



ACU WELLNESS

The Quarterly publication of

ACADEMY for ACUPRESSURE and ACUPUNCTURE®

2596, 11th Main, "E" Block, 2nd Stage, Rajajinagar, Bengaluru - 560 010

July - September 2015

Tel : (080) 2313 2103

e-Mail : acuacademybgl@gmail.com

Website : acupressureclub.org

Vol. 4

[For private circulation only]

No. 3

From the Chairman's Desk



The healing Science in India is taking a great turn towards the ancient science of **YOGA** and we must congratulate our dynamic Prime Minister for this great achievement. Though the science of *Yoga* is not primarily meant for curing the diseases, its ability to hasten/speed up healing process has caught the attention of common people. Now, the modern medicine has recognised that the mind plays an important role in the disease process and should be treated by **meditation** and not by **medication**.

It is really worth starting *Yoga* Therapy Centres not only in multi-speciality hospitals but also in Government Hospitals. Along with *Yoga*, Acupressure and Reflexology also can be taught to all the participants. This will give immediate relief.

Our Academy's research on Migraine has proved beyond doubt with many patients that **Migraine Headache can be cured**. A Ph.D. thesis is being

prepared by **one of our Acupuncturists** and is likely to be submitted to the Open International University, Sri Lanka within a year.

The Academy's main aim was to scientifically prove the efficacy of Acupuncture. The Pulse Metabolic Analyser (PMA) developed by Sergey Fedotov has given us the scientific evidence by recording energy levels (6 energies) through pulse reading in all the 12 organs before and after the treatment. This recording/observation proves the change in the energy levels after the treatment. Thus, PMA offers us the weekly record of evidence for 4 to 6 weeks. With this record we can observe the change in the energy levels along with improvement in the physical symptoms.

Based on the experience and the feed-back given by our healers, especially by those using the PMA, it was decided to have a two day scientific seminar on the results of PMA on **September 26th and 27th 2015**. I appeal to all the healers and well-wishers, with a scientific bent of mind, to attend this seminar and get the benefit of the research papers being presented by the healers in various fields including acupuncture, acupressure, **homoeopathy** and **ayurveda** systems.

Let us all come together and support our government to achieve health for all in the next few years.

Dr. H. Bhojraj

INTERNATIONAL SEMINAR

on

Use of Pulse Metabolic Analyser (PMA)

Date : 26th & 27th September 2015

Venue : Hotel Chalukya, Bengaluru

Presentation of papers by Practitioners using PMA

Last Date for submitting papers : August 10, 2015

Last date for registration extended upto

July 25, 2015.

A good opportunity to learn from other users of PMA.

Dr. Sergey Fedotov (Russia), the creator of the PMA will participate.

All participants should register on or before 25th July 2015. The participation fee is Rs. 6,000/-. Those who register after 25th July 2015 will have to pay Rs. 8,000/-.

Thyroid - an important Endocrine Gland

What is thyroid ?

The thyroid is a butterfly shaped gland that sits in the front of the neck. It is responsible for energy, metabolism, hormone regulation, body weight and blood calcium levels. Thyroid disorders stem from either an overproduction (hyperthyroidism) or underproduction (hypothyroidism) of thyroid hormones. When thyroid gland is not functioning properly, the body can experience a variety of symptoms.



Hyperthyroidism

Common symptoms include weight loss despite increased appetite, increased heart rate, heart palpitations, higher blood pressure, nervousness, and excessive perspiration, more frequent bowel movements, sometimes with diarrhoea, muscle weakness, trembling hands, development of a goiter (an enlargement in your neck); scanty or shorter menstrual periods.

Hypothyroidism

Symptoms such as lethargy, slower mental processes or depression, reduced heart rate, increased sensitivity to cold tingling or numbness in the hands, development of a goiter (an enlargement in your neck), constipation, heavy menstrual periods or dry skin and hair are common with hypothyroidism.

Hyperthyroidism and hypothyroidism can be diagnosed by testing the levels of thyroid hormones in the blood. Hormones secreted by the thyroid are measured, as well as thyroid-stimulating hormone (TSH), a chemical released by the pituitary gland that triggers hormone production in the thyroid. Some milder forms of hypothyroidism can also be detected by a consistently low basal body temperature.

