



**SELINUS UNIVERSITY**  
OF SCIENCES AND LITERATURE

**ALTERNATIVE MEDICINES  
FOR OVERALL WELLNESS  
A HOLISTIC MANTRA APPROACH**

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## **TABLE OF CONTENTS**

<b>1.0 EXECUTIVE SUMMARY</b>	<b>3</b>
<b>2.0 ABSTRACT &amp; INTRODUCTION</b>	<b>4</b>
2.1 History and Origin of Alternative Medicine	4
2.2 Holistic Philosophy of Alternative Medicines for well-being	6
<b>3.0 BIBLIOGRAPHY</b>	<b>8</b>
<b>4.0 STATEMENT OF RESEARCH PROBLEMS</b>	<b>10</b>
4.1 Aims and Objectives of Alternative Treatment Methods	10
4.2 Why Alternative Medicine is the best	12
<b>5.0 RESEARCH COVERAGE</b>	<b>13</b>
5.1 MANTRA for healing – A Holistic Approach	14
<b>6.0 MATERIALS &amp; METHODS</b>	<b>45</b>
<b>7.0 TABLES &amp; FIGURES</b>	<b>53</b>
<b>8.0 RESULTS &amp; CONCLUSIONS</b>	<b>57</b>
<b>9.0 THANKS</b>	<b>59</b>
<b>10.0 CASE STUDIES</b>	<b>60</b>
<b>11.0 APPENDICES</b>	<b>149</b>
<b>12.0 INDEX</b>	<b>182</b>

## **1.0 Executive Summary**

Alternative medicine has been around for several years. There are several modalities used to treat ailments and diseases. Some common ones include acupressure, acupuncture, su-jok, water therapy, light therapy, and sound therapy. This research includes a holistic approach of treatment using acupressure and suj-jok as the main modality combined with certain other aspects needed for complete healing. The focus is given to the emotional, spiritual, social, and mental health in addition to the physical ailment present with the patient. Solving the problem to the core requires treatment on all these phases and not just the physical aspect.

A unique process coined in this research is called MANTRA for treatment and healing. This holistic approach was experimented on 88 case studies documented in this research. The case studies consisted of real patients with physical ailments needing immediate treatment and care. The patients in the research were from all age groups from 8 years to 85 years old. Both male and female patients were studied against the acceptance of the MANTRA approach. Two aspects of the MANTRA approach stood out in most of the cases. The first being the importance of believing in the system and the body's ability to cure itself. The other important aspect is to accept the situation you are in and to be able to visualize the end state.

To summarize, the research gathered from the case studies points out the fact that excess heat in the body and solar plexus position plays a very important role in the wellness or illness prevention.

## **2.0 Abstract & Introduction**

### **2.1 History and Origins of Alternate Medicine**

Before we dive into the history of alternative medicine, it is important to understand the definition and its use in my hypothesis. Merriam-Webster defines Alternative Medicine as “any of various systems of healing or treating disease (such as chiropractic, homeopathy, or faith healing) not included in the traditional medical curricula of the U.S. and Britain. We can simply say that treatments that are used instead of traditional or conventional modern clinical methods can be categorized as alternative medicine. Generally, these practices dated back to the time predating Western medicine which is often referred to as allopathic medicine which is derived from biomedical approaches. Prior to the rise and use of modern medicine in the 19<sup>th</sup> century, medical practices were believed to use remedies made from naturally available substances including herbs. The history of alternative medicine is an interesting paradox and is linked to many diverse cultures in the way it was practiced. It is very difficult to date the origins of alternative medicine as these practices fell under the conventional medical practices available at that time. But, if we go back in history and trace the use of several of the forms of treatment and healing methods commonly labeled as alternative in today’s definition, we can find their origins going back to the east as much as 5000 years. One such example can be found with the ancient Chinese Medicine which bases their concept on the balance of energy of the body and spirit. These principles are widely known and characterized under the Yin-Yang theory that we know today. Yin and Yang principles explain the use of

opposing forces within our body that are integral to each other and the harmony between the two is extremely important to maintain the balance required to avert the onset of a disease. Practitioners looked at the patient's health and their lifestyle to ascertain where their life forces were out of balance before creating a treatment plan. Various methods were then used to restore the patient back to his normal good health. In the west, the history of alternative medicine goes back around 3000 years when treatments such as hydrotherapy were popular with the Romans and Greeks. It is believed that the ancient Greeks who were greatly influenced by the Babylonians were instrumental in bringing herbalism to the west given that they were less influenced by India and China. Hippocrates (c. 460-377 BC), famous Greek physician who is commonly referred to as the Father of Medicine, practiced this alternative medicine using herbs. During the Middle Ages, Monks in Europe studied and grew medicinal plants and translated many works on the subject from Arabic. Folk Healers also passed on their knowledge of healing through word of mouth, from Master to Apprentice. The understanding of the power, different plants have is ingrained in many native civilizations and has allowed man to understand and thrive in often challenging environments.

