the battle of independence over "salt" - do we have to fight another battle over it - a battle of disease? Under the pretext of adding "iodine" to salt, which God has provided in its most natural and subtle way in the sea salt, commerce has snatched the right from the common man of having salt as God intended him to. Is it not a shame that we now find it almost impossible to find natural sea salt? "Scientists" (who are funded by commerce!) have convinced our government that thyroid problems are a result of a lack of iodine. But, did we ever see so many thyroid cases as we do now? Ask all these thyroid patients which salt they have been using and the answer will almost always be "refined salt". Iodine is a deadly chemical. How on earth can it be added across the board to all salt? Some people eat less salt, while others consume a larger quantity. Indian pickles, for example, are loaded with it. Surely, if it is an essential "chemical", it must be provided in a controlled way! No, brothers and sisters, because that would not suit commercial interests - what would they then package, advertise and sell at an exorbitant price? In European countries people have the right to choose - natural sea weed, sea salt or refined salt. In India, the Government has assumed the right to choose for all of us!

Refined salt is ACID. The body which has an intelligence of its own, retains water to neutralise this acid. The water retention causes your tissues to become clogged (not unlike slushy slums in the rains) which in turn causes capillaries and arteries and veins to get choked causing pressure to build up in these channels - leading to high blood pressure. Add to this the residue left behind by the undigested casein from milk, cholesterol from meat, eggs and cheese (which is carried by the blood and deposited at random in the arteries) and you have a perfect case for by-pass surgery or stroke.

High blood pressure patients are given di-uretics - drugs that encourage the water to leave the body. Unfortunately, the acid is left behind! That is the reason that those high B.P. patients who are on di-uretics, invariably get severe skin irritation. This is the acid trying to excrete itself through the skin. Many high BP patients also end up damaging the Kidneys with this acid.

(c) refined flour (maida) - Wheat is a wonderful food, very nutritious and wholesome.

When it is "refined" all the goodness is removed - the "germ", and the "fibre" have been stripped from it so that it can last longer on the supermarket shelf. Buying flour with "vitamins" and "amino acids" added is no use because these are not natural and cannot be absorbed by our body. Stay with the whole-wheat. In India there are flour mills (using stone crushing method), where unpolished whole wheat is available and the mills grind it into flour in your presence.

Do not fall into the trap of buying "brown" bread - it is usually only colour added.

What you want to buy is "whole-wheat" bread. Request your local bakery to make your bread with whole wheat flour, without preservatives, eggs, colour, milk. The bakery usually requires an order of about 10 loaves which 2 or 3 families can order together and share (until the entire neighbourhood switches to the healthy bread!)

Note : there are many people who are allergic to wheat and others who convert every grain of wheat they eat into mucous which causes several disorders like chronic sinusitis, pus in the ears (leading to Meniere's disease and Tinnitus), bronchitis etc.

(d) white polished rice (all varieties of it) - As in the case of flour, in white rice too the goodness has been removed. What we should eat is par-boiled rice (known as Sela rice in North India). This rice has been boiled while still in its husk so that all the goodness has seeped into the grain. After this process the rice is dehusked.

Brown, unpolished rice is nutritionally very sound but the vast majority of people find it very difficult to digest it. Use it only if you can digest it.

WHY WE MUST REMOVE COOKED TOMATOES FROM OUR DIET:

Tomatoes, when cooked, turn very acidic. Since it is our endeavour to remove "acid-causing" foods from our diet (a number of diseases have their root in acid or are made worse by acidic foods) it makes sense to use tomatoes, if we have to, only in their uncooked, but ripe, form.

Besides, they have entered into our diet very recently (a couple of hundred years ago in India) and replaced tamarind. Tamarind has a very unique quality of binding Flouride and removing it from our body thus preventing flourosis in populations which receive drinking water which is high in flouride content.

A number of villages in Andhra Pradesh have very high rates of flourosis. The reason is these villages have en masse switched over to tomatoes and discontinued the usage of tamarind.

WHY WE MUST REMOVE CIGARETTES, ALCOHOL, DRUGS, TOBACCO PRODUCTS:

The awareness level of the ill effects of these substances is very high - what non-smokers have to be aware of is that they are subject constantly to passive smoking. Please do not hesitate to speak up when you feel that your child or you are being deprived of your fundamental right to smoke-free air. If someone in your home is a compulsive smoker or drinker, we suggest you try the Addictions Sanjeevini on them (see Addictions combination under "Selected Sanjeevini Combinations). This Sanjeevini, given with compassion and understanding has helped many people to give up their addictions including smoking and drinking.

Smoking damages your lungs, arteries and bones; alcohol damages your liver; together they destroy your life. Drugs destroy our mind and intelligence and through these, our body and soul.

What we have to resist is the "first time" for tobacco, for alcohol, for cigarettes, for drugs. Peer pressure is responsible, but let us remember - we live our lives for ourselves and not for our peers. If we pay undue importance to what others think of us we are no better than puppets on a string - living our lives as others want us to live.

WHAT TO ADD TO THE DIET

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| ADD | <ul style="list-style-type: none">• Water, fresh seasonal fruits, fresh seasonal vegetables, gur(jaggery), butter, pure ghee, home-made curds (yoghurt), butter milk.• Whole grains (according to season) eg.wheat, jawar, bajra, barley, parboiled and/or unpolished rice.• Lentils, dals, beans, grams. (add tamarind always) Nuts & seeds - sesame (til), sunflower, almonds, walnuts, pistas and coconut.• Dry fruits (in winter)• Fresh lemon water (without sugar)• Tamarind - to our lentils (to prevent flourosis and acidity).• Sprouted or living foods.• Wheatgrass and Rejuvelac (see separate chapter) <p>* Note : If you have to have fried food, use only UNREFINED OIL. If you are on the wrong side of 30 - minimise fried food.</p> |
|------------|---|

ADD -For growing children - milk made from sesame seeds (til), sweet melon seeds. soya beans, wheat, coconut, almonds, peanuts combining with dates and honey, flavouring with cardommom (ilaichi), saffron (natural kesar - not artificial flavour), kewra, natural vanilla etc. These can be given to new born children also (diluted) where mother's milk is not available for some reason. Recipes are given in the chapter called "Recipes".