How can acupuncture help ?

Both Western and Eastern medicine offer various methods to restore thyroid hormone levels. Western

treatments rely mainly on drugs and surgery while Eastern treatments aim to restore immune function as well as balance the production and release of thyroid hormones through a variety of approaches ranging from acupuncture and herbal remedies to lifestyle changes and special exercises.

In the treatment to thyroid problems, acupuncture can be used to restore hormonal balance, regulate energy levels, emotions and menstrual problems. There are several powerful acupuncture points on the ear and the body that can be used to regulate the production of thyroid hormones. **Treatments take all of your symptoms into account** and are aimed at balancing the energy within the body to optimize health.

When it comes to lifestyle changes, a diet rich in protein, calcium, magnesium, and iodine helps support thyroid function while certain foods known as goitrogens may interfere with thyroid hormone production and should be limited. These include cruciferous vegetables (such as cauliflower, cabbage, and Brussels sprouts), peanuts, and soy. Stress reducing exercises such as yoga or tai chi can also be beneficial.

The thyroid gland produces two hormones, triiodothyronine and thyroxine, which are carried through the bloodstream and affect weight, metabolism, skin moisture levels, breathing, brain development, menstruation, cholesterol, muscle strength and other essential functions. **Hypothyroidism** occurs when there are not enough of these hormones, causing an individual to experience fatigue, hair thinning, weight gain, constipation, depression, joint and muscle pain, heavy menstrual cycles, cold intolerance and slowed heart rate. Hyperthyroidism occurs when the thyroid gland produces too much thyroid hormone. This condition can lead to weight loss, irritability, hand tremors, mood swings, fatigue, and other symptoms.

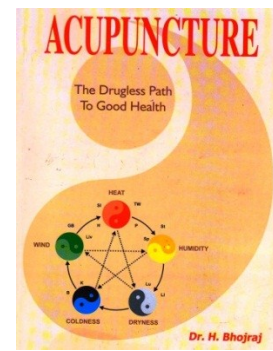
Other factors that can lead to thyroid problems are an enlarged thyroid gland (called goiter) which can cause discomfort in the neck; and the presence of thyroid nodules, a tissue growth that forms in the gland. A condition called Hashimoto's Disease is another type of thyroid condition. This occurs when the body's immune system attacks the thyroid gland, causing chronic inflammation.

The Thyroid gland is controlled by the heart. At the Academy, we have had a very high rate of success in curing thyroid problems by using the formula
↑ Liv 1 ↓ Lu 7 ↑ H 7 ↑ P9.

Liver being the mother of heart, will manage secretion of hormones since it is “**the mother which gives energy to the son/daughter**”. The patients are also advised to do the complete hand massage every day along with the activation of the liver and thyroid reflex points.

The formula for :

Hyperthyroidism ↓ **H-8** ↑ **K-1** ↓ **Sp3** ↓ **P-8** and for Hypothyroidism ↑ **H-8** ↓ **K-1** ↑ **Sp-3** ↑ **P-8** given in the book “**Acupuncture, the Drugless path to Good Health**” will also give wonderful results.



Rs. 1,200/-

Orders accepted for delivery by Courier despatch by the Academy on advance payment. Contact (080) 2313 2103 between 10 AM & 5 PM on week days.

Case Histories of Thyroid

1. Hypothyroidism minimised with Acupuncture.

Says Mrs. Kavitha A. Age 30 years, Salem.
Tel : 9047 333 000

She had been suffering from Hypothyroidism since 2012. She also had constipation for over 5 years and developed dry skin from November 2013. Her sleep was disturbed and required laxatives almost every day along with Thyrox 150 mg. She was treated based on the PMA and by mid December 2014, her dosage of **Thyrox intake was reduced** to 100 mg since the thyroid condition improved. Her constipation improved, the **skin colour started turning to normal** and the dryness of the skin was almost gone and is maintaining her health with acupressure hand massage taught to her. She has not taken any treatment since February 2015

2. Acupuncture Therapy helped me to cure my Thyroid problem.

Says Mrs. H.M. Swarna Devi. Age 50 years, ISRO, Bengaluru. Tel : 96323 68180

Her Thyroid Stimulating Hormone (TSH) was more than 3 times the normal value when checked in 2013. She took treatment regularly and also checked the TSH after 3 months of Acupuncture treatment by which time the **TSH had come down from 15.64 to 7.10 uIU/ml**. She continued the treatment and by April 2015 the TSH level was found to be within the **acceptable range**. She has expressed her thanks to Dr. Bhojraj for solving her Thyroid problem without any medication.