## **2.2 Holistic Philosophy of Alternative Medicines for well-being**

Alternative medicine has taken prime importance over the last 20 years given the benefits it has delivered. Many different modalities make up the portfolio of alternative or also called complementary medicine. In the traditional mainstream approach, there are several accepted forms of therapies that are accepted. These therapies include acupressure, acupuncture, ayurveda, homeopathy, naturopathy and traditional Chinese or oriental medicine. Other forms of healing where touch has been used is also gaining popularity. These include massages, tai-chi, yoga and chiropractic treatments. Along with these practices, it is important to watch our diet or eating habits to overcome any deficiencies our body might have. These include dietary supplements, herbal medicine, and nutrition diets. Some people also believe in the use of external energy from objects and other forces to influence the internal flow of energy. These may include practices like reiki, electromagnetic therapy, light therapy, sound therapy, and Qigong. Mind also plays a very important role in alternative or complementary medicine. The power of mind is duly recognized by conventional practitioners. The relationship between mind and body is very subtle yet very powerful if harvested properly. Studies have shown that people have the potency to heal faster and better if they have good emotional and mental health. Meditation, biofeedback, and hypnosis are some of the mind therapies used in treatments. Our senses play a vital role in our overall health and well-being. Touch, sight, hearing, smell, and taste can affect one's overall health and condition. Some therapies that use our senses include art, dance, music, visualization, and guided imagery. The holistic approach of healing is the focus of my research. Treatment plans are

individually customized based on the case handled. The basic structure of treatment revolves around a combined approach that uses all the above modalities. This approach not only provides treatment to the problem, but it also helps in healing of the body from inside. As a result, this approach may take longer compared to other traditional or complementary approaches. The whole person is involved in the treatment and not just the symptom of the disease. From a holistic point of view, even with a genetic predisposition to disease, it may be possible to reduce the risk by addressing and implementing system-wide healthy behaviors. The holistic approach indicates that you can maintain your health and well-being by implementing healthy choices and changes. A practitioner with a holistic approach can help address larger issues that may not be addressed at a regular checkup with your primary care doctor. Health care providers who practice holistic medicine view each patient as a whole and not just for the symptom they present. The patient's physical, mental, environmental, and spiritual aspects need to be addressed and kept in balance before any attempt at a cure can really work. Holistic doctors do not discount modern medicine or its treatments, but rather utilize these more traditional therapies in conjunction with holistic approaches. The healing occurs only if the patient actively participates and believes in the process. For example, a patient is best served when he or she is committed to making the changes necessary to improve their health. These patients are often not forced to the treatment but are willing to go thru the treatment.

Any medical approach that can help prevent a worsening of your condition, or improve it, is worth considering. Holistic medicine offers nonsurgical solutions that

can be safe, effective, and less costly in the long run. Often, holistic therapies can help you maintain your health throughout your life. There is nothing that should prohibit you from implementing such positive changes.



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## **4.0 Statement of Research Problems**

### **4.1 Aim and Objective of Alternate Treatment Methods**

Health is the birth right of every citizen in this universe. But the menace of spurious drugs, the dangerous side effects of numerous medicines, alarming figures of various diseases and above all costly medical expenses has remained a matter of serious concern for our majority of our people. So, it reminds us of the famous statement by Sri William Osler that **“ONE OF THE FIRST DUTIES OF THE PHYSICIAN IS TO EDUCATE THE MASSES NOT TO TAKE MEDICINES.”**

Healing is natural, and the rest are palliative. Former Vice Chancellor of Manipal Medical University Dr. B.M. Hegde has recently stated in a Newspaper that **“Modern Medicine has forgotten the essence of illness care”** (The Hindu dtd. 7.11.10). He has further stated that **“many simple methods which have stood the test of time are being forgotten now, thanks to the brain washing of the masses through the advertisement and media.”**

Health is a state where every cell is in synchronizes with other cells. Illness steps in when this communication breaks down. Einstein revealed that matter is not made out of matter, but made out of energy.

