



ACU WELLNESS

The Quarterly publication of

ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)

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No. 3

From the Chairman's Desk



Living in harmony with the nature is the best solution to stay healthy and alternate therapies focus on the body's natural abilities to heal itself. Our body is a "**smart structure**" which can sense its problems and stimulate the corrective mechanisms to bring the parameters back to normal.

For example, when infection sets in deeper, it automatically raises the body temperature as a defensive action and when bacteria get eliminated, it returns to its normal temperature. Similarly, sugar levels, blood pressure, lipid levels and all the chemical parameters in our body are controlled by our inner intelligence. How to motivate this control system to function properly? The answer is "**live with nature and don't go against nature**".

Modern medical science insists on chemical drugs to treat physical symptoms, which have created more toxicity in the body and more new "**diseases**" than have ever been known. Yes. These medicines do help humanity in emergency. But during normal circumstances, efforts should be put by the individual to stimulate internal self-healing mechanism to reduce chemical input to the body.

OUR MOTTO
HEAL THYSELF

One can easily try to solve the hyper acidity by stimulating the well-known acupuncture point **LI. 4** rather than taking antacid tablets. The root cause of the problem lies with the individual in the form of **worry**, **tension** and **wrong type of food** with **wrong timings**. Natural healing techniques address different causes of disease and different possibilities for healing.

Not **listening to one's conscience** or **breaking the natural law** can cause disease. The predominant cause is the **imbalance** of the mind and **emotions** which can cause discomfort to the body but can be difficult to diagnose and treat. Hormonal system and other **biochemical processes** are certainly altered by our emotions and mental stress.

As we explore, the introduction of **various impurities, poisons**, or substances like **drugs** and medications can cause disease. **Toxic chemical** added to foods as preservatives or **pesticides** sprayed on fruits and vegetables can cause disease. When toxins increase in our body Liver is not able to take care of it. Detoxification should be the first line of treatment.

Finally, **wrong physical habits**, corrupts the natural processes. Walking is a natural process but these days people use two wheelers even for buying vegetables in the nearby market,. **Excessive food consumption, excessive drinking** (alcohol) and **fast food** taken fast in the **fast pace** of life is against nature.

Please check where we are going wrong. Once the seed of new habit has been put in your mind, it may take a few years to mature. Please **live in harmony with nature** to avoid any disease in future.

I wish you all happy, healthy and prosperous future.

– H. Bhojraj

Diabetes Curable Says Dr. Jason Fung with Proof

When we started our Research on Diabetes in November 2015, we stumbled upon a You Tube video by Dr. Jason Fung, renowned Nephrologist from Canada where he declares that diabetes is curable.

The first video, “**How to reverse Type-2 diabetes naturally**” deals with his research results and gives a total picture about diabetes cure.

The **first lie** is **diabetes is a chronic progressive disease** but he says the **truth** is **diabetes is a curable dietary disease**.

The **second lie** is **lowering blood sugars** is the primary goal of the modern therapy but he says **diabetes is a disease of high insulin resistance**.

He advocates the treatment should be **directed** towards **lowering** the **insulin resistance** rather than **controlling** the sugar.

He quotes **Bariatric Surgery**, **Gastric Banding** and **Fasting** have **cured diabetes permanently** for **90%** of the patients. He says diabetes can be reversed with low carbohydrate diets and **proper fasting** to break insulin resistance.

In Allopathy system, treatment starts with metformin which make the tissues insulin sensitive and after increasing the tablets gradually, they go for glyburide tablets, which whip the pancreas to secrete more insulin. After few more years when it is not coming under control, insulin is prescribed for these patients. The insulin dose also increases gradually and **sugar levels** will **never come under control**. All other complications in different organs start manifesting in the body.

It is the **insulin resistance** in the system causes Type 2 diabetes. In Type 1 diabetes where the beta cells have totally shut off, one has to take insulin. But in Type 2 it is too much insulin and the insulin resistance is the **root cause of diabetes**.

Here the twin defects of beta cells failure and insulin resistance can be reversed by **acute negative energy balance** only.

