



ACU WELLNESS

The Quarterly publication of

Academy for Acupressure and Acupuncture (R)

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No. 1

From the Chairman's Desk



The urge to create arises only when a person is healthy and exuberant. Creativity is the fragrance of the real health. Children are very creative but once we admit them in school, creativity vanishes, mainly due to systematic learning induced in their mind. Parents must train their children to be more creative which shows directly their health status. We have trained many young parents to activate every day, the hand reflex points of their children and also taught them a few acupressure points like **Liver 3** and **Kidney 3** to avoid eye and teeth related problems in childhood. Parents who have followed our advice have seen miraculous changes in their child's health. The Academy is seriously reviving this **Children Immunity Development Campaign** and our practitioners are ready to visit schools for motivation lecture and training young parents.

What is needed is action from a few enthusiastic parents. **Action** and **Activity** are not the same. Their natures are **diametrically** opposite. Action is when situation demands it and we act. **Activity** is when the situation doesn't matter, it is not a response. Action comes out of **silent mind**. Activity comes out of a **restless mind**. Most people are involved in activities, **not in action**.

Action is **creative** and activity is **destructive**. Please note the difference between the two. The best way to come out of activities is to **become aware** of your activities. Action in this moment is a response, unprepared and unrehearsed. I appeal to all young parents to take action to make their children healthy, happy and very **productive** in life.

The **Diabetic Cure with Acupressure Campaign** has taken off on **21st Nov 2015** and 7 people have

joined the campaign. Mr. Girish has given a simple solution, that is, **proper chewing** of food and activating endocrine points in the palm. This **action** is not only for controlling sugar levels but also to **cure diabetes** in the long run. We will be monitoring their progress, every **third Saturday** of the month at the **Institution of Engineers**. All diabetic and pre-diabetic persons can utilize this opportunity by joining our campaign to **cure diabetes**.

I am happy to announce that our Academy will be completing 4 years in February. **I invite our Trustees, Donors, Advanced Acupuncture Practitioners and Well-wishers to join us on 7th Feb 2016 at Hotel Chalukya. I request you to confirm your participation with an SMS to 80509 01238.**

I wish all our readers a happy, healthy and prosperous New Year 2016.

H. Bhojraj

Acupuncture Science Association [ASA]

The main aim of ASA is to protect the interest of Acupuncture Science and the interest of qualified Acupuncture practitioners in India.

ASA will extend its support for research, training and awareness programmes in the field of Acupuncture in the form of Fellowships etc.

The Chief Advisor of ASA, **Prof. Ram Gopal**, Defence Scientist, former Director of Materials, DRDO (HQ) and General Secretary **Dr. Debasis Bakshi**, Howrah (WB) will be visiting Bengaluru on **2nd January, 2016**.

Karnataka Acupuncture Association (KAA) has organized a formal meeting on **2nd January** at the Institution of Agricultural Technologists, Queens Road, Bengaluru, from **2-00 PM to 5-00 PM**, mainly to merge **KAA** as **Karnataka Chapter of ASA**.

All practitioners of Acupuncture in Karnataka are requested to participate in this formal meeting. The membership fee is Rs. 2,000/- to be paid to ASA along with 3 copies of Passport size photos, copy of their I.D. and Qualification certificate. Please contact **Dr. Arvind (98457 05071)** President, KAA for more details.

Dr. H. Bhojraj, Vice-President **KAA**

Diabetes: Causes, Symptoms and Treatments

By Dr. H. Bhojraj, Chairman, AAA

The month of **November**, every year, is declared as **Diabetic Awareness month**. The United Nations (UN) has officially declared **14th November** as **World Diabetes Day** to create awareness about Diabetes all over the world, the birth day of Dr. Fedrick Banting who discovered insulin in the year 1921 along with fellow scientist Dr. Charles Best.

Diabetes or excess glucose in the blood is a cause for serious concern. The **sugar increases the viscosity of blood and the heart is forced to pump with higher pressure** resulting in **high blood pressure**. It is advantageous for a diabetic patient to keep the sugar level as low as possible so that the BP also comes under control.