So,  $E=mc^2$  (E=energy, m=mass, c=Speed of light)

Communication between cells can be monitored and documented through lights.

Thus, any treatment based on energy level only shall prevail in future.

Hence, Acupressure also changes the thinking of chemical matter (medicine system) to energy matter (meridian system).

Health is a natural status of wellbeing that can be maintained by simple practice of Acupressure, natural therapy and simplified yoga. To make this dream a reality, YANTRA Foundation (Yoga, Acupressure & Natural Therapy Research Foundation) attempts to create awareness among general public on Acupressure, Natural Therapy and Yoga.

## **4.2 Why Alternative Medicines is the best?**

### Benefits of Acupressure and Natural Therapy

1. Diagnosis made with Acupressure is equivalent to MRI.
2. Basic therapy of ancient India is a combination of Naturopathy, Yoga and Ayurveda.
3. Uses only thumb for diagnosis.
4. Uses pressure point for cure.
5. Means prevention, diagnosis, and cure.
6. 100% safe and no side effect
7. No cost: no test and hence called it as 'Zero Cost Therapy/Low-Cost Therapy"
8. Can be used even on newborn babies
9. Can diagnosis and cure all types of diseases including cancer.

10. It is 'do it yourself' therapy.
11. Discover the treasure of good health in your hands and feet.
12. Acupressure does wonders for pain management (Spondylitis, lower back pain, knee pain, shoulders pain etc.)

## **5.0 Research Coverage**

### **5.1 MANTRA© for healing, A Holistic Approach**

Healing using a holistic approach provides the best form of treatment. A unique approach using all forms and methods is being described here. The approach is coined using an acronym called MANTRA© and is detailed in the table below. The modalities described below are all current practices offered individually by different practitioners. However, the uniqueness of this approach is to bring it all together in a structured way to provide basis for continued healing. As you know, each modality has its benefits, and they also work differently on different patients. The MANTRA© approach requires a blended combination of certain alternative medicine principles combined with some religious beliefs and practices with a renewed living to produce long lasting effect. There is not a straightforward formula for how the MANTRA © can be applied to cure illness. It depends on the mental, physical, emotional, and spiritual health of the patient. While physical illness can be apparent looking at the symptoms, mental, emotional, and spiritual health is hidden and is equally or if not more important. Hence, the MANTRA© approach also attempts to work on the areas that are not visible or seen with the symptoms delivering permanent cure. The focus of this approach is more on Wellness rather than Illness. The root cause of all medical issues is our underlying health and stability. While diagnosing a condition the patient often gets

treated with the apparent issue and in some cases, it may get down one level deep in determining the root cause of the problem. However, the MANTRA approach focuses on several layers deep and uses a standard problem-solving approach to determine the root cause of the issue. This is where the underlying health is looked at to strengthen the foundation.

Illustration of the MANTRA© approach is given below.

<b>M</b>	<p><b>M1 - Mind and Body Control</b>  <b>M2 - Meditation Principles and Methods</b>  <b>M3 - Mudra Techniques and Yoga Asanas</b></p>
<b>A</b>	<p><b>A1 - Activation of Pressure Points using Acupressure &amp; Acupuncture</b>  <b>A2 - Activation of critical Energy Points</b>  <b>A3 - Aqua Therapy or Detoxification – Use of water to flush toxins</b></p>
<b>N</b>	<p><b>N1 - Naturopathy – Herbs and Supplements</b>  <b>N2 - Nature and Sunlight</b>  <b>N3 - Nutrition and Balanced Diet</b></p>
<b>T</b>	<p><b>T1 - Therapeutic Healing using Light, Seed, Heat, Sound, Aroma</b>  <b>T2 - Touch Therapy and Massage Techniques</b>  <b>T3 - Traditional Ancient Practices – Ayurveda, Homeopathy, Unani</b></p>
<b>R</b>	<p><b>R1 - Reflexology, Relaxation, Reduction of Stress and Reiki Practices</b>  <b>R2 - Religious Practices and Community Service</b>  <b>R3 - Rigor, Rhythm, Routine</b></p>
<b>A</b>	<p><b>A1 - Acceptance of the Situation</b>  <b>A2 - Affirmation for Cure – Visualize the end state</b>  <b>A3 - Always Trust on the Almighty and Pray</b></p>