3. Hyperthyroid cured with Acupuncture.

Says Mrs. Aarti A. Age 36 years, Chikkalsandra, Bengaluru..
Tel : 98455 82955

She was suffering from hyperthyroidism since 2012 and approached our Academy since she could not see any improvement in her thyroid control with Ayurvedic medicines. Her TSH was 10.5 when tested in December 2012. Her energy was low,

depressed and had irregular periods. She was given acupuncture treatment at weekly intervals and **by 3rd treatment her TSH had come down** and all symptoms vanished. She was tested again for TSH which was **8.3 and T3/T4 well within the normal range** and her **periods had become normal**. By end of April 2015, her thought process took a definitive change for better and she felt more energetic and active.

3. Acupuncture cure for skin colour patches and headaches due to thyroid.

Says Mrs. Anandi, Age 40 years, J P Nagar 1st Phase, Bengaluru. Tel : 98440 21274

“I was having black patches on skin (neck, arms, back) for more than 15 years. I had Thyroid problem for 15 years and used to get headache thrice a week at least. I was advised to take Eltroxin for Hypothyroid. Applying skin ointment did not give me any relief from the black patches. I approached the Academy in May 2014 and took Acupuncture treatment. In **just 2 sittings**, I felt more energetic and by the 3rd treatment, the **intensity of skin colour was reduced and the bout of headaches also reduced greatly**. On testing, **T3, T4, T5 and TSH** have reached the **normal levels**. Acupuncture treatment has given me much needed cure.”

4. Acupuncture helped in Thyroid improvement.

Says Mrs. Sridivya Chenga. Age 32 years, Bengaluru.
Tel : 80958 69039

Hypothyroidism coupled with PCOD, were the ones which were bothering her for over 2 years. She came to our Academy for treatment in mid 2014 and based on the PMA, acupuncture treatment was started with weekly intervals. In about 6 weeks, she felt more energetic and generally feeling good. Her **TSH became** almost **normal** after the acupuncture treatment.

How I became a healer ? My Journey towards healing science.

by **Mrs. Yogini Mehta**



In everybody's life, there is a time when one can accomplish one's dreams and ambitions.

I had a very normal life as a child, as a youngster, as a wife and a mother. Somehow all the time I had an ambition to be able to help people to enjoy better health. When I was young there was a strong desire to become a medical doctor or a teacher. This way I could reach the community. I always looked upon doctors and teachers with great admiration for their service and involvement. Becoming a medical doctor was destined not to happen. I took to teaching, acquiring the required qualifications to be a teacher. It was very satisfying experience to me. Year after year, there were new sets of students and new challenges to reach out to them. There was always a lot of learning while teaching.

At some point of time I got attracted to *Yoga* practice. Teaching *Yoga* also needed proper education and qualification which I acquired from a renowned institute, SVYASA, in Bangalore. I enjoyed not only practicing *Yoga*, but also teaching *Yoga* and am still enjoying the same.

I have learnt Reiki, Jorei, Sujok, and NLP (Neuro Linguistic Programming which deals with counselling). Somewhere I still needed a strong healing method to fulfill my desire and to be able to combine with my other learnings to make it holistic healing.

I had heard of acupuncture many years ago but I had never experienced or even seen how it is done. I was lucky to really experience it to know the strength and potential of this therapy. I was in USA and had severe knee pain which was hampering my holiday with the family. My husband took me to an Ayurveda clinic. The doctor there was also practicing acupuncture and he asked me if I was okay with acupuncture treatment. I had no experience but I was open to it. After the treatment, within a day I had no discomfort and no pain and I enjoyed my holiday doing all the sorts of strenuous activity. I was amazed at this therapy and I wanted to learn and understand acupuncture.