Whatever food we eat, the inner intelligence converts it into glucose, amino acids and fatty acids from the carbohydrates, proteins and fat. If the **food is chewed well in the mouth** itself, the **glucose produced in the mouth by the action of saliva will be of high quality**. Once this is **absorbed into the blood, it sends a message to the pancreas to secrete insulin**. The person **also feels energetic immediately after eating food properly by chewing for sufficient time in the mouth**.

Hurriedly taken food will be converted into glucose in the small intestine and the glucose will be available only after 30 minutes of eating to give energy to the system. If this process of eating continues for years, slowly, the quality of glucose comes down and the inner intelligence will avoid using this low quality glucose for burning in the cells. This will result in a feeling of lethargy, especially in the early morning hours after getting up from sleep. Since the glucose content is more, the **high viscous blood will increase the blood pressure** which ultimately results in production of more urine. **Frequent urination** is one of the **main symptoms** in the early detection of diabetes. Since the sugar is not burnt in the system, all cells will send signals to stomach for fuel which **results in extreme hunger**.

When the cells do not get the required quantity of glucose, the inner intelligence breaks the proteins from the muscles and produces its own high quality glucose for burning in the cells. This is the reason why in the initial stages, **sudden loss of weight** is observed. **Ketones** will be present in the urine.

Since the glucose is burnt very slowly in the system and **blood viscosity** is also **increased**, the body demands more water for thinning the blood. This leads to **increased thirst**.

As the energy is not produced immediately in the system, the person will become irritable. The blood that has thickened due to **higher sugar levels** will not circulate in the capillaries for the **rejuvenation of cells**. Initially it is felt as “pins and needles” numbness and then circulation stops in the extremities. This is also the reason for **slow healing of wounds**.

The immune system weakens due to the non-availability of good glucose for burning in the cells, frequent infections will be observed in the skin, gums or in the urinary tract.

Type 1 diabetes affects children due to **viral infections**. When pancreas is infected it secretes **less insulin**. Sometimes **heavy antibiotics** taken for fever can also cause problems in the pancreas.

In Type 2 diabetes, the cells become **resistant to insulin** due to the reason mentioned earlier. Since the glucose is **not burnt fully** in the system, a part of it is converted into fat and stored in the system. **Obesity** is due to **improper burning of the glucose** by the system.

Approximately 90% of all cases of diabetes worldwide are Type 2.

All risk factors are the by-products of **improper glucose** produced in the system.

Complications like Heart disease, Neuropathy, Nephropathy, Retinopathy, Foot damage, Skin problems, Hearing impairment and Alzheimer's disease can be avoided by **improving the quality of the glucose** produced in the mouth and in the small intestine. Good health can be achieved by keeping the **muscle tone in good condition** with physical exercise.

Choose healthy food, maintain healthy weight, have more physical activity, lead a stress-free life, never smoke or drink alcohol. **Chew well**, with your **lips closed** while eating.

You can definitely avoid diabetes and diabetic patients can easily control their blood sugar.

Advance Acupuncture Course
(ONE YEAR)

Ten days forenoon course in Bangalore
[Theory followed by guidance for practicals]

18th to 28th January 2016

For all registrations contact
(080) 2313 2103 10 AM to 5 PM

Children's Immunity Development Campaign [CIDC]

Our own security force is produced by the immune system which patrols the body and guards it against invasion from outside and subversion from inside.

Bacteria, viruses, fungus, and parasites are constantly trying to invade our system. When certain viruses and bacteria invade for the first time in the new born baby, the B and T lymphocytes not only kill them but also retain them in the memory for any future invasion by them. Immunization is the way of stimulating the body to form more of these defense memories. This is called adaptive system of defense. The innate defenses include mechanical barrier such as the skin, and chemical defenses such as antibacterial enzyme in tears.

The internal surveillance system is also alert to abnormal cell division within body tissues and a healthy immune system will eliminate potential trouble at an early stage. Malfunctioning of immune system may also cause it to turn in upon itself, leading to one of the auto immune disorders, such as rheumatoid arthritis, in which the body attacks its own tissues.