Table 1 – MANTRA Concept

### **5.1.1 M1 - Mind and Body Control**

Any form of treatment using alternate medicine requires your mind's participation and total acceptance. Before approaching this method, one should understand the way your brain functions. Brain is like a repository of information where things are processed like it is a supercomputer or an atomic reactor. Just like how electricity runs through the wires, our brain also produces what we call as Bioelectricity that run through our nervous system. The proper flow if this bioelectricity throughout the body is equally important as compared to the flow of blood. The five basic elements wood, fire, earth, metal, and water along with the 7 endocrine glands are controlled by the flow of the bioelectricity. The correct proportion or balance of these elements is essential for the wellbeing which in turn assists in eliminating several diseases. Bioelectricity generates the life force or chetana that controls the 5 basic elements in our body. The food we intake plays a great role in creating the positive and negative energy governing the life force. Bioelectricity creates energy that flows through our meridians and delivers the life force to all parts of our body. When a person comes down with a disease, this flow of energy or life force is obstructed or blocked leading to collection of toxins at that point. To facilitate the alternative medicine, this blockage should be removed. The participation of the mind is critical in breaking down the blockages and to regain the flow of chetana or life force to the affected part.

Researchers have shown a distinct connection between the way our body feels to the way our mind thinks. Positive thinking promotes a healthy mindset which allows the better flow of chetana that assists in alternative treatments. Mind control can help I the following ways:

1. Alternative therapies work more effective if you believe in them and want them to work. The influence of mind in medicine is already defined by the placebo effect.
2. Focusing on the bigger picture in life will always assist in the treatment as the patient's attention is not towards the symptom but towards a better living.
3. Auto suggestions or affirmation is very important part of the healing process. Our mind often blames us for things that we don't have control of. This aggravates the situation and makes it harder to focus on the bigger picture.
4. Being positive and optimistic boots the self-confidence which in turn boots your immune system. You become what your mind thinks of you and staying positive helps the flow of life force.
5. Always dream of the cure before the treatment ever starts. Your mind should be able to visualize the end form which promotes the want to get better. This also increases the positive thinking.
6. Meditation often controls the mind when it begins to wander in several directions. Mind control using meditation can help reduce stress.

### **5.1.2 M2 - Meditation Principles and Methods**

There are several different ways one can meditate. One such simple technique is to sit in a spot where you are free from noise and disturbance. Clasp your hands together and sit in sukhasana as described in the yoga section of this material.

The prayer given below can be used for meditation.





Fig 1 – Sukhasana posture

**Prayer for meditation:**

- Light a small candle or a lamp in a quiet place and sit in front of the light.
- Take a deep breath and remember how beautiful the light is warm, soft, and alive.
- Now close your eyes and imagine that this flame is inside your head in between your eyebrows. Concentrate on the flame and the light it produces.
- Move the beautiful flame all the way down to your heart and imagine that your heart is like a flower which is slowly opening its petals.
- Now the flame settles in the very center of the flower. It warms and brightens your heart. It takes away all your sorrows and fills it with love. The sun in your heart is shining so brightly that the rays are so powerful that they chase away the clouds in your head.
- Now, imagine that this light fills your mouth and goes on to your tongue. It takes away all hasty and hurtful words. The light will help you use kind and gentle words.
- Imagine that the light fills your ears, and it gets rid of all the bad things you have heard. It will help you hear good and true words.

- Imagine that the light fills your eyes, and it may get rid of all the bad things your eyes may have seen. It will help you see what is good and beautiful.
- Imagine that the light is now filling the whole of your head it will chase away all bad thoughts and it will help you think positive thoughts.
- Imagine that the light is sending light in your arms the light will help your hands to do what is good and right and you will be able to help other people.
- Imagine that the light fills your leg and takes you to places where you can give love and joy. The sun in your heart is shining so brightly that it wants to share its love with everybody.
- Open yourselves up and imagine that you are sending the light full of love to your family members, to your friends, to your enemies and to everyone in the world. Proceed slowly and try to feel the love that exists everywhere. Everything is light and everything is one.
- Bring your thoughts back to the room where you are seated. Stretch your arms and legs and open your eyes. You are wide awake now. Remember the loving light inside you and in everything as you go through your day. Have a wonderful day.