Avoiding carbohydrates for a few weeks and particularly **fasting once a week** in the night breaks the vicious cycle of more insulin secretion. Particularly the **fat** in the **liver** gets into the system as fuel and **pancreatic fat** also comes down.

Hepatic fat reduction improves insulin sensitivity. High insulin levels and excess carbohydrates are responsible for Fatty Liver.

Those taking insulin should gradually **reduce insulin** and **decrease** high carbohydrates diet for a few weeks. **Fasting once a week** in the **night** initially helps to break the cycle and if the sugar is not reducing one should go for **twice a week fasting** at night says Dr. Jason Fung.

Diabetes is curable. What is required is the knowledge and courage to **challenge** the **conventional form of treatment**.

What needs to be done by a diabetes patient :

1. Eliminate worry from your mind.
2. Activate (give Acupressure) tension relieving point in the third toe.



3. Hand clasping for 2/3 minutes twice every day to relieve stress along with deep breathing.
4. Drink 100ml of coriander leaf juice early in the morning on empty stomach to rejuvenate pancreas.
5. Drink vegetable juice as much as you can have.
6. Activate all endocrine reflex points daily twice for 5 minutes.
7. Chew your food for a long time with mouth closed to produce high quality glucose.
8. Fast once a week in the night for 4 weeks
9. If the sugar levels do not come down, fast twice a week in the night for 4 more weeks.
10. Activate the Spleen, Liver, Lungs & pericardium points with the help of an acupuncturist if you are not able to solve the problem yourself.

Join our Diabetes Research Campaign every third Saturday at 3 PM for sharing your experience and obtaining any clarification.

Contact **Mr. S. Girish** (Phone : 78993 26578) or **Dr. H. Bhojraj** (Phone : 98456 49914).

Acupuncture Science Association (ASA)

Acupuncture Science Association (ASA) in its meeting on 2nd January 2016 in Bengaluru formed an adhoc committee to work out details of the Bengaluru chapter of ASA. This Committee had its first meeting in the office of AAA on 29th February, 2016. The participants were Dr. H. Bhojraj, Advisor, Bangalore Chapter, Dr. C. K. Raju, Editor, ASA Journal, Dr. Samiulla, Convenor, ASA Bangalore Chapter and Mr. S. Girish, Member, ASA Bangalore Chapter. Mr. P. Suresh and Mrs. Jija Subramanian were also invited to participate.

Dr. H. Bhojraj welcomed the members for the first official meeting of ASA Bangalore Chapter at our Academy, emphasised the need for making both ASA and Karnataka Acupuncture Association (KAA) active with more practicing qualified members. He said that practitioners in Karnataka must come together under one forum to appeal for formal recognition of Acupressure/Acupuncture in Karnataka.

He also appreciated the efforts of Karnataka Acupuncture Association which has so far done a good job to keep the spirit alive for getting the recognition.

Acupuncture Practitioners Meet 27th February 2016 (4th Saturday)

Mr. Srinivasan, popularly known as “Sai Bindu” spoke on the topic “Know your 4th Dimension” which was very interesting and relevant to the modern world. Know thyself was the key message. He told that one should realise their own potential energy and harness it in a constructive way. The horizontal journey takes us to the end of a mission but vertical journey takes us from the intelligence to intuition. One will be able to see what other cannot see. His message was never try to change others instead change yourself.

Past is history. Future is mystery. But Present is real. So live in the reality. What has not happened in 500 years, has happened in the past 50 yrs. People should utilise the technology not just to solve the problem but to dissolve the problem.

Physical activity is the first dimension. Feeling is the second dimension. Thinking is the third dimension. But being is the fourth dimension.

He said, just touch the fourth dimension, your life will not only change, but will transform.

Dr.H.Bhojraj, Chairman, Academy for Acupressure and Acupuncture, summed up the lecture and presented Shri Sai Bindu with a book, “Health in your Hands”.