If the invading infections breach the skin or are not killed by surface chemicals such as enzymes contained in [tears](#) or [saliva](#), the inflammatory and immune responses of the body spring into action. Pain, Swelling, and Fever are the signs of the battle against infection as several types of white blood cells try to prevent infection from spreading.

Improve the immune system of your children at an early age by activating Spleen, Kidney, Intestine, Liver and Lymphatic reflex points in the palms or soles regularly. Avoid antibiotics as far as possible for children below 10 years. They will stay healthy life long. Young parents should know this and help their children live without any disease in future.

What is Immunity?

Immunity is the body's **ability to fight off** harmful **micro-organisms** (pathogens) that invade it. The immune system **produces antibodies** or **cells** that can **deactivate pathogens**.

How are children affected?

Germs are everywhere and being exposed to them is a natural part of life. If a child has a weakened immune system they are more susceptible to colds, flu and other problems.

Why should children be exposed to external bacteria virus?

Childhood inflammatory diseases are an **essential** part of the development of the immune system.

Every time the immune system works to dispel a cold virus or other inflammatory illness, **your child's immunity is strengthened**. Symptoms of cough, fever, running nose, etc., are exactly what need to happen to dispel and heal the disease. Do not **suppress** this healing by giving them fever reducers or cough syrup as far as possible.

How can we help young children improve their immunity?

Acupressure is an original holistic line of treatment. Its main goal is to balance the energy of the entire body. Illness or dis-ease occurs when there are blockages to this energy. By stimulating certain points, we open up the energy flow, and health returns. The technique can be performed on children with light pressure, gentle tapping and stroking of the appropriate points. Children respond very well to this delicate stimulation.

The following points are to be activated every week with acu-touch for children below 5 years of age and acupressure for children more than 5 years.

K3 : Ear and teeth problems.

Liv 3 : Improving appetite :

Lu 7 : Cold and Cough

TW 5 : For Fever

Antibiotics only suppress the **healing process** and **weaken** the immune system. Instead of trying to control and suppress the symptoms our children are experiencing, with the help of acupressure / acupuncture, we can stimulate their immune systems to enable their bodies to heal themselves.

The Academy for Acupressure and Acupuncture has come up with a specially designed package for young Mothers. They are trained to massage the hands of their children and activate a few acu-points to strengthen the child's immune system, digestive system and the growth of their teeth and bones.

Join in to build a new healthier generation, a healthier nation!!

Dear Parents. Join our Immune system workshop with your children.

Date: 07-02-2016 Time: 2 PM to 3 PM

Venue: Hotel Chalukya

Fee: Rs. 1,000/- (monitoring monthly for one year)

For registration contact Mrs. Jija Subramanian over phone 2313 2103 or at the venue on 07-02-2016

MAJOR ACTIVITIES DURING THE QUARTER

1. Diabetes Campaign Started On 21st Nov 2015

The campaign for Diabetes Cure started on 21st Nov 2015 at the Institution of Engineers after the One Day Acupressure Course. Five people have registered for the campaign and subsequently 2 more have joined till Nov end.

Dr. H. Bhojraj, Chairman, AAA, in his welcome address, explained the need for a systematic research on diabetes with alternate systems since diabetic cases are increasing exponentially year after year due to life style changes and fast foods.

Dr. Bhojraj welcomed the proposal by Mr. Girish on this Diabetes Awareness Month and wished him success in this research program for one year. He said that the Academy will extend all the support for this systematic research.

Mr. Girish, in his presentation on diabetes, explained how the glucose produced in the system is unutilised by the body cells and how the symptoms are created due to poor utilisation of glucose in the cells of different organs.

He demonstrated on registered patients how the reflex points of their palms, particularly for diabetes can be activated. He also demonstrated how the sugar level in the body can be evaluated on the basis of the pressure and intensity of pain at lymph gland reflex points,

In conclusion, he advised the patients to **record every day, the tension and stress levels, food taken, physical exercise done and activation of Reflex points**. Further, he advised them to record their FBS/PPBS level **every week**.