### **5.1.3 M3 - Mudras Techniques and Yoga Asanas Meditation Mudras**

The 5 basic elements can be controlled effectively through pranayama mudras. Through different combinations of your fingers, mudras can control and cure many ailments. They can be done in any sitting position. One can start meditation with the proper mudra for 10 minutes daily and can be extended to 30 minutes.

### Meditation mudra –



Fig 2 – Chin Mudra

1. Chin mudra - Touch the thumb with the index finger and stay in this position for the prescribed time. Benefits of this include increase in brain power, improved concentration, and memory gain. Reduces stress and cures problems related to sleeplessness.



Fig 3 – Vayu Mudra

2. Vayu mudra – Keep the index finger on the base of the thumb and stay in this position for the prescribed time. This benefits cure towards arthritis, gout, Parkinson's disease, and improved blood circulation through the body.



Fig 4 – Shunya Mudra

3. Shunya mudra – Keep the thumb on the middle finger at the mount of Venus as shown. This will help in ear problems and vertigo.



Fig 5 – Prithvi Mudra

4. Prithivi mudra – Put the ring finger and thumb together as shown. This increases the life force or chetana and gives peace of mind.



Fig 6 – Varun Mudra

5. Varun mudra – Put the tips of the thumb and little finger together as shown. These cures impurities of blood and assists in skin problems. Also helps in gastric problems.



Fig 7 – Surya Mudra

6. Surya mudra – Bend the ring finger and press the thumb on the second fold as shown. This creates heat in the body and helps with digestion.



Fig 8 – Pran Mudra

7. Pran mudra – Bend the little finger and ring finger so that their tips meet the thumb as shown. This also increases the life force in your body and cures nervousnesses, and fights fatigue.



Fig 9 – Linga Mudra

8. Linga mudra – Clasp both the hands and interlock them as shown with the thumb extended out. This helps resist common cold attacks and burns the excess phlegm in the body

## Yoga Asanas

Asana is a body posture or position that is performed to induce a specific benefit through improved flow of energy. The term asana is derived from the ancient language of Sanskrit and is widely used in alternative medicine. These postures have been defined from time memorial and can be easily done by anyone without much effort. Asanas help in flexing the body muscles and increases the flow of blood or circulation in the body. We will describe some asanas for reference:



Fig 10 – Sukhasana

1. Sukhasana – This is also called the happy posture and is easily done. In this posture, you sit with your legs crisscrossed and tucked inside the opposite thighs. Care should be taken to ensure that your spine is vertically straight. Place the hands on your knees and breath normally or gently.



Fig 11 – Naukasana

2. Naukasana – This is referred to as the V-pose or the boat posture. In this asana, you sit and extend your legs in-front of you while leaning back some to provide adequate balance. Stretch your hands towards your feet as shown.



Fig 12 – Dhanurasana

3. Dhanurasana – This is referred to as the Bow posture. In this, you lie on your stomach with your hands on your feet and pull it backwards as shown. Your body ends up looking like a bow with your abdomen stretched.

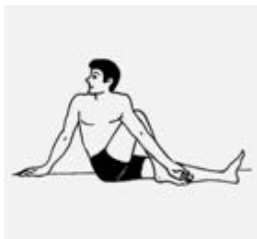


Fig 13 – Vakrasana

4. Vakrasana – This is often referred to as the twisted posture where your top half is twisted compared to the bottom. The right foot is placed up on the left thigh and the hands should be over the head. Spine should be kept straight.

### 5.2.1 A1 – Activation of pressure points using acupressure and acupuncture

Alternative medicine uses the flow of energy or vital force in the body as described earlier. Our body has a built-in mechanism to maintain and repair areas of concern and this is done using a technique popularly known as acupressure. In this technique the body is subjected to application of pressure on specific points located on your hands and feet. Our body is made of the 5 elements water, fire, air, earth and ether which is controlled by the electricity called bio-electricity or chetana as described earlier. The life force flows through our body through lines known as meridians which run from the tip of each finger to all over the body. Our hand consists of several points known as trigger or activation points that act

as a switch when it comes to the flow of life force. See figure below showing the trigger points located on our palms.