I had no idea of the existence of Dr. Bhojraj. I wanted to study acupuncture and to my amazement I found my teacher in Dr. Bhojraj. "When there is a strong desire and when you are ready the right teacher will appear" This happened to me. I took an extensive study course where the teacher is always available for clarifications. I am really grateful to Dr Bhojraj for being patient, always available, always encouraging and always inspiring us to learn and practice.

Today I am a qualified acupuncture therapist which helps me to bring relief to a lot of people from ailments. Monthly meetings at the academy help us to be updated regularly on our subject and improve our knowledge. Dr Bhojraj ensures that his students have the experience of continuous learning. So finally my dream to be a healer is fulfilled where I am able to heal the patients in a holistic manner. It gives me satisfaction and fulfilment.

My journey is a living example of the saying: "If you have a strong desire, find a way to fulfill your desire. Enjoy the work you do. Have passion in whatever you do."

Mrs. Yogini Mehta is an Accredited Healer of our Academy. She could be contacted for Acupuncture treatment on phone : **98450 27162**

Patient's feedback

Lakshmivnau*****@yahoo.com | 98*****012
19th January, 2012

*I have been suffering from **back pain since last two years**. Fluctuating in intensity, but **never really left me - physically or mentally**. I tried all types of treatments in two years. Then I came across this listing on **Justdial** a month back and thought why not try this one more form of treatment - Acupuncture. Dr. Yogini has relieved me of my pain and I feel really good. In addition to being a good doctor, she is a wonderful person. Thank you.*

DONATION

Mr. Palaniyappan Murugappan, a classmate of our Chairman, visited our Academy on 13th May 2015. He appreciated the work done by the Academy to promote health among people, particularly among children.

He has donated **Rs. 10,000/-** to our Academy for research.

We thankfully acknowledge Mr. Murgappan's contribution.

Activities during the 2nd quarter of 2015

Auricular Therapy



Dr. S. Sreekanthan Nair, Mr. V. Vijayakumar, Dr. H. Bhojraj & Mr. P. Suresh

The Auricular Therapy course was conducted on 5th May 2015 in which 2 people from Thiruvananthapuram participated. The course was highly appreciated by the participants who indicated that this simple technique is very useful and appreciated the potential of Auricular Therapy.

Acupressure Cure - TV Show



Recording for "CHANDANA" at Doordarshan Studios

Dr. Bhojraj was invited by **CHANDANA** TV channel of Doordarshan for a talk on Acupressure and its advantages for curing various common ailments. The programme was for acquainting acupressure points for **headache, hyperacidity, back pain, menses related problems**. The recording took place on 15th May and was telecast on **19th May 2015** at 9-30 AM. This telecast has received wide appreciation followed by many people calling on phone to seek appointments for treatment.

Basic Acupressure Course

The monthly **Basic Course** was conducted on 16th May and on 20th June 2015 at the Institution of Engineers. This full day Course has been appreciated much by all the participants including doctors from the field of Gynaecology, Anaesthesia and Physiotherapy.



Participants of the Basic Course on 16-5-2015

The practical sessions as well as the introductory theory and philosophy of Acupressure were very much appreciated by all the participants. Some of the participants have expressed their willingness to take up the Advance Course.



Participants at the Basic Course on 20-6-2015

Yoga - Ultimate solution for any disease



One week **Yoga** classes were conducted at the Academy premises from 15th to 21st June 2015. On 21st May 2015, (International Yoga Day) Mr. R. Ravichandran, a **Yoga** teacher as also a practitioner of Dr. Bhojraj's method of Acupuncture, gave a lecture-cum-demonstration which was well appreciated by all those present.

During the April-June 2015 quarter, 2 people took to Advance Course. One of them is from Cochin and the other is from Bengaluru. They were highly appreciative of the course content and the method of coaching.

The monthly Advance Course and Practitioners meeting was held on 24th April, and 16th May 2015 wherein many case histories were presented and clarifications needed on certain cases were provided to the practitioners.