He insisted on the rules to be followed for **faster cure** :

1. Chew your food well (at least 15 times each morsel) with **lips closed**. This is very **very** important for a diabetic patient.
2. Press and release the **tension relieving point** for 2 minutes (**Third toe**) every day.
3. Choose vegetables and fruits that you are attracted to while buying them.
4. Take **coriander leaves juice** (~100ml) early morning on **empty stomach**.
5. Activate the **endocrine gland reflexes** on the palms.

The campaign ended with the universal prayer.

Those interested in joining the Campaign can contact **Tel. No. 2313 2103** (land line) or **SMS to 80509 01238**. Next follow up will be on **16th Jan**

2016 at the Institution of Engineers (opp. Indian Express Building) Lecture Hall, Bengaluru, **3 PM to 5 PM**.

2. One day Basic Course

Oct. 2015

One day Basic Course on Acupressure was conducted on 17-10-2015 in the lecture Hall of Institution of Engineers, Bengaluru. In all 8 participants attended the practical training programme and appreciated the easy to do acupressure techniques to keep themselves healthy.



The session started with *Zen* meditation for 10 minutes where the theme of living in the present moment was emphasised. The next session was on single point solutions for various common ailments like headache, cold, back pain, neck pain, menses related problem, heal pain etc. They were taught the acupressure points for various ailments and how to activate for curative as well as preventive techniques.

The third session was on body and energy balancing techniques. In the practical aspects of balancing the solar plexus by balancing the legs was demonstrated. The energy balance for hip, back, shoulder and neck were also demonstrated. After practice all the participants found their body has become light and the pain in various parts had simply vanished.

After lunch, Mr. Girish covered the hand reflexology techniques impressing that '**health is in our hands**'. He demonstrated to a few participants how to diagnose the problem and the method to cure them. He also impressed that the activation of palm twice everyday prevents diseases by improving the general immune system.

Mr. Suresh covered the oil pulling therapy and *Swaiso* exercise. Ms. Vimala covered the basic auricular therapy which uses the ear points activation to solve the problems in the body.

In the final session Dr. Bhojraj covered the general guidelines to keep oneself healthy and he stressed that such simple techniques should be taught to young parents so that they avoid use of antibiotics on their children.

In the feedback session, most of them rated the course as excellent.

The session concluded with the distribution of certificates to the participants by Academy Chairman Dr. H. Bhojraj.

November 21st & December 19th, 2015

In all 7 persons attended the basic course conducted in November and December. All the participants have expressed their appreciation for the simple and very useful techniques to overcome common ailments. The feed-back received from these participants is encouraging. Mr. Suresh, Ms. Vimala M and Mr. Girish conducted the course. Dr. Bhojraj, Chairman, of the Academy summed up the session and gave an overview of our Academy's programs and activities.

The next Basic Course will be held on 16th January 2016, 20th February, 19th March and 16th April 2016. All those interested can register by SMS to 805090 1238.

3. Career Guidance for Govt High School students in Ooty and concentration improvement

6th November 2015

Dr. H. Bhojraj was invited by Rotary Club of Ketti Valley, Nilgiris, to motivate the Govt. High School Students from rural area to take up Space, Atomic Energy and Defence Research as their career option. The Rotary Club has been conducting this annual programme for the past 7 years under the able leadership of Mr. M. Krishnakumar.



The first session was on Banking profession which was vividly explained in Tamil by Mr. Dilip, Manager, SBI Ooty.



The second session was on Space Sciences which

were explained in detail by Prof. Arunachalam and questions were answered by Mr. Sundaramurthy. Dr. Bhojraj explained to the students -about 400 in number- **how to improve their concentration to achieve their goals by performing better in their studies.** The video clipping on GSLVD-2 launch evoked keen interest on young minds to take up research as their future goal.

The other two sessions on Defence recruitment and Agriculture were conducted by Col. Joshi & Prof Nagaraj.

4. Advance Acupuncture Course

The Advance Acupuncture Course was conducted from 14 to 24th September 2015. This course was attended by Mr. Charan Kumar G., Mrs. Nandini R. Mrs. C. Malar Mani, Mrs. Sangeetha Murthy, Mrs. Sujatha, Mrs. Sreasha, Mr. K. Kiran, Mr. R. Sivaraman and Mrs. Archana Balu.