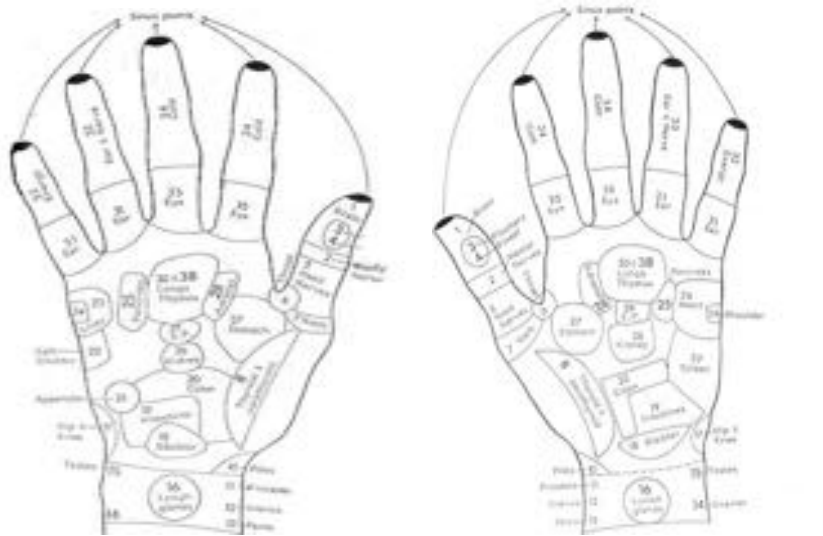


Fig 14 – Acupressure Trigger Points

### 5.2.2 A2 – Activation of critical energy points and Chakras

There are several ways to identify the critical energy points in your body. One can use the 7 chakras that were first mentioned in an ancient historic text originating from India. The word chakra stands for “wheel” and points to the energy points in our body. These energy centers or chakras should be aligned and should stay open for proper flow of chetana. The 7 chakras control the body and mind.

#### 1. Crown Chakra

2. Third Eye Chakra
3. Throat Chakra
4. Heart Chakra
5. Solar Plexus Chakra
6. Sacral Chakra
7. Base or Root Chakra



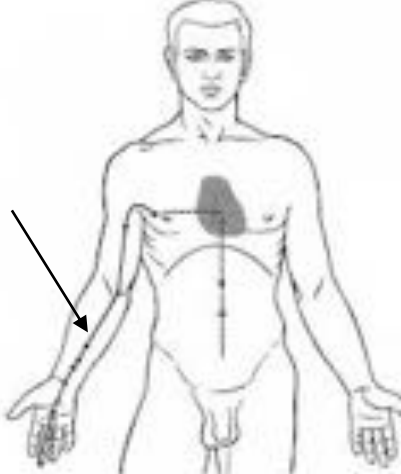
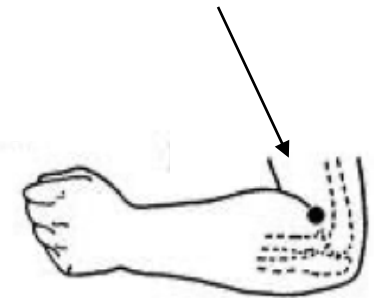

Fig 15 – Chakras


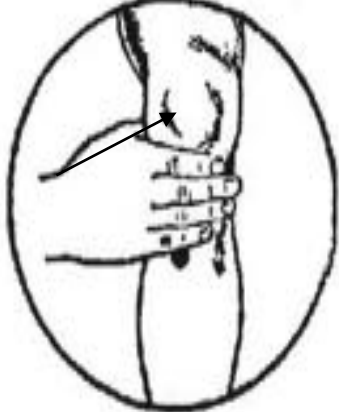

Chakras are activated by deep and conscious breaths where the energy is directed and flowed thru them. This practice of balancing the Chakras will open the flow of Chetana and bring harmony to your mind body and soul.

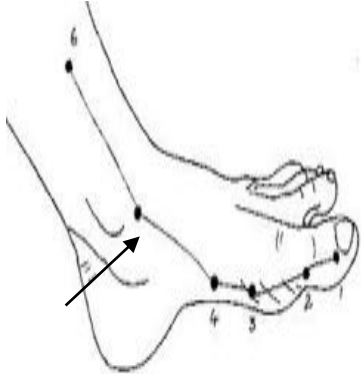
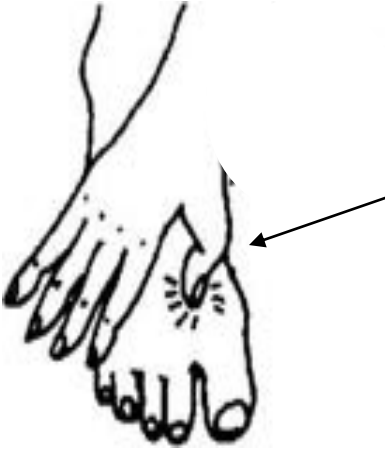

The body also has several critical points that should be activated daily for wellness purposes. Applying pressure stimulates the pressure point and sends a signal to the mind or brain to clear energy blocks in the meridians. This technique prevents the accumulation of toxins which prevents the flow of chetana through the body.