Mrs. Sobhana Arun Shah, the Advance Course participant from Cochin (who completed the Advance Course on 26th June 2015), stayed back for the monthly meeting of practitioners on 27th June, 2015. She was highly appreciative of the presentation of cases, clarifications sought/given and interaction session among the Practitioners.

INTERNATIONAL SEMINAR

As indicated in the previous issue of **Acu Wellness**, the forthcoming International Seminar on Use of PMA will be held at **Hotel Chalukya**, Bengaluru on **26th & 27th September 2015**. The details of the

Seminar and other relevant particulars have been mailed to all those concerned. **Dr. Sergey Fedotov** has agreed to participate in this Seminar.

Case Histories

1.1. Acupuncture - Effective relief for running nose with bleeding

Says Mr. R. Ravichandran, Acu Therapist and Yoga Teacher. Tel : 99808032565

A security guard aged about 30 yrs in our apartment approached me with **acute sinus**, running nose with slight bleeding and itching of eyes. He was also feeling general tiredness and loss of appetite

I treated him with Lu7↓ formula and taught him the acupressure points to be activated by himself. Next day he reported that his **running nose stopped** and **eye itching vanished** on the same day. I encouraged him to continue the self-treatment.

He understood the value of this drugless treatment and reported normal appetite after a week.

1.2. Knee pain cured with Acupuncture

An elderly lady, aged about 70 years, complained to me about her acute pain in both the knees and was **unable to walk even short distance of 100 metres** without losing balance. She also complained of pulling pain on the right side from hip to toe.

I started the treatment with Sp 6↓ formula as taught in the class and also placed an ear seed on the hip point in the right ear. Next day itself she felt much better and her pain was relieved by 50%. She came back next week with remarkable reduction (80%) in pain and she was treated on same points again. She was almost normal **after the second sitting and could walk easily**

2. Acupuncture - The best remedy for Sciatica pain

Says Tamizh Chelvi. B., Bengaluru. Tel : 963 222 3169

“Four years back I had come to Dr. Bhojraj for my sciatica problem. With just **1 sitting I could find a drastic improvement**. Later, he suggested that I go to Dr. Sujata since she stays closer to my place of stay. Within **3 months my issue got resolved**. The drugless therapy of Acupuncture is surely the best way to get rid of such problems. Thanks to Dr. Bhojraj for such easy and sure method of cure.”

3. Headache and Liver problem solved with Acupuncture

Says Jeevan Prakash. Bengaluru. Tel : 99808 05664

Two years ago I came to Dr. Bhojraj with a **problem of one side headache**. After **2 sittings my headache was completely gone**. Even for my fatty liver problem I took treatment from Dr. Bhojraj.

I am completely cured of this problem. Thanks to Dr. Bhojraj for such a wonderful technique without any medicines.

4 Migraine cured easily by Acupuncture

Says Purnima Gopinath, a trained acu-healer of our Academy Tel : 98453 49404

A young lady (Mrs. Malathi), aged about 27 years was suffering from headache for the past 5 years. She used to take pain killers every day for relief.

When she contacted me, I gave her the treatment with the Liv 1↓ formula on alternate days. **After 6 sittings, she stopped all medication** since her headache reduced greatly with Acupuncture. She continued to take the acupuncture treatment for 2 more weeks on alternate days. For the **past 3 months she has never experienced any headache and has never taken any medicine**

5. Three sittings of Acupuncture cured my foot pain problem.

Says Dr. Sushila Iyengar, Age 66 years, Basavanagudi, Bengaluru. Tel : 98450 75644

Dr. Sushila had severe pain on her foot in 2009 and could not put down her foot due to **calcareous spur**. Several leading doctors in Bengaluru had told her “only God can save you and you will have to live with it.” She contacted us with the last hope to overcome her problem. She was administered the universal Sp 6 ↓ formula and in just **3 sittings** she has **overcome the problem** and has never recurred till this day. God has really saved me as the doctor told, through acupuncture.