1. Regarding official election it was decided to conduct elections after receiving the official membership list from ASA.
2. It was decided to appeal to all acupuncture practitioners in Karnataka to become members of both KAA and ASA.
3. Dr. C. K. Raju who attended the meeting in Mumbai confirmed the passing of Acupuncture Bill in the Maharashtra Assembly.
4. It was decided to get the syllabus from ASA as per World Health Organization (W.H.O.) norms for recognizing Acupuncturists in INDIA



Many Healers shared their experiences of healing with Acupuncture. Mrs. Shobhana from Cochin received her Advance course certificate and Auricular certificate from the speaker, Shri Srinivas.



Mrs Shobana Shah receives certificate from Sri Sai Bindu.

When I becomes WE, ILLNESS
will become WELLNESS

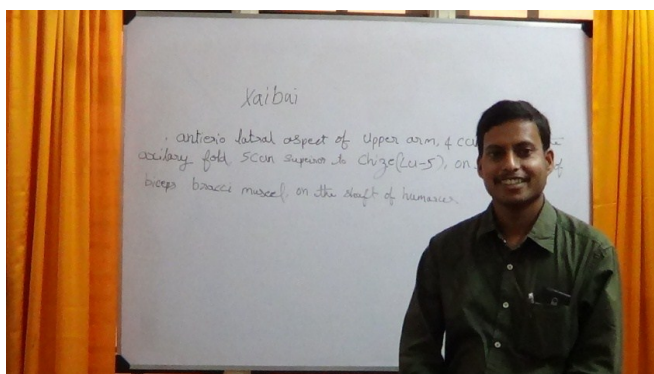
SVYASA University Yoga Meet organized on 6th Jan 2016

Dr.Bhojraj and Mr.Suresh attended the sathsangh talk by Sadhguru Jaggi Vasudev and after the lecture met Dr.Ramgopal and Dr.Bakshi.



Traditional Acupuncture Classes by Mr. Girish and Dr. Bhojraj

Academy for Acupressure and Acupuncture (AAA) started a learning course for the Advance Acupuncture practitioners mainly to impart the technical location of all 361 points in the 12 meridians. This is based on the Acupuncture book written by Dr. Peter Deadman. Every Friday, the course is conducted from 2:30 pm to 4 pm. The lecture covers the technical name in Chinese language, exact location, location note, needling depth, symptoms which can be treated with this point and general discussions. Trial classes were successful and actual classes have already commenced. This course is for a period of two years. Those interested in joining the course may contact Mr.Girish.



The course also covers the Anatomy aspects of the point locations.

JOIN OUR DIABETES RESEARCH
ATTEND OUR FREE LECTURE ON DIABETES CURE ON THIRD SATURDAY OF EVERY MONTH AT 3 30 PM TO 4 30 PM
INSTITUTION OF ENGINEERS HALL
Contact 23132103 for details

One day Course

Acupressure basic course was conducted on the third Saturday of every month in the Institution of Engineers Hall. There were 6 participants and 3 diabetes research participants on 20th Feb 2016.

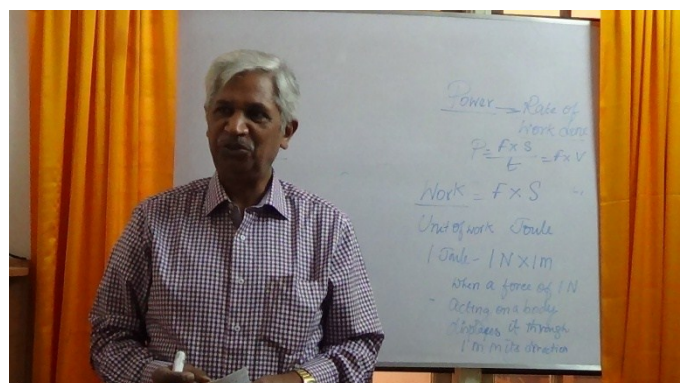


Trustees Meeting



The Governing council meeting was held on 17th Jan 2016 and reviewed the activities of the Academy.

Wednesday Physiology Course



Every Wednesday at 12 Noon, a Physiology course is being conducted in the Academy to understand the changes taking place in the system due to the activation of acupuncture points by needles. It is a free course and all advance practitioners can join any Wednesday to get the benefit of the class.

Acupuncture practitioners in Karnataka should take an examination to get the Licence from Acupuncture Council if recognized by the Government.