A few of the participants conducted Acupuncture treatment camps in their residences which were guided by Hlr. P. Suresh with the pulse analyser.

Mr. Umesh Kharanth, Mr. Jeevan Kumar Palla, Mr. Balasubramaniyam M. Mrs. Divya N. Rajani and Mr. Karthik Sampath have joined the Weekly Advanced Acupuncture Course.

Anyone can join this weekly course any Saturday and complete the cyclic course conducted by our Academy.

Contact Hlr. Jija Subramanian on phone (080) 2313 2103 for details

5. Wednesday Reflexology Course

Every Wednesday reflexology course is being conducted by Hlr. Girish at our Academy mainly to diagnose, cure and also prevent diseases with reflex points activation in the palms.

Almost all patients who visit our Academy for treatment are motivated to join the course. This course is being held from **2-30 PM to 4-30 PM** every **Wednesday**. The book, "Health in your hands" written by Dr. Devendra Vohra, gives a vivid picture of this self- help therapy.

Those interested in treatment and training can register with the Academy on or before Tuesday of every week.

6. Special classes by Dr. Bhojraj on Wednesdays for Advance Practitioners.

A special course on human physiology is being conducted **every Wednesday** by Dr. H. Bhojraj at the Academy designed for Advance Acupuncture Practitioners. This is a 1 hour course from **12 Noon**

to 1 PM. All our Advance practitioners can participate in these sessions to update their understanding of human physiology vis-à-vis Acupuncture.

7. Dr. Bhojraj at Yogavijana Hall Inauguration



Our Chairman, Dr. H. Bhojraj, was a Special Invitee at the inauguration of Yogavijana Yoga Hall built in Chandra Layout, Bengaluru. This function coincided with the 3rd Anniversary of Yogavijana on 6th December 2015. This Occasion was blessed by Sri Sri Swami Advaita. One of our Advance Course student Mr. Vinay Siddaiah has built this Yoga hall.

This is how I got into Acupuncture therapy

Says Hlr. Ramesh N.S



Three years ago, I had severe pain in my neck (Spondylitis) which persisted even after taking injection & tablets. I came to know about the Academy while browsing the web for remedies for my problem. I contacted Dr. Bhojraj and took acupuncture treatment. In the first sitting itself I had great relief and my problem got reduced by 80%. Subsequently, after three more sittings, my neck became completely normal and I was cured.

Later, I underwent advance course in acupuncture under the able guidance of Dr. Bhojraj with the Academy. I am grateful to Dr. Bhojraj as I am able to relieve many people of their physical pains today.

Healer Ramesh N.S. is an Accredited Healer of our Academy. He can be contacted by e-mail : rmsnhs@gmail.com. Tel : 99452 05178

How I became a Healer.

My Journey towards the healing science of Acupuncture

Ms. Vimala M.



When I was young I dreamt of becoming a lawyer or doctor. I always looked upon doctors and lawyers with great admiration for their service and involvement in the society. But this remained a dream.

During 2011 my mother was suffering from severe knee pain, she took Ayurvedic treatment but didn't get any relief. *Pranic* Healing gave her temporary relief. There after my neighbour suggested Acupuncture treatment. With this treatment 50% of my mother's knee pain was reduced. From that time, I got attracted to acupuncture treatment and started searching for an acupuncturist who can guide me in this field.

In the meantime, one of our relatives, who is trained under the able guidance of Dr. Bhojraj, gave me a very good impression about the simple and innovative teaching and healing method developed by this Scientist Doctor.

Towards the end of 2011, I joined Dr. Bhojraj's training, and got maximum guidance in acupuncture and acupressure. After completing the course I started treating my mother for her knee pain and there was enormous improvement. She was able to come out of chronic knee pain. This gave me a lot of confidence to move forward in this simpler healing method.

Today, I am a qualified acupuncturist helping people cure themselves of various ailments. Dr. Bhojraj also ensures that his students have the experience of continuous learning and arranges many classes. Finally, my dream of becoming a healer has been fulfilled, where I am able to heal patients in a holistic manner. It gives me a sense of satisfaction and fulfilment.