There are 31 points in our body that should be used to apply pressure as shown below.







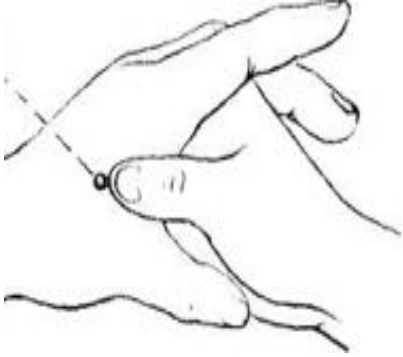
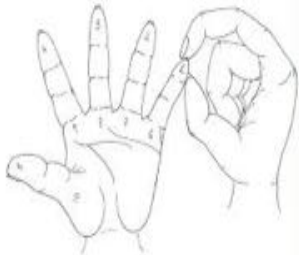
<p>1</p>	<p>Press on the middle of your right forearm for 2 minutes. This activates your heart meridian and enhances the flow of blood.</p>	 <p>Fig 16 – Point #1</p>
<p>2</p>	<p>Bend your right arm and apply pressure for 30 seconds at the point right above your elbow. This activates the large intestine meridian and helps with the elimination of toxins from the body.</p>	 <p>Fig 17 – Point #2</p>
<p>3</p>	<p>With your palm facing up, apply pressure for 30 seconds to the point 1 inch below the wrist line. This activates point #16 lymph glands and helps with the cell regeneration.</p>	 <p>Fig 18 – Point #3</p>


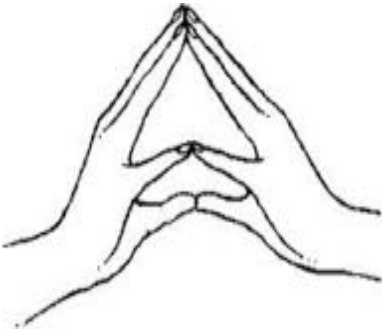
<p>4</p>	<p>Rub both your hands together for 30 seconds and palm your eyes with it.</p>	 <p>Fig 19 – Point #4</p>
<p>5</p>	<p>Apply pressure for 30 seconds to the point that is 1 inch below your right knee. This activates the stomach meridian and assists in the digestion of food.</p>	 <p>Fig 20 – Point #5</p>
<p>6</p>	<p>Apply pressure for 30 seconds to the point that is 1 inch above the ankle bone. This activates the urinary bladder meridian and assists in the passage of toxins via urine. This point also activates the spleen meridian and assists in the filtration of blood.</p>	 <p>Fig 21 – Point #6</p>



<p>7</p>	<p>Apply pressure for 30 seconds to the point that is 1 inch below the ankle bone. This activates the spleen meridian and kidney meridians along with male and female reproductive organs.</p>	 <p>Fig 22 – Point #7</p>
<p>8</p>	<p>Apply pressure for 30 minutes to the point intersecting the big toe and the first finger on the right leg.</p>	 <p>Fig 23 – Point #8</p>
<p>9</p>	<p>Keep your legs 18 inches apart with hands to the side facing out. Bring both legs in and out touching the floor. Repeat this for 5 times.</p>	 <p>Fig 24 – Point #9</p>

<p>10</p>	<p>Keeping legs together, bend them to one side and touch the floor. Bend them on the other side and touch the floor. Repeat this 5 times.</p>	 <p>Fig 25 – Point #10</p>
<p>11</p>	<p>With legs together, stretch it out all the way and then bend it all the way in. Wiggle your feet. Repeat this 5 times.</p>	 <p>Fig 26 – Point #11</p>
<p>12</p>	<p>Keeping feet together, rotate along the heel making a large circle clockwise for 5 times, counter-clockwise for 5 times and back to clockwise for 5 times.</p>	 <p>Fig 27 – Point #12</p>