6. Diabetes coming under control with less insulin

Says Mrs. Rajeshwari Thiagaraju, Bengaluru. Age 65 years Tel : 97405 71685

“I came to the Academy with a lot of knee pain. Actually, I was crying with pain. I came with **uncontrolled diabetes** and **Kidney disease (CKD)**. After 4 sittings, a seed was put on my right ear lobe. After the 5th sitting, miraculous improvement came in my knee pain. My insulin intake came down from 26 units to 12 units and my post prandial blood sugar level has come down to 150 and there is marked improvement in urination. The sugar has come under good control with acupuncture treatment. My knee is not hurting me much. Acupuncture treatment has certainly improved my overall health”

In the last 3 sittings, she was given the the universal Sp 6 ↓ formula. And she has been maintaining the insulin intake at 12 units per day. Mrs. Rajeshwari has indicated her sleep has improved and the knee pain is not hurting her.

7. Insulin stopped with Acupuncture Treatment.

Says Mr. H. Chandramohan. Age 64 years, R.T. Nagar, Bengaluru . Tel : 90082 88388

“I have been working in a government department and used to tense myself too often due to work pressure. This resulted in anxiety for almost 25 years. After taking treatment for anxiety for nearly 4 years, I was diagnosed as hyper tensive and a BP control tablet was prescribed. I used to get hyper acidity and my cholesterol was high for 15 years.

In 2001, I had taken acupuncture treatment for diabetes from Dr. H. Bhojraj with just 4 sittings. To my utter surprise, the sugar levels have become almost normal. I was taking 30 units of insulin along with tablets. I could stop the insulin within 3 months after acupuncture treatment and the dosage of tablets also came down to ½ tablet within 6 months.

In 2015, I again started with acupuncture treatment for general health and I feel more energetic now-a-days.

I have been activating my palm reflex points regularly and fitness exercise for 2 hours every day till this day.

I would like to thank Dr. Bhojraj for this wonderful treatment of Acupuncture which is not known to many people who continue taking insulin for sugar control.”

8. My locked little finger cured by Acupuncture.

Says Mr. H.R. Prasad, Age 58 years, Padmanabhanagar, Bengaluru . Tel : 94803 18030

“During mid July 2014, I visited Dr. H. Bhojraj for getting treatment for my little finger of the right palm getting locked with the ring finger. After 4th treatment in a month, I have recovered fully and I do not have any problem now. It is highly appreciative that without any medicines, I have been cured of my problem. Thanks to Dr. Bhojraj and the Acupuncture method of treatment.”

9. Neck pain reduced by Acupuncture and Dorn Therapy

Says Mrs. Sharada N. Rao, Bengaluru. Age 69 years Tel : 98452 85621

Mrs. Sharada Rao stays in Canada and visited Bengaluru for the holidays. She had a lot of pain in her neck and could hardly move it. She had undergone some physio therapy treatment but the pain persisted. She came to the Academy in January 2015 and was treated with Acupuncture and Dorn

Therapy. She was given Liv 1 ↑ formula in January 2015 and later GB 41 ↑ formula in February and March 2015. In about 3 months she was able to move her neck easily with very little stiffness. She was advised to continue with the palm reflex exercise. By April 2015, she has reported there is hardly any pain and she is continuing with her palm activation regularly. She was also able to take a trip to North India without any discomfort.

Mrs. Sharada left India with no pain in the neck.

10. Frozen shoulder completely cured through Acupuncture.

Says Mr. Pankaj Dharmshi. Age 54 years, Vijayanagar, Bengaluru . Tel : 99451 56665

“I had frozen shoulder and was not able to bend or move my left hand backwards. I was under a lot of pain.

I consulted orthopedic doctor and was asked to take certain medicines coupled with physiotherapy for 3 months. I was informed that if there is not much improvement from this, I may have to undergo an operation. In the meanwhile, I was informed by a friend about Acupressure and Acupuncture who suggested that I meet Dr. Bhojraj.

After the first sitting on 19/3/2014, and applying acupuncture, my pain came down by 50%. After 4 sittings, there was 95% improvement. Today, I am fully cured.”