CASE HISTORIES

1. Knee Surgery avoided with Acupuncture treatment by my wife Mrs Shobana says Mr.Shah Arunkumar from Cochin

I, SHAH ARUNKUMAR.G husband of SOBHANA ARUN SHAH residing in COCHIN-5, would like to share my experience of being cured for knee pain with acupuncture treatment.

I was having knee pain since last few years and recently it became unbearable. I started taking allopathy treatment. But even after months of treatment, there was no relief. **An MRI scan confirmed a tear in the meniscus. I continued with allopathy treatment, but finally the doctors advised surgery.**

In the meantime, my wife Shobhana completed the advance acupuncture course from the Academy. **I also met Dr. BHOJRAJ at BANGALORE and on the assurance and confidence given by him; I am under my wife's treatment.** Now day by day I am getting better and better and started avoiding all the drugs prescribed by the doctors.

I don't think now I need any operation/ surgery, since I do all my day to day affairs without much difficulty and pain. During this period I did my business trips thrice without much difficulty. Now I am better by **90%**, and hope to get cured completely soon.

I am thankful to my wife and Dr. H. BHOJRAJ who taught her this method of treatment.

Shah Arunkumar.G.

16/974 "SHEETAL",P.T, Jacob Road
THOPPUMPADY, Cochin-6

Mrs.Shobhana Shah has treated hundreds of patients and sent a few case histories for our records.

2. Shoulder Pain cured with Acupuncture says Mrs Indira Jayachand from Cochin Ph.9495994510

I had **severe shoulder pain** on my left side and was referred to Mrs. Shobhana Shah for acupuncture treatment. I had never heard about acupuncture till that point. After meeting her, I got the confidence and belief in the system and started the treatment which lasted for few minutes with 4 needles in my hand and leg. **After the 3rd sitting in 3, weeks my severe pain gradually vanished.** I recommend this system to all the patients who take pain killers and do not get good relief for any pain.

3. Arthrities pain vanished with Acupuncture says Mary Madhu from Edapally, Kerala Ph.8129033993/8714149996

I had severe pain in my finger joints, wrist joints and elbow joints for few years and was treated for Arthritis. I tried Ayurveda for three months but did not get much relief. In September 2015, I started acupuncture treatment with Mrs. Shobhana Shah and by October 2015 after 3 sittings in a span of one month my joint pains have come down by 90%. I plan to continue the treatment till I get full cure and I thank Mrs. Shobhana for learning this technique in Bangalore and serving the people in Cochin. I also started treatment for my psoriasis problem which has been there for many years and now I have observed almost 75% cure for my skin problem also.

4. Diabetes under control with Acupuncture says Mrs. Raziya from Cochin

I had diabetes for a few years and the sugar levels were not under control even with medication. I heard about Mrs. Shobhana's acupuncture and started the treatment with her on 21st Nov 2015 with fasting blood sugar of 139mg/dl and post prandial blood sugar of 203mg/dl. Within 4 sittings my sugar levels have come under good control with same medicines. On 13th Feb 2016, the laboratory report says my fasting blood sugar is 109mg/dl and post prandial blood sugar is 144mg/dl. I am feeling more energetic now.

Mrs Shobhana Shah is also Divya Shakthi meditator and has helped many patients cure their serious ailments by distant healing.

She is also Acupuncture Practitioner in Kerala trained in our Academy.

Those interested in availing her services in Cochin can contact her by phone Number

0-9496269390

5. Kidney Stones Dissolved with Acupuncture treatment for his friend: says Mr. Vishnuchander, IT Engineer

I completed my Advance Acupuncture course in Jan 2016 and while learning the course I started treating all my colleagues and my family members for headache, back ache and shoulder pain etc with excellent results. Most of the time I do pulse analysis as taught by Dr.Bhojraj in the class and I could diagnose the problem and the symptoms without asking them.