SOME COMMON DOUBTS

Where do we get our protein, calcium, Vitamin A, Vitamin B12, Iron?

- Protein comes from amino acids - you can never ever be short of these - everything that grows from the earth has amino acids. Where does the elephant, the cow, the horse, the bull get its amino acids from? From grains and grasses!

All grains, lentils (daals), ALL vegetables are rich in proteins.

- Calcium - nature abounds with it and in readily assimilable form with phosphorus and magnesium in the correct ratios - in all green leafy vegetables and nuts especially sesame (til) seeds and almonds. Even tiny babies can be given milk made from sesame seeds, coconut, wheat, almonds, soya bean, if for some reason mother's milk is not available.
- Vitamin A - green leafy vegetables and naturally yellow fruits - mangoes, papayas, carrots, peaches - are rich in Vitamin A. The drumstick plant - its leaves, flowers and fruit, coriander leaves, fresh mint - all these are the richest sources of Vitamin A on this planet.
- Vitamin B12 - we are told this comes from animal sources only - true - from animal's residing in our intestinal tract - the friendly bacteria, provided you have killed them off with antibiotics. If you have - please take homemade yoghurt freely (never after sunset) and Rejuvelac. Normally, if you are into natural healing and antibiotics are not part of your regimen directly or indirectly - you don't have to worry. Your body knows how to balance itself.
- Iron - All green leafy vegetables are full of iron as are dry fruits and most fruits (especially the ones that turn brown if left exposed after cutting or peeling). That milk or meat or eggs are essential to fulfill our iron requirement is a story fed to us by vested commercial interests. One humble bowl of spinach (palak) contains as much iron as 60 gallons of milk. In eggs, iron is almost non-existent.

HOW SHOULD WE EAT OUR FOOD?

We must eat with awareness. Not only awareness of what we eat but with acute awareness of how grateful we have to be for our food.

- Try and eat in silence, starting by saying a small "thank you" prayer to God - just visualise how many hundreds, if not thousands, of pieces of a jig-saw puzzle have come together to bring this plate of food to you.
- Chew your food properly - there is a saying that we must "eat" our liquids and "drink" our solids. Which is to say, juices, buttermilk etc. must be had very slowly and moved around in our mouth so that they combine well with the saliva and then swallowed. Solids, on the other hand, must first be liquified by chewing well, and then drunk. A great deal of digestion, especially of starches, takes place in our mouth.
- Eat only half a stomachful. Leave the remaining space for the "cooking" of food with digestive juices.
- When you are ill or down - either abstain totally from eating or eat only fruits (fruits are better than juices because we chew them) and drink only lemon and water with honey added. Food uses up energy for digestion - valuable energy which we need for recovering and recouping.

Please note : What has been given in this chapter is **A VIEW POINT. Please accept it only if it appeals to your common sense - otherwise reject it.** It is not a treatise on Natural Healing - it is only a beginning in your quest for being in tune with Nature. Your health is in your hands. How far you go from here depends entirely on you. We also encourage you to understand your Personal Constitution (Prakruti) - please refer to "Recommended Reading". An understanding of the Tridoshas will result in perfect "tuning in" to your **OWN** dietary requirements.

"Sathwic (pure, health promoting) diet does not mean simply the food we take through our mouth but also means the pure air we breathe through our nose, the pure vision we see through our eyes, the pure sounds we hear through our ears and the pure objects we touch through our feet and hands. All that we take in through the doors of our five sense organs may be described as diet. Listening to bad sounds, looking at bad sights, touching bad things do not constitute sathwic diet."

- BHAGAWAN SRI SATHYA SAI BABA

"Motherhood is the most precious gift of God. Mothers are the makers of a nation's fortune or misfortune, for they shape the sinews of its soul. Those sinews are toughened by two lessons they should teach: fear of sin, and fondness for virtue. Both these are based on faith in God being the inner motivator of all. If you want to know how advanced a nation is, study the mothers: are they free from fear and anxiety, are they full of Love towards all, are they trained in fortitude and virtue? If you like to imbibe the glory of a culture, watch the mothers, rocking the cradles, feeding, fostering, teaching, and fondling the babies. As the mother, so the progress of the nation; as the mother, so the sweetness of the culture."

- BHAGAWAN SRI SATHYA SAI BABA

PATHWAY TO HARMONY - II - LIFESTYLE

We are aware that many of you who will read this may already be following most of what is given here. However, as healers it helps to have on hand "printed" guidelines which, if you lack time, can be photocopied and passed on.

WHAT IS LIFESTYLE?

The sum total of what we do (or fail to do), from the moment we wake up to the time we go to sleep, day after day, is lifestyle.

If day after day we watch television and read books and magazines that feed our sensuous desires; if we listen to music that only conjures up base emotions; if we use our hands to engage in activity that is anti-peace and anti-God (read that as anti-anyone), if we smell of perfumes created to stir the senses, we can be sure of perpetuating negative samskaras for future lives as well, besides causing several dreadful diseases in the present life-time.

If we fail to do what it is our duty to do according to our station in our life (as wife, mother, husband, father, daughter, son, employee, employer etc.) we are indulging in adharmas or "sinful acts".

We begin by listing what needs to be removed from our lifestyle and why, followed by what we must add to our life in order to bring about a qualitative change in our purpose, our perspective, and consequently our wellbeing.

WHAT MUST WE AIM TO REMOVE FROM OUR LIFESTYLE?

Remove mind polluting books and magazines, T.V., junkie/sensuous music, gossip, criticism, judgement, perfumes, unrighteous or adharmic activities.

Our body and mind is fed not only by what we eat with our mouth but also everything that enters through all our sense organs.

WHY WE MUST REMOVE T.V. AND MIND-POLLUTING BOOKS, MAGAZINES AND PICTURES FROM OUR LIVES:

Let us begin with what we "eat" with our eyes! A lot of what we see can be described as "involuntary" i.e. we have no control over it. What we CAN control is the subject of discussion here. It is by choice that we read what we do; it is by choice that we switch on the television; it is by choice that we stop and look at defiling cinema posters.