Hlr. Vimala M is an Accredited Healer of our Academy. She will be available on 98455 11874

e-mail : vimala723@gmail.com

How I became an Acu Healer

Mr. M Girish



In 2005, my mother was suffering from Sinus problem for more than 2 years. She had taken treatment from Allopathy system and found no permanent cure. It was in the year 2005 that I came across Dr. Bhojraj's website and learnt Acupuncture from him mainly to cure my mother's sinus problem.

After trying Dr. Bhojraj's method of Acupuncture for the sinus problem, my mother was cured completely. Earlier, for the same problem she tried with Ayurveda, Homeopathy, but did not get complete cure. When she gave up all these therapies, I made up my mind to learn an alternate therapy and started searching in the internet. With Acupuncture treatment my mother could overcome her problems and she has not taken any tablets for sinus problem in the past 10 years.

Later on, I learnt many therapies and have been practicing as an independent practitioner and trainer for the past 10 years.

Dr. Bhojraj invited me to join the Academy as a Trustee which I gladly agreed and have been participating in the constructive research activities of the Academy.

Case Histories

1. Reflexology Chart very helpful for curing Shoulder Pain

Smt. Nagamma, aged 59, a diabetes patient, had joint pain (Rheumatoid arthritis). Medicines were giving her **only temporary relief** from the pain. She visited us in January 2014 for treatment and was given the Spleen humidity sedation formula. She did not come back for any further sittings. She visited us in the first week of December 2015 after almost two years. Her sugar levels were normal with medication but she had severe leg pain. On enquiring as to why she stopped after only one sitting, she informed us that she **got good relief and was at ease just by doing the hand massage twice a day regularly**. In fact, she had developed severe shoulder pain and could not lift her hand above

shoulder level. Reaching out to anything on shelves was very painful. Allopathy only gave **pain killers and the pain would come back when she stopped the medicines**. She suddenly remembered Dr. Bhojraj mentioning that all parts of the body have reflex points on the palms and ears. She looked for these sensitive points **and kept applying pressure on the points/areas that were painful** and it got cured! She found it miraculous. Now she has come looking for a permanent cure for severe knee pain.

2. Diabetes under good control with the universal formula

Says Mr. Sanjay Ravee Kondha, an Advance course student (M/s. Heal on Touch. Tel 9620911266)

Mr. Vishwanath Gupta aged 60, is a diabetic since 10 years. In spite of taking 2 tablets a day his sugar levels were around 180 - 200 (Random sugar). He **looked dull and tired**. Mr. Gupta complained that **his energy levels were very low throughout the day**. He could not work continuously in the office and that it had been **6 years since he drove his car**. I used the Spleen 6 humidity reduction formula and taught him to do the hand massage and the Spleen as well as Pancreas reflex points. This he followed religiously without fail every day. After 5 to 6 weeks of treatment, the sugar levels are now normal, that too with the **dosage reduced to half a tablet**. His appearance has improved a lot and has been able to involve himself in all the activities on a personal as well as official front. What made his wife most happy was that her husband can now drive her to the movies!!!

Many thanks to Dr. Bhojraj and his universal formula.

Mr. P. Suresh says Auricular therapy is very useful in curing pains.

3. Mr. Raju Swamy of Jayanagar, Bengaluru, (Tel : 4091 2239) was suffering from continuous back and neck pain (left side) for over a week. Most of the nights he experienced disturbed sleep and feel restless. On taking the readings from Pulse Metabolic Analyser (PMA), it was found that he had excess energies - heat/hotness - in Gall Bladder and Lung; Dryness - in Spleen and Lung. Treatment was given in the left ear (**GB, Sp, Lu and Shenmen**) in the emotional level and was advised to repeat the treatment after a week. He reported that his sleep became almost normal and the restlessness subsided the very next day after the treatment. His appetite also improved. He was now **feeling fresh and energetic** throughout the day. He expressed his surprise about the quick relief he got

in just **1** sitting and has advised his son to get treated for his severe wrist pain.