One of my colleagues came to me **in Aug 2015 with his Ultra Sound report which has detected a kidney stone of 6.2mm in the Kidney.** Though I

was not very sure of dissolving kidney stones with acupuncture I checked his pulse and sedated yin humidity since the constitution was Yin Humidity. This treatment was repeated for 3 weeks with some improvement in the pain. Out of **curiosity I asked him to check once again to see the change with ultra sound scan. It was taken on 24th Dec 2015 and it showed that the size has reduced to 4.2mm.**

Then I consulted Dr.Bhojraj and started Kidney heat tonification formula which is supposed to melt the stone (K2 inc, K10 dec, K3 inc and P8 inc).His condition improved dramatically after the treatment and I continued the same formula for next 3 weeks. **On 6th Feb 2016 he took another ultra sound scan and found the kidney stone has vanished.** He was also taking black tea decoction early in the morning to rejuvenate the Kidney and activating the kidney reflex points in the palm along with overall activation as per our advice.

Now, he is a big fan of acupuncture and spreading the self healing method to all his friends and colleagues. **Thanks to Academy for Acupressure and acupuncture for training in this healing technique.**

Date	Observation	Impression
22-08-2015	A non-obstructive 6.2mm left renal interpolar calculus seen	Left renal interpolar non obstructive calculi
24-12-2015	Approximately 4.6mm sized non-obstructive left renal upper pole calculus seen	Left renal upper pole calculus seen
06-02-2016	Normal in size and echopattern.CMD maintained. No hydronephrosis/obvious calculi	No obvious renal/ureteric calculus seen at the time of scan

DIABETES RESEARCH DATA

1. Mrs. Nirmala Devi, 45yrs, Ayurvedic medicine

Month	FBS mg/dl	PPBS mg/dl	Hb1C
Dec2015	170	240	9.9
Jan2016	180	230	9.9
Mar2016	200	280	-

She feels energetic and her weight also reduced by 5kgs.

2. Mrs. Mallika G, 52yrs, Allopathy treatment 5 tablets/day

Month	FBS mg/dl	PPBS mg/dl	Hb1C
Nov2015	164	297	
Dec2015	123	189	
Jan2016	142	140	
Feb2016	124	160	
Mar2016	120	160	

She feels energetic and active throughout the day and has observed a slight change in the shape.

Four more patients who joined this research have not reported back.

New patients who would like to join our research campaign can join anytime. Registration fee Rs. 1000 per month. Weekly once, free acupuncture treatment for 4 weeks.

3. Mrs. Vanitha Guruswamy, 57yrs, Allopathy treatment 7 tablets/day

Month	FBS mg/dl	PPBS mg/dl	Hb1C
Nov2015	245	290	
Dec2015	310	368	
Dec2015	194	227	
Jan2016	160	164	
Jan 2016	160	143	
Feb2016	167	-	
Mar2016	194	259	

She feels energetic and stress free. Based on the Nov 2015 readings Doctor advised her to go for insulin .After the Hb1C test in April the decision will be reviewed for insulin.

4. Mr. Rajan M.C 63 yrs On Allopathy medication,5 tablets/day

Month	FBS mg/dl	PPBS mg/dl	Hb1C
07-1-2016	305	489	
16-1-2016	121	219	
10-2-2016	165	367	
08-03-2016	143	205	

He feels very energetic and able to sleep better.

5. Sanjay B.L 47yrs,Allopathy 2 tablets/day

Month	FBS mg/dl	PPBS mg/dl	Hb1C
Jan2016	200	300	
Feb2016			
Mar2016	180	250	

KNOW YOUR SYSTEM

By Mrs Jija Subramanian and Ms. Bhavya. S

Blood in our System

Blood contain cells, cell like structures called **formed elements** and liquid portion called **plasma**. It is a viscous fluid and heavier than water. Blood has to be maintained at **38 degree centigrade** and its **Ph value varies from 7.35 to 7.45**. Normally, for males the volume of blood is about 5to 6 litres and for females, 4 to 5 litres.

Functions of the blood

1. Transports **oxygen from lungs to the tissues**.
2. Transports **CO2 from tissues to the Lungs**.
3. Transports **nutrients absorbed in the intestine from lungs to the tissues**.
4. Transports **hormones from endocrine glands to target organs**.
5. Removes waste products from Liver to Kidney for excretion.
6. Functions as a buffer against changes in PH.
7. Gives proper aquatic environment for the cells.
8. Carries blood clotting mechanism to prevent loss of blood.
9. Protects against toxins and microbial organisms.

PLASMA

It is a straw coloured liquid containing several solutes. About 7% of the solutes are proteins called albumins. They are small sized plasma proteins and provide viscosity and osmotic pressure. They constitute 58% of plasma proteins and regulate blood volume and blood pressure.

Albumins are secreted by the liver. Globulins are anti-body proteins secreted by plasma cells (modified lymphocytes) form 38%. Fibrogens are produced in the Liver for blood clotting (4%).

Non-protein nitrogen substances present in the plasma include urea, uric acid, creatin and ammonium salts. It contains glucose and amino acids. It carries oxygen and carbon di oxide in dissolved state, and is also carrier for hormones and certain enzymes.

Carries electrolytes, cat ions and anions which serve to maintain osmotic pressure and buffer the blood against changes in PH.

FORMED ELEMENTS

1. Erythrocytes

They are biconcave discs of 8 micron diameter with no nucleus or mitochondria. It contains the red pigment called haemoglobin and has a lifespan of 120 days. For a healthy male, it will be 5.4 million/cubic millimetre and for a female, about 4.8 million. It is produced in the bone marrow of cranium, ribs, sternum, and bodies of vertebrae, humerus and femur.

2. Leukocytes

Leukocytes are nucleated cells that do not have haemoglobin. They produced by bone marrow and have a life span of a few days. They are divided into **granulocytes and agranulocytes**.

Granulocytes possess granules in the cytoplasm. They are known as **Neutrophils, Basophils and Eosinophils**.

Neutrophils have the capacity to recognize foreign cells, bacteria, aged or damaged body cells and engulf them after the recognition by phagocytosis.

Esoinnophils increases during inflammation and produces antihistamine substances.

Basophils contain anticoagulant and are involved in allergic reactions.

Agranlocytes are Monocytes and Lymphocytes.

Monocytes destroy pathogenic microorganisms and cellular debris by phagocytic engulfing.

Lymphocytes also provide immunological protection against pathogenic organisms and foreign bodies. The Lymphocytes involved in cellular immunity are called T cells and those of humoral (body fluids) are called B cells and are retained as memory cells.

As per the Acupuncture theory the blood is the visible form of true Qi. The true Qi is formed by the food and water taken inside and the prana taken mainly through the air passage. Since Spleen is the main organ controlling the quality of blood, any blood related problem can be treated in the Sp meridian. We cannot produce blood outside since the prana is to be added to it through the human system.

PROJECT ASSISTANT REQUIRED

For Diabetes research

Qualification; Bsc or Msc with Biology/
Biochemistry

Research Pay: Rs 10,000 per month for
one year

Work place: AAA in Rajajinagar

Extendable to 2 years.

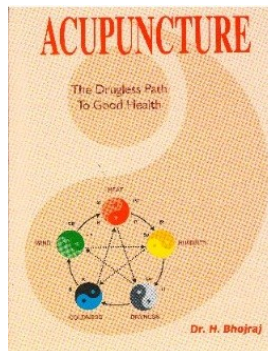
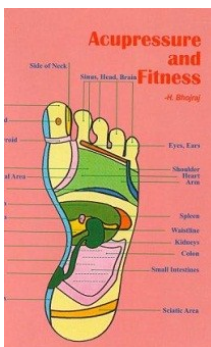
Local candidate preferable.

Must be inclined for research-Technical
papers preparation, seminar
presentation and data collection etc

Contact Dr.H.Bhojraj 9845649914

ACKNOWLEDGING DONOR

We would like to express our
special thanks to **Mr.Sanjay Das
Gupta**, Retired Out -Standing
Scientist of ISRO for his excellent
support and encouragement
towards achieving our goals.



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10 AM & 5 PM on week days.

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at

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Group of 5 will be given
training depending on the
slot available for advance
course

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on candidates convenience.

Course Fee : Rs. 50,000/- per
participant. Kindly register at least
one week in advance

For all registrations contact (080)
2313 2103 or 9845649914

Editorial Team-Mrs.Jija.S, Ms.Bhavya. S & Mr.Sivaraman