Baba has renamed television "televisham". "Visham" means poison. Do we really understand what Baba is saying? He is saying **TELEVISION IS POISON.**

Most people attribute Baba's condemnation of the television to the negative impact of the programmes on the mind. This is the truth but only half the truth. What most people are not aware of is that **TELEVISION EMITS REAL RADIATION.** There is growing evidence that radiation from T.V. can be a cause of epileptic type of convulsions in children, anaemias of various types (leukaemia?), skin problems, behavioural problems in children and what is most alarming - birth defects in children born to mothers having prolonged exposure to radiation from T.V. and computer screens (VDU's).

Television's impact on the mind cannot be overemphasised. ALL generations are victims to this invasion from the skies - but the **SWITCH IS IN OUR OWN HANDS.** The junk, and we cannot call it anything but that, pollutes our minds, erodes our cultural values and makes us impervious to violence and moral degradation. Violence and immorality have now become accepted norms.

Till about 15 years ago television played a very insignificant part in our lives - if at all it played a part. Interpersonal relationships within families have taken a plunge because no one talks any more - the idiot box is a priority. Our food is eaten in front of the television and conversations revolve around the previous day's serial!

Try removing the poison from your life - unplug it - put it away (or at least reduce it to news only) - and see the difference.

Now let us talk about books. They can provide the best Satsang (company of the good and holy) and also the worst kind of "bad company" - it all depends on our choice of books and magazines. Those of you who have stopped reading yellow literature, love stories and gossip magazines - please do not keep these storehouses of sensuousness on your bookshelves. Don't give them or sell them to others either - **BURN THEM. You will then never be tempted to read a book like that again.**

WHY WE MUST REMOVE JUNKIE AND SENSUOUS MUSIC, GOSSIP AND CRITICISM

Our senses of **hearing, smell, touch and taste,** can likewise become gateways for garbage to enter our bodies. Gossip, criticism and sensuous music would obviously not fall into the category of "good food" for the mind and body. Music, it is said, is food for the soul but to achieve this lofty goal, it must be uplifting - raising us to higher levels of consciousness.

WHY WE MUST REMOVE SENSE-AROUSING PERFUMES, AFTER-SHAVE LOTIONS ETC.

Not many people realise just how powerful our sense of smell is. The memory imprint of smells is like a computerised recall

and often a passing fragrance will bring a complete flashback of a scene which we never imagined was alive in our memory. It is not possible to control smells and fragrances brought to us by the wind or by other people, but we **CAN** control the kind of fragrance we ourselves carry around with us. Most perfumes today are made with the sole purpose of arousing the senses. **BESIDES - perfumes are known to cause epileptic/epilepsy type seizures in children, asthma attacks, allergic sneezing bouts, headaches, nausea and a host of other symptoms. Would you like to cause these problems in innocent children you meet everyday?**

WHY WE MUST REMOVE UNRIGHTEOUS BEHAVIOUR, ADHARMIC ACTIVITIES.

Touch includes all activities that our hands engage in . Any anti-God activity (read that as anti-ANYONE activity) will take us further from the ideal state of "ease" or health and harmony.

WHAT MUST WE ADD TO OUR LIFESTYLE?

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|------------|--|
| ADD | Good uplifting books, and magazines. |
| | Devotional, classical, ennobling music - vocal or instrumental. |
| | Satsang of sages who teach the eternal values of truth, righteousness, peace, love, non-violence, compassion, tolerance, harmony - leading to fostering of brotherhood of man. |
| | Selfless service - Maanava seva is Madhava Seva - resulting in self purification. |
| | Moderate exercise - just one round of Surya Namaskara is a good starting point. |
| | Deep breathing taking care to breathe out deeply as well as breathe in deeply. |

THE LAST WORD

Right at the beginning of this note in the section entitled "**Introduction**", we talked about the poor suffering from the diseases of deprivation and the rich suffering from the diseases of plenty or excess. True harmony will reign in this beautiful world of ours when the "haves" begin to look at the "have nots" as their brothers and sisters. If even ten percent of the rich decided to alter their lifestyles and eating patterns in a way that they did not fall sick, we feel sure that enough resources could be generated to completely eradicate diseases of deprivation in the whole world.

Something to think about!

Each of us can start in our own way - taking care of one or two persons from the underprivileged classes in our very own homes. There need be no hunger, no deprivation, no disease.

We just need to shift our awareness from our own narrow lives and see ourselves as a very small part of the beautiful "whole".

" Practice silence. For the voice of God can be heard in the region of the heart only when the tongue is still....Silence is the speech of the spiritual seeker. Soft sweet speech is the expression of genuine love. Hate screeches, fear squeals, conceit trumpets - but love sings lullabies; it soothes, it applies balm."

- BHAGAWAN SRI SATHYA SAI BABA

"Without giving ear to patent lies born out of malice and greed, I would advise you to form "satsang" where you will meet and exchange truths and virtuous talk; where you will study holy books and discourse on the glory of God. Why waste precious time in scandals about others and criticism of others' behaviour? Cultivating envy, malice, hatred and anger against others is an evil past-time that recoils on oneself. In everyone there is resident the self-same Divine spark; so cavilling at the neighbour is tantamount to cavilling at Divinity."

- BHAGAWAN SRI SATHYA SAI BABA

FRUITS - THE WONDER FOOD

And - how we harm ourselves by eating them wrongly

There are many arguments about whether man is herbivore (vegetarian), carnivore (meat-eater) or omnivore (one who can eat and digest both). In actual fact, there is mounting evidence to suggest that man was a fruitivore! It is possible to live only on a combination of fruits and nuts and never suffer any malnutrition - in fact we would probably live in the "pink" of health. However, fruits as they are eaten at present by most of the world, can be positively harmful.

Most people eat fruits :

- (a) after food,
- (b) combined with milk for dessert,
- (c) cooked or stewed or baked.

This is not right.

Fruit must be eaten on an empty stomach.

Fruit must never be combined with milk or grains.

Fruit must be had uncooked.

Why? This becomes clear when we understand how fruit is digested in the body.

After being chewed well in the mouth, fruit enters the stomach for a short period (15 to 20 minutes for most fruits, 1/2 hour for bananas,) and then proceeds to the intestines where it digests itself with its own enzymes. If it is eaten after a meal it sits on top of the food and ferments because it does not get a clear passage to go down to the intestines. Not only is the fruit rendered completely useless -it can become a cause of acidity, indigestion, gas, colic, constipation and other diseases. For this same reason it must not be combined with any other foods. The other foods need to sit in the stomach for several hours for digestion.