4. Knee pain cured easily with Acupuncture.

Says Mr. Vykunte Gowda. Tel : 99010 52464

Mr. Vykunte Gowda aged 78 years, approached our Academy in August 2013, with pain and swelling in the right knee and giddiness on getting up from bed. He was treated with the Spleen humidity sedation formula. Despite his age, he had no other health problems and has been keeping himself fit with the practice of yoga, pranayama, acupressure and a 30 minute walk every day. In November 2015, he visited us again and reported that 90 percent of the knee pain had vanished within 3 days of his first sitting. He had come with a complaint of vertigo and was treated with the Liv 1 (increase) formula. He now feels more comfortable and energetic.

5. Calcaneus Spur cured with Acupuncture

Says Ms. M. Karpagam, ISRO Satellite Centre (Ph.25083202) [Reported in 'Acupressure Newsletter' during 2005]

In July 2004, I developed **severe pain in my right leg/foot**. I used to find it **difficult to stand/walk** and do the kitchen activities at home and to cope up with my office work. Even while walking, due to pain, without my knowledge I started walking funnily. When I went to my office doctor, he referred me to an Orthopedic Specialist (Allopathic) who diagnosed the cause for the problem as the **spur in the right foot**. So, an X-ray was taken and followed by heavy dosage of medicines including **antibiotics** and painkillers. I used to consume medicines costing approximately Rs.500/- every month for about six to seven months regularly. But **my pain did not stop** and gave only some temporary relief. On seeing my condition the specialist suggested that he would go for injection at that point and if no improvement is there, then no other option than going for a **minor operation**. I was so scared and mentally not prepared for an injection/operation on right foot. I was afraid that I may have to live my life with the intolerable pain in right leg.

During February 2005, I approached Dr. Bhojraj and told him my problem. He heard my problem and started the **Acupuncture treatment immediately**. I could not believe myself. To my surprise, **within 2 sittings** in a span of 2/3 days, I was fully relieved of my pain in my right foot. I **could walk normally**. Dr. Bhojraj activated certain acupressure points related to this and asked me to continue for some more days or whenever pain occurs.

I declare that Dr. Bhojraj and his Acupuncture/Acupressure Therapy are simply marvelous and do miracles to sufferers. From February 2005 I **stopped all medicines** and I am keeping normal health, physically and mentally till now. I am so much relieved. I don't find words to appreciate the effectiveness of the **alternate therapy practiced by Dr. Bhojraj**.

Mrs. Jija Subramanian reports :

*Ten years after the treatment, I contacted Mrs. Karpagam in December 2015. The **Spur** never relapsed after the treatment. She appreciated Dr. Bhojraj's efforts to spread the knowledge of this effective and drugless therapy by setting up an Academy. She wished him all success. .*

6. Joints pain cured in just one sitting with Acupuncture.

Says Mrs. Amudha Shanmugam. Tel : 966330 1844

Mrs. Amudha came to the Academy in **November 2012** complaining of severe knee and joints pains. Treatment was given based on PMA. In November 2015 she brought her husband for treatment of continuous fever, leg pain and cough. On enquiring about her pains, she indicated that just the one sitting in 2012, cured her pains which prompted her to bring her husband for treatment.

Invitation

4th ANNIVERSARY ELEBRATIONS & GRADUATION CEREMONY

Date: 7th February 2016

Venue: Hotel Chalukya Time: 10:30 AM

10:30 to 11:00 AM Registration

11:00 AM Welcome Address

Annual Report - Sharing of Experiences & Graduation Ceremony - Address by Guests of Honor - Address by Chief Guest - Address by Chairman, AAA - Vote of thanks

12:30 PM Lunch

02: 00 PM Children's Immunity Development Programme - Cultural Programme - Universal Prayer

Trustees, Donors, Well-wishers and Advance Acu Practitioners are requested to send SMS to 80509 01238 confirming their participation with number of persons. Kindly confirm details on or before 25-01-2016 to enable us to organize effectively.

Editorial Committee of ACU WELLNESS

Mr. P. Suresh, Mrs. Jija Subramanian

Photos : Mr. Hemanth Raju