<p>13</p>	<p>With open eyes, splash cold water for 10 times and later blink for 50 times after that.</p>	 <p>Fig 28 – Point #13</p>
<p>14</p>	<p>Rotate your eyes in your socket clockwise for 5 times, counterclockwise for 5 times and clockwise for 5 times.  Look at an object that is close for 2 seconds and something far away for 2 seconds. Repeat this for 5 times.</p>	 <p>Fig 29 – Point #14</p>
<p>15</p>	<p>Correct your solar plexus daily to ensure they are maintained. Hold your left-hand biceps with your right hand. Close and extend your left hand as shown. Quickly bend the left hand over the right hand ensuring that the right thumb touches the shoulder. Repeat these 9 times in the morning.</p>	 <p>Fig 30 – Point #15</p>

<p>16</p>	<p>Stand erect with your hands over your head. Bend them behind your back as far as you can. Take a deep breath (inhale) and bend forward touching the floor and exhale.</p>	 <p>Fig 31 – Point #16</p>
<p>17</p>	<p>Apply 30 seconds of pressure to all the webs of the hands as shown in the figure. This increases the energy circulation in the body.</p>	 <p>Fig 32 – Point #17</p>
<p>18</p>	<p>Apply 30 seconds pressure to the tips of all fingers as shown. These are sinus points and help with proper breathing.</p>	 <p>Fig 33 – Point #18</p>

<p>19</p>	<p>Clasp your hands together as shown. Using the 4 fingers apply pressure to your knuckles alternating for 5 minutes. This reduces stress and induces sleep.</p>	 <p>Fig 34 – Point #19</p>
<p>20</p>	<p>Connect both hands together at the fingertips. Make sure that the tips are connected vertically for 15 minutes. Energy begins to flow and balances your 5 elements. This is called Pancha Bootha meditation referring to all 5 elements represented in your hand</p>	 <p>Fig 35 – Point #20</p>
<p>21</p>	<p>Activate point #3 pituitary gland for 30 seconds. Use the right-hand index, middle, ring and little finger to apply pressure to the left thumb. Repeat this for the other hand.</p>	
<p>22</p>	<p>Activate point #4 pineal gland for 30 seconds. Use the right-hand index, middle, ring and little finger to apply pressure to the left thumb. Repeat this for the other hand.</p>	

23	<p>Activate point #8 thyroid and parathyroid glands.</p> <p>Once again use the right-hand index, middle, ring and little finger to apply pressure to the left thumb.</p> <p>Repeat this for the other hand.</p>	 <p>Fig 36 – Point #21-27</p>
24	<p>Activate point #25 pancreas. Use your right thumb vertically over the point and apply pressure for 30 seconds. Repeat this for the left hand.</p>	
25	<p>Activate point #28 adrenal glands. Use your right thumb vertically over the point and apply pressure for 30 seconds. Repeat this for the left hand.</p>	
26	<p>Activate point #10 to 15 sex glands (male and female). Handcuff your right hand with the left hand and apply pressure to the sides of the left hand.</p> <p>Repeat this for the left hand.</p>	 <p>Fig 37 – Point #27-30</p>
27	<p>Activate point #23 for 30 seconds on right hand for Liver. Use left hand thumb for this purpose.</p>	
28	<p>Activate point #22 for 30 seconds on right hand for gall bladder. Use left hand thumb for this purpose.</p>	
29	<p>Activate point #36 for 30 seconds on left hand for heart. Use left hand thumb for this purpose.</p>	



30	<p>Activate point #37 for 30 seconds on left hand for spleen. Use left hand thumb for this purpose.</p>	
31	<p>a. In the evening, while sitting on a chair, roll both feet on the foot roller for 4 to 5 minutes.</p> <p>b. Using hand jimmy apply rolling pressure on both palms for 2 minutes.</p> <p>c. Drink 2 glasses of charged water, one glass of green juice and 1 glass of fresh fruit juice</p>	<p>Hand Jimmy</p>  <p>Fig 38 – Point #30</p> <p>Foot Roller</p>  <p>Fig 39 – Point #31</p>

### 5.2.3 A3 – Aqua Therapy or Detoxification

Our body consists of 2/3<sup>rd</sup> portion of water, which is one of the 5 main elements. Water should be used to flush out toxins from the body. It also increases the circulation of blood and lymph, which in turn