Cooking the fruit destroys its self-digesting enzymes and it becomes a burden for the body.

In fact acidity, colic, indigestion, constipation can all be helped substantially by eating fruits atleast 1/2 hour before food. Chronic sufferers of these problems should abstain from having any cereal, bread, roti or paratha for breakfast - they must have only fresh fruits.

When "dying" of hunger, fruits are your best bet. They provide energy very quickly and efficiently without using up valuable energy reserves of the body (other foods use massive amounts of energy in the process of digestion).

"You sit in Meditation for ten minutes after the evening Bhajan session; so far so good. But, let me ask, when you rise after the ten minutes and move about, do you see everyone in a clearer light as endowed with Divinity? If not, Meditation is a waste of time. Do you love more, do you talk less, do you serve others more earnestly? These are the signs of success in Meditation. Your progress must be authenticated by your character and behaviour. Meditation must transmute your attitude towards beings and things, else it is a hoax. Even a boulder will, through the action of sun and rain, heat and cold, disintegrate into mud and become food for a tree. Even the hardest heart can be softened so that the Divine can sprout therein."

- BHAGAWAN SRI SATHYA SAI BABA

"Worship is not a uniform to be put on and off at stated hours of the day. Render every thought into a flower, worthy to be held in His Fingers; Render every deed into a fruit, full of the sweet juice of Love, fit to be placed in His Hand; render every tear holy and pure, fit to wash His Feet."

- BHAGAWAN SRI SATHYA SAI BABA

RECIPES

SAI PROTEIN FOOD

This is highly nutritious food at a very low cost. It contains a good amount of protein, calcium, iron and other nutrients. Can be used where famine strikes and whenever there is a problem of anaemia or under-nourishment- whether at home or in the slums.

Ingredients :

| | |
|--|----------|
| Whole wheat | 400 gms |
| Mung lentils. | 300 gms |
| Ground nuts (peanuts) | 100 gms |
| White til (sesame seeds) | 100 gms |
| Gur (jaggery) | 200 gms |
| Cardamom (elaichi) | few pods |
| Dried ginger | |
| Optional - Pure ghee (clarified butter) for roasting wheat | |

Preparation :

Dry roast whole wheat (or add ghee which increases the nutritive value considerably) adding cardamon. Roast mung, ground nuts (peanuts), til (sesame) and dried ginger - separately.

Dry grind all roasted ingredients when cool. Add jaggery. Makes 12 to 15 servings of very nutritious food. This can be eaten dry or made into a porridge by adding to boiling water.

Alternatives for home use - do not add cardamom and gur (jaggery) to the mixture. Make the ground mixture into a soup adding a seasonal vegetable, sea salt and pepper to taste. Gur to be eaten after the soup as dessert!

FLU RASAM

This is a soup which tastes so good you don't have to wait to get flu to have it. During flu however it makes the patient feel really refreshed. It is easy to digest and removes kapha (mucous) from the body.

a. Ingredients for the Rasam powder :

Equal quantities (say 1 tablespoon) of each of the following :

- Whole black pepper balls,
- Whole coriander seeds,
- Cummin seeds
- Toor daal (arhar)

Preparation of the rasam powder:

Dry roast separately the above ingredients. Dry grind to a slightly rough textured powder. Store in a jar. Will keep for weeks.

b. Ingredients for the rasam (soup)

(To serve 4)

- Ball of tamarind the size of a big lemon
- 1 tablespoon rasam powder (see recipe above)
- 1/2 tsp. turmeric
- Salt to taste
- 2 pinches of asafoetida
- 1 tsp. mustard seeds
- 1 tsp. cummin seeds
- Small bunch coriander leaves
- Few curry leaves
- 1" piece ginger finely chopped
- 6 cups of water
- 1 1/2 tablespoon ghee (clarified butter)

Preparation of the rasam (soup)

Soak tamarind in 1 cup of water. Extract the juice. Add this juice to the remaining water and keep to heat.

Meanwhile add to this, rasam powder, a pinch of asafoetida, turmeric, ginger, salt and half the curry leaves. Bring to a boil. Reduce heat and allow to cook for 20 - 30 minutes (until the raw smell of the rasam powder disappears).

In a small vessel heat the ghee. Add mustard seeds. When they stop spluttering add cummin, 1 pinch asafoetida and remaining curry leaves. Turn off the heat, give the spices 10 seconds to cook in the ghee; then add to the soup. Garnish liberally with fresh green coriander leaves. (Coriander leaves are a good way to pacify Pitta dosha -in this case fever).

May be had as an appetizer or soup or eaten with softly cooked rice. Top the soup/rice mixture with 1/2 tsp ghee (good to remove the heat from the body if there is fever).

Variation when eating for taste :

Add green chillies and 1/2 cup boiled tur (arhar) dal to the the ready soup just before adding the ghee/mustard seed garnishing.

COOKING WITHOUT TOMATOES

The generation that grew up in the 50's and 60's cannot imagine cooking without tomatoes. Why must we cook without tomatoes? Tomatoes, when cooked, are very acidic. Besides, including tomatoes in the cooked food has done away with the abundantly sensible practice of using tamarind and lemon in our foods.

A lot of the water supply all over India (new regions are being discovered every few months) has too much flouride. Apart from causing the local population to have "blackened" teeth it causes the disease called flourosis which means their bodies and limbs are all twisted out of shape.

Tamarind has the unique quality of binding the excess flouride and removing it from the body. With large-scale conversion of villages from tamarind to tomatoes, flourosis has become a great menace. Tomatoes are not Indian - they were brought to India only 400 years ago by the Portuguese in Goa and other visitors from the North west.

In North Indian cooking, tamarind juice can replace tomatoes in almost all lentils and vegetables. Just add the juice during the cooking process. The juice can be thick and concentrated when cooking vegetables (to prevent over-cooking), so that 1 or 2 tablespoons are adequate to add a touch of sourness. In lentils and beans (including rajma (red kidney beans) and lobiya (black eyed beans/cow peas) the usage can be liberal and diluted. You will know with experience just how much is "tasty" for your family and how much is "too much".

Vegetables can be varied by adding lemon juice after the cooking is over.

Note : Tamarind and Lemon juice are ANTACIDS. Tomatoes are Acidic.

NON-DAIRY MILKS

A variety of milks and milk shakes can be made from nuts, seeds and wheat which are nutritious, rich in calcium and protein and - delicious.

Coconut milk - Grate a coconut; add 5 cups of water (this can vary depending on the size of the coconut). Leave for 30 minutes. Blend in a blender. Strain. Add some more water to the pulp; blend again; strain. Add honey to sweeten or a seasonal fruit like mangoes, papaya, chikoos, or even pitted dates (add the fruit after straining, blend again but don't strain). If you are using dried dates, please soak over night and remove the seed before blending.

This milk can be varied by adding sprouted almonds (12 hours soaking time and 24 hours sprouting time), sprouted sesame (til) seeds (same as almonds), sweet melon seeds (with shells on), sprouted or unsprouted sunflower seeds.

You can use any of these seeds together in any combination - not necessarily with coconut milk.

Wheat milk - Wash and soak 1 cup whole wheat for 12 hours. Drain off water - allow to sprout in a closed container for 24 to 36 hours. Add 4 cups water; blend thoroughly. Strain. Sweeten with honey or dates. Vary as for coconut milk but **DO NOT ADD FRUITS**. (Fruits and grains do not combine well together for digestion - see separate note on "Fruits - the wonder food"). If the person for whom it is intended, has a Vata disorder, please heat the milk lightly adding cardommon and/or saffron.

Note : do not discard the strained out pulp. You can use it as a base to make a very nutritious soup adding vegetables which have been sauteed in a ghee, cummin and ginger base. If you tire of this, use the pulp as a natural fertilizer - add it back to the soil. (Even if you do not have a garden of your own, enrich the Municipality soil - Mother Earth will be most grateful!)

Soya milk - Soak 1 cup soya beans overnight. (If you allow the beans to sprout for another 10 hours, the nutritive value is greatly enhanced. But this is optional). When the beans are ready, put 6 cups of water in a large stainless steel pot to boil and another 2 1/2 cups in a smaller steel vessel to boil. Blend the soaked/sprouted soya beans with 3 cups of cold water. You may have to do this in two rounds if your blender is small.

Add this liquefied mass to the large pot of boiling water. When it comes to the boil again and begins to rise, turn off the heat. Strain through a clean cloth. Add this pulp to the smaller vessel of boiling water and repeat the process of straining. Put both the strained "milks" into one pot and bring to the boil again. Turn the heat to "low" and allow it to boil for 5 - 7 minutes.

It is essential to follow this procedure for soya beans other wise the milk is very difficult to digest.

Note : do not throw away the pulp. Use it as a filling for parathas (add onions and suitable spices to taste).

or

Add to the pulp 1/2 cup Rejuvelac (see recipe in Wheatgrass section) and/or lemon, sea salt, pepper, (if you do not have Rejuvelac ready add 1/2 cup water with lemon juice added). Blend again. Cover and keep to ferment for 24 hours. You have a reasonable cheese spread to which you can add cucumber pieces or green coriander -mint chutney and sprouts to make delicious sandwiches with whole wheat bread **Iced smoothies**

Use seasonal fruits like melons, mangoes, chikoos, bananas, apples, pears, oranges/ orange juice, pineapple/pineapple juice, fresh figs, papaya, peaches, grapes in any combination.

Blend together and chill for smoothies and freeze for iced lollies - healthful iced lollies! Add honey if the fruit is not sweet enough (before chilling or freezing).

Kulfi (Indian Ice-cream)

Yes it's possible to make kulfi the healthful way!

Make 2 - 3 cups milk from seeds (of melon, sunflower etc.), almonds, wheat. See method given above. Strain. To the strained milk, you can add roasted peanuts, pistachio nuts, cashew nuts (whichever flavour you fancy!). In a small vessel boil 1 cup of water adding to it crushed cardamom (elaichi) and saffron (kesar). Allow the water to boil down to 1/2 cup. Let cool. Add to above mixture. To this add one cup bread crumbs made from fresh brown bread. Add honey to taste. (If it is a once in a blue-moon indulgence you can use sugar). Blend this whole mixture. Taste it to see that sweet and elaichi flavour are adequate.

Freeze in kulfi cups. (You can use an ice tray too). Once frozen, remove from the container and cut into slices. Splash on rose water or kewra water. Garnish with crushed almonds or pistachios. Delicious!

Note : If you are using seed or nut milk (not wheat milk) - you can combine seasonal fruits to make flavoured ice-cream. In that case, leave out the cardamom, saffron and bread crumbs.

More recipes will follow in our Newsletter. Make sure you are receiving a copy.

"Let the petty wishes for which you now approach God be realised or not, let the plans for promotion and progress which you place before God, be fulfilled or not; they are not so important after all. The primary aim should be to become Masters of yourselves, to hold intimate and constant communion with the Divine that is in you as well as in the Universe of which you are a part. Welcome disappointments, for they toughen you and test your fortitude."

- BHAGAWAN SRI SATHYA SAI BABA

WHEAT GRASS & REJUVELAC

"In this fast-paced world it is too frequently the case that people accept what society, family members and the authorities, whom no body ever seems to question, believe regarding how to live their lives. And yet, the happiest people I know have been those who have accepted the primary responsibility for their own spiritual and physical well-being - those who have inner strength, courage, determination, common sense, and faith in the process of creating more balanced and satisfying lives for themselves."

- Ann Wigmore

WHEAT GRASS

"Be Your own Doctor" by Ann Wigmore is a comprehensive book on the health-giving properties and value of Wheat Grass and we recommend it to all those who are interested in "healing themselves". (See Recommended Reading).

Wheat grass and / or its juice is a specific food which can assist in fighting a whole range of chronic ailments - from simple anaemia to leukamia; from a simple skin rash to skin cancer, from worms to ulcers. It can be chewed slowly or drunk as a juice.

How to grow wheat-grass

1. Soak adequate quantity of unpolished wheat-grain overnight in water in any container (after cleaning and washing it thoroughly).
2. Keep a few pots (preferably 7 to 9 pots- one to be sown each day of the week) ready with ordinary soil. Do not add any chemicals or fertilizers. Cow-dung or goat-dung may be added as manure if needed.
3. Spread the soaked wheat on the surface of the soil so that the grains are touching one another.
4. Sprinkle a thin layer of soil on the wheat grains .
5. Cover the pot with a newspaper to provide darkness which helps the sprouting and also to prevent the birds from eating the wheat.
6. Keep the pot in a balcony or a windowsill or a covered verandah.
7. Next day uncover the pot and spray on some water and again cover it with the newspaper.
8. Repeat step 7 everyday until you see green leaves sprouting through the soil. Stop covering the pot as soon as the green leaves appear.
9. Everyday water the pot lightly but adequately depending upon the season and also depending upon the pots used - whether they have holes or not. Beautiful green blades of grass keep growing in height everyday.
10. As soon as the grass is about 8 inches tall (which usually happens around the 7th to the 9th day from the date of sowing) harvest the grass by cutting with a clean pair of scissors about 1/2" above the surface of the soil.
11. The harvested wheat grass is now ready to be chewed or juiced or stored.
12. A second round of wheat grass will again grow in about 6 to 7 days with daily watering as before.
13. After the second harvest from the same pot, remove all the soil in the pot onto a newspaper- breakup all the roots and mix them with the soil. Add a bit of cowdung to this to rejuvenate the soil.

14. The soil is now ready for reuse for a fresh sowing of wheat.

Choice of pots

Clay pots with or without holes can be used. However we find plastic basins of about 6 to 8 inches diameter and about 3 inches deep ideal. These can be filled upto 2 1/2 inches with soil. Also trays made from wood or plastic or steel may be used.

How much wheat to sow everyday?

For a family of 4 healthy persons, about 100 grams can be sown every day in a new pot or basin so that a continuous supply is available. 7 to 9 pots would ensure a fresh harvest every day of the week.

For a person who is sick the amount of wheat required to be sown everyday is about 50 to 100 grams. Again 7 to 9 pots growing at any given time would ensure one pot maturing for cutting everyday (since it takes about 7 to 9 days to get the harvest).

How to store wheat grass

The wheat grass can be stored in the refrigerator in a plastic container or a good quality cellophane bag **for about 3 days**. but the juice must be drunk as soon as juiced or within 1/2 hour of juicing.

How to juice wheat grass

Please do not use electric blenders for juicing as the rapid blade movement causes oxidation of the chlorophyll and renders it useless.

A manual mince maker may be used or you can use any stone crushing method available in the home for making chutneys. Add a little water while grinding or pounding- strain the juice through a clean cloth into a cup or a glass. Grind again adding water - repeat this process until the remaining grass is almost white. Do not throw the leftover grass. Put it in your plants as manure.

How to use wheat grass

1. For a healthy person - a good mouthful (fairly well stuffed) and more if you wish, should be taken early morning and chewed until the remaining cud in the mouth is almost white. This can be eaten or thrown out. (Constipated people are advised to eat the cud as it provides roughage for a better bowel movement).

If being taken in juice form, a healthy person can take 1/4 to 1/3 of a glass everyday. but remember that the juice must be drunk immediately on juicing.

2. For a sick person - 1/4 to 1/2 glass of wheat grass juice is required to start with. If possible this should be spread over 2 to 3 times during the day - the important thing of course being to drink the juice soon after juicing.

The quantity should be gradually increased to about 8 ounces a day (approx one glass full).

3. Wheat can be crushed thoroughly and applied externally on Cancers and Ulcers as a poultice.
4. Wheat grass juice can be used as a rectal implant for cleansing and rejuvenating. Use an enema syringe to implant the juice in the rectum. Try and retain it for 20 minutes.
5. Wheat grass juice is also effective as an eye-bath (using an eye-cup).

How does wheat grass help our system:

Wheat Grass is almost like a blood transfusion. It is a wonderful cleanser and rejuvenator which means it helps your body to throw out toxins that have built up over the years and helps it replace old dead cells with new cells. These are the two essential factors that cause disease in our bodies and which wheat grass sets right.

In chronic ailments including cancer, there may be an attempt by the body to throw out accumulated toxins which could result in diarrhoea or vomiting. Both these conditions are to be **WELCOMED**. If this does happen, cut down on the quantity of wheat grass juice being consumed to half and use it diluted. Gradually begin to increase the quantity as the body begins to handle the removal of toxins in a more gentle way.

Wheat grass seva can become an important part of all our lives. Let us grow wheat grass in abundance and make it available to chronically sick patients especially those suffering from cancer, AIDS., asthma and kidney failure.

REJUVELAC

What is Rejuvelac?

Rejuvelac is a tonic drink made from wheat. It is rich in enzymes and many nutrients.

Who can have Rejuvelac?

The healthy and the sick, children and adults can have it. Diabetics can have small quantities in diluted form.

How do we make Rejuvelac?

Rejuvelac is made at home from unpolished wheat.

1. Wash one cup of wheat thoroughly.
2. Soak in 5 cups of water.
3. Leave for 48 hours.

4. After 48 hours drain off the liquid into another container.
5. To this liquid add 2-3 teaspoons of honey.
6. Store in the refrigerator.
7. When serving add a dash of lemon juice.
8. Add 5 cups of water to the wheat remaining in the first container.
9. Leave only for 24 hours this time.
10. Repeat steps 4 to 7.
11. Add 5 cups of water to the wheat remaining in the first container.
12. Leave for 24 hours.
13. Drain the liquid into another container as before, adding honey. Store and serve as before.
14. The wheat remaining now must be discarded - it can provide very good manure for your soil.

Note : At first you might feel that there is a "bad" smell, but when you add lemon juice it goes away and you also get used to some of it. The nutrition it provides is worth the initial hesitation you might have in drinking it.

Rejuvelac is an excellent tonic for the entire system. It particularly benefits the intestines and the colon. It is rich in natural enzymes and goes a long way in replacing the flora and fauna of the intestines which have been lost due to the consumption of antibiotics. Antibiotics do not have an "intelligence" that discriminates between the "unfriendly bacteria" and the "friendly bacteria" which are necessary for our very survival.

A word of caution : If you are suffering from a severe Vata imbalance (Vayu Vikara), this drink may not suit you. Please try it for a few days and use your judgement about its suitability for you.

Wishing you joy in your seva and spiritual rejuvenation.

Important

Please note : What has been given in the section Guidelines on Diet & Lifestyle is **A VIEW POINT. Please accept it only if it appeals to your common sense - otherwise reject it.** It is not a treatise on Natural Healing - it is only a beginning in your quest for being in tune with Nature. Your health is in your hands. How far you go from here depends entirely on you. We also encourage you to understand your Personal Constitution (Prakruti) - please refer to "Recommended Reading". An understanding of the Tridoshas will result in perfect "tuning in" to your **OWN** dietary requirements.

"We require no one else to make us happy for we are happiness itself. The first sign that you are becoming religious is that you are becoming cheerful. When a man is gloomy that may be dyspepsia (indigestion) but it is not religion."

- BHAGAWAN SRI SATHYA SAI BABA

"However high a bird may soar, it has sooner or later to perch on a tree top, to enjoy quiet. So too a day will come when even the most haughty, the most willful, the most unbelieving, even those who assert that there is no joy or peace in the contemplation of the Highest Self, will have to pray: "God grant me peace, grant me consolation, strength and joy."

- BHAGAWAN SRI SATHYA SAI BABA

Om Sai Ram

Sanathana Sai Sanjeevini healing fragrances

A SPIRITUAL HEALING SYSTEM TO AWAKEN THE BODY'S OWN HEALING POWER

APPENDICES

Appendix - A - FAQs

Appendix - B - Recommended reading

Appendix - C - Water - A must for new born babies

APPENDIX - A ANSWERS TO COMMONLY ASKED QUESTIONS

Q. How often should the SS-Sanjeevinis be taken?

A. For chronic or old problems : One globule (or drop of water or a tiny pinch of vibhuti) 3 times a day over a long period.
For acute problems : As frequently as required.

Q. Is there any harm if too much of any Sanjeevini is taken?

A. No, there is absolutely no harm. The Sanjeevinis are prayers meant for awakening the body's own vital force and can only help.

Q. Is it necessary to moisten the globules with alcohol when preparing the Sanjeevinis ?

A. No, the globules can and should be used completely dry. Alcohol is not needed at all.

Q. Is it possible to prepare the Sanjeevinis in a bottle or container or glass which is larger than the circle on the Sanjeevini card or the Multiplication and Broadcasting card?

A. Yes, it is possible. The bottle can be of any size or shape.

Q. Does the bottle or container (in which the Sanjeevinis are being made) have to be of a particular material?

A. No, the bottle or the container can be of any material - plastic, paper, glass or steel.

Q. Are the Sanjeevinis antidoted by camphor or coffee or any other substance with a strong smell?

A. No. The Sanjeevinis are spiritual vibrations and therefore cannot be antidoted by any substance.

Q. Do we need to maintain a gap between eating food and taking a dose of the Sanjeevinis?

A. No. Since the Sanjeevinis can be given in food itself there is no need to maintain any time gap between food and the Sanjeevinis.

Q. What is the life of the SS-Sanjeevini cards?

A. Unless it gets salvation by burning, each SS-Sanjeevini healing Card is timeless and is valid even if stained or damaged due to extensive use. However it would be wise to protect the cards during use with a clear plastic transparency kept on the relevant SS-Body Parts or Diseases Sanjeevini page (Section 3).

Q. What is the life of a sample of Sanjeevinis combination?

A. A sample made with Vibhuti (holy ash) is Sanathana (timeless) and will last for ever. A sample made from sugar globules is good until the globules get discoloured.

Q. Is there any harm if the pills are kept on the Sanjeevini cards for more than 15 seconds?

A. No, there is no harm. 15 seconds is the minimum time required. The pills can be left on the card indefinitely.

Q. For broadcasting the Sanjeevinis, is the distance important?

A. No, the person for whom the broadcast is meant could be in the next room or thousands of miles away.

Q. Earlier, machines were used in this kind of healing. Why is there no machine now?

A. The word "machine" implies "mechanics". Infact the "gadgets", going by various names like "Fragranciser" & "Potentiser" were just a medium for the healer to concentrate on.

There is nothing "happening" in a fragranciser or a potentiser. There are no "circuits". **There is subtle energy which lies in the cards.** The machine only makes the whole procedure of making Sanjeevinis or any other remedies look more sophisticated & scientific. But the truth is - the machine is not necessary.

Like the Sanjeevini cards, the Multiplication & Broadcasting card has a subtle energy programmed into it through prayers. Whereas in the Multiplication & Broadcasting card the subtle aspect is "visible" (by the absence of any wooden/plastic cover); the same subtle aspect is operating in the machine but is hidden with the wooden box & other diversions like dials and potentiometers. The principle is the same. In one the Truth is visible - in the other the Truth is hidden in order to make it appear something "more" than the Truth. There can be nothing "more" than the Truth. Truth is Absolute.

As soon as we understood this, we had to choose between sharing the Truth or carrying on with the providing a "psychological prop" for the healers. If knowledge of healing has to be shared with more & more people we cannot allow our judgement to be clouded.

A machine - fragranciser or potentiser - pushes the cost up significantly - especially if potentiometers and dials are added on and this restricts the spreading of knowledge. Knowledge of spiritual healing, in our opinion must be shared unconditionally and immeasurably - like Love.

Remember it is a Gift of Love.

Q. How important is the role of diet & lifestyle in the healing process?

A. Extremely important. Wrong diet & lifestyle are often the root causes of most ailments. Unless a patient becomes aware and brings about corrective changes in his or her diet and lifestyle, permanent cures to several chronic ailments are going to be very difficult.

Q. How do the SS-Sanjeevinis work on the body?

A. A lot of people are anxious to know what it is that flows from the Sanjeevini cards into the pills or water and how it flows. The simple answer is that it is the Lord's Love and Healing Energy that is flowing from the cards to the pills.

God's love cannot be bound by matter, space or time - it flows freely and instantly when He is called upon to help. And so His Love and Healing Energy starts to reach the patient at a distance as soon as the broadcast is started.

The deeper understanding of this will flow as you selflessly use the Sanjeevinis in a spirit of surrender.

We wish you great joy in your healing seva and in the re-discovery of harmonious living.

APPENDIX - B RECOMMENDED READING

For further information on the subject of harmful foods and healthful living, please read:

1. Higher Taste (ISCKON) -Published by Bhaktivedanta Book Trust ISBN 0-89213-128-4.
2. Population, Resources and Environment by Paul and Anne Ehrlich.
3. Diet for a New America by John Robbins - Stillpoint Publishing 1987 ISBN 0-913 299-54-5.
4. Fit For Life II - Living Health by Harvey and Marilyn Diamond. Published by Transworld Publishers Ltd. London ISBN 0-553-17582-3.
5. Is This Your Child by Doris Rapp M.D. - Published by William Morrow & Co. ISBN 0-688-08623-3.
6. Diet and Nutrition by Rudolph Ballantine - Published by The Himalayan International Institute of Yoga Science and Philosophy of the USA ISBN - 0-89389-048-0
7. Heads & Tails by Maneka Gandhi - Published by Other India Press ISBN - 81-85569-14-2.
8. Be Your Own Doctor by Ann Wigmore - Published by Avery Publishing Group ISBN 0-89529-193-2.
9. Reclaiming Our Health by John Robbins ISBN 0-915911-69-3
10. "Male Practice - how doctors manipulate women" - By Dr. Robert Mendelsohn MD.

For understanding your Prakruti please read :

11. Prakruti by Robert Svoboda - Published by Motilal Banarsidass - Delhi ISBN 81-208-1185-2.
12. Ayurvedic Healing by Dr. David Frawley O.M.D. Published by Motilal Banarsidass Delhi ISBN 81-208-1003-1.
13. Perfect Health by Deepak Chopra - Published by Transworld Publishers Ltd. ISBN 0-55f3-40324-9.

An extremely useful book on Accupressure is :

14. Accupuncture without Needles by J.V. Cerney - Published by Taraporewala Publishers Bombay .

For Yoga and Surya Namaskar - read :

15. Asana, Pranayama, Mudra & Bandha by Swami Satyananda Saraswati. *Published by The Bihar School of Yoga.*

Recommended reading on Vaccination Risks

16. Vaccinations - Are They Really Safe and Effective? by Neil Miller ISBN 1-881217-10-8
17. How to Raise a Healthy Child In Spite of Your Doctor - Dr. Robert Mendelsohn MD
18. Immunization - Theory vs. Reality by Neil Miller ISBN 1-881217-12-4
Dispelling Vaccination Myths - By Alan Phillips, a documented study - available at <http://www.unc.edu/~aphillip/www/vaccine/dvm1.htm>

**APPENDIX - C
WATER - A MUST FOR NEW BORN BABIES**

In India and in some other countries, mothers of new born babies are being given the dangerous advice that the baby must not be given any water for the first 6 months.

This can result in irreparable damage to the baby's kidneys.

To live, 3 things are essential :

1. Air

2. Water

3. Food

Air and water are absolutely essential. Only Rishis and Yogis can do without these. Mother's milk is a complete food but it cannot be a substitute for water and air.

Our mothers gave us water - that's why we are alive today.

THINK

The baby cries in atleast 4 distinct ways when it wants to tell the mother what it needs :

1. Crying for food (milk)
2. Crying for sleep or carrying
3. Crying in pain
4. Crying for **WATER**.

Every grandmother **KNOWS** and most mothers soon get to know these 4 ways of crying. The baby has no other way of communicating with you except by crying. God made it so. Human knowledge - even that of doctors - cannot replace what God made.

Please use your own common sense and your instinct to decide what is good for your baby.

Remember : There are millions of cells that die every day in the body and millions of new cells are born to replace the dead ones each day. This is true of all living creatures including little babies. These dead cells have to be flushed out by the body **EVERY DAY**. If they remain in the body they produce **TOXINS** i.e. **POISONS**.

The only way these dead cells or toxins can be flushed out of the body is if the baby drinks adequate water.

Source of this dangerous "advice" and the reasons behind it.

When asked, most doctors are very vague as to the source of this "advice" being given to mothers of newborns. Most are equally vague about the reasons for this "advice". However we understand that two reasons are most often given both of which, as we explain below, do not make any sense :

- a. that mother's milk is complete - no water is therefore needed.
Yes - mother's milk is a complete **FOOD** but it cannot substitute water and air. Besides, mother's milk also contains toxins passed on by the mother and only water can wash these out of the baby's body. (In very much the same way that cow's milk contains **DDT** and other pesticides that the cow takes in, the toxins that the mother takes in and also those which her own body produces, are passed on to the baby in the milk)
- b. that water is often contaminated and can cause "infection" in the baby.

This is a most ridiculous reason since bacteria is every where! The baby puts its own hands and fingers into the mouth and these are **LOADED** with bacteria picked up by the baby from the environment.

What happens when there is lack of water in the body?

Our body is made up of 80% water. Every few hours our body throws out poisons from the body in the form of urine. If there is insufficient water, the toxins become concentrated and can result in severe "clogging" of the kidneys, resulting in dangerous kidney disorders **AND EVEN KIDNEY FAILURE**.

It is a frightening thought that vested interests are behind this move to make kidneys fail. We hope and pray that that is not so - that this "advice" is at best a mistake and a misunderstanding.

How much water does a baby need?

There is no standard quantity. When the baby needs water it cries for it in a particular way - from the throat - you hear a sort of double sound indicating a cracking of the voice due to dryness. The baby will only drink as much as it needs - no more.

How to give water to a baby?

If your baby is a new-born, boil the water with a few grains of sauf (fennel seeds) and one or two whole pepper balls.

Strain, cool and give to the baby in a baby bottle. Some babies prefer a few drops at a time given from a silver spoon.

Silver has traditionally been used in India for feeding the baby. There is good scientific reasoning behind this. Silver inhibits the survival and growth of all kinds of germs.

If your baby is over 3 weeks old and you have so far not given any water, then try the above method - if the baby rejects it (since it is an unfamiliar texture and taste), then add a touch of honey.

Juices cannot replace water - there is no replacement for water. If you wish your baby's well-being - PLEASE GIVE HIM OR HER WATER.

Let us tune in to Mother Nature - all our answers and doubts will be cleared from **THAT** - the Resident Omnipresent, Omniscient, Omnipotent Supreme Consciousness within us.