11. Discoloured skin on the hands was eliminated by Acupuncture in a week.

Says Mr. Ganasambath., Age 61 years, Palakkad. Kerala. Tel : 094973 3209

“The skin on **my hands had turned black**, especially in the fore arm. The itching used to be more in the part of the arm exposed to the sun. I have undergone the Advance Course in Acupuncture in 2011 conducted by Dr. Bhojraj in the Academy. During the course itself I was treated for this skin discolouration problem with the universal Sp 6 ↓ formula. Within **2 sittings**, in a matter of **10 days**, I observed the change in the colour of the skin on my hand.

Now in the past 4 years, I never observed any blackening of the skin and **my overall health has also improved**.

After completing my Advance Course, I have been treating many patients with this formula and have observed wonderful results for many ailments.

I have also started conducting Basic Course training in Palakkad (Kerala) on behalf of the Academy for Acupressure and Acupuncture.”

12. Acupuncture best to keep good health.

Says Mr. M.P. Kini. Age 85 years, Milleswaram, Bengaluru
Tel : 98454 34125

“I have taken acupuncture treatment from Dr. Bhojraj for my leg numbness about 5 years ago. It gave me very good relief. I have been activating the acupressure points for leg numbness regularly along with the general activation points for improving the immune system. I have faith in this treatment. With acupressure points I am doing *Mudras* and chanting *Beejakshari Mantras (Omkar)* for half an hour daily since a couple of years. I believe activating acupressure points regularly is best to keep up your health and be fit. I am now 85 years young.”

13. My stiff bowl movement problem completely cured by Acupuncture.

Says Mr. S Hanumantharayappa. Age 39 years, Kodigenahalli, Tumakuru Dist. Tel : 90080 63375

“Since 2008, I had problems of passing the stools, piles, irregular bowl movement, running nose and blockage in the nose and fistula. I took medicines of Allopathic, Homoeopathic, Ayurveda. I also underwent Colon surgery. None of these helped me in any way. I was a bit depressed due to these problems and went in search of solutions. While checking through the internet, I saw the name of Acupuncture and about the Academy.

I contacted Dr. Bhojraj and started taking acupuncture treatment from 4/4/2015. In just 4 weekly treatments, I was able to pass stools with much ease and gradually all other problems receded. By July 2015, bowel movements became normal, feeling mentally fit, blockage in the nose reduced and most of all I am able to sleep better.

I am very happy and thank Dr. Bhojraj for his treatments which has brought in a lot of confidence in me.

INTERNATIONAL SEMINAR on PMA

26th & 27th September 2015

at Hotel Chalukya, Bengaluru

Presentation of papers by Practitioners using PMA

Last Date for submitting papers : **August 10, 2015**

Last date for registration extended upto
July 25, 2015

Please register in time to facilitate
arrangements.

AURICULAR THERAPY

TRAINING PROGRAMMES

Aug. 2015 3rd to 5th

Sept. 2015 7th to 9th

Oct. 2015 5th to 7th

Time : 10-30 AM to 1 PM everyday

Venue : Academy Premises

**Course fee Rs. 5,000/- per person if
registered one week in advance.**

**For all registrations and other details, please
contact (080) 2313 2103 Between 10 AM & 5 PM**

Advance Acupuncture Course (one year)

Module 1

Every Saturday between 10-30 AM & 1 PM

**This is a Cyclic Course repeated every
3 months. Those interested can join
any Saturday and continue for 1 year**

For all registrations, contact (080) 2313 2103

Module 2

**Ten days forenoon course between
10-30 AM and 1-00 PM (Theory only)**

13th to 23rd July 2015

14th to 24th Sept. 2015

**Practicals for 1 year depending on candidates
convenience.**

**Course Fee : Rs. 40,000/- per participant if
registered at least one week in advance**

For all registrations contact (080) 2313 2103

ONE DAY

Basic Course in Acupressure

**On 25th July, 22nd Aug. & 19th Sept. 2015
at**

The Institution of Engineers (India)

**# 3, Dr. B.R. Ambedkar Veedhi, Bangalore
(Opp. The Indian Express office)**

From 9-30 AM to 4-30 PM

Course Fee : Rs. 2,000/- per participant

For registration contact

Academy – (080) 2313 2103

Editorial Team of ACU WELLNESS :

Mr. P. Suresh and Mrs. Jija Subramanian.

Photographer: Mr. Hemanth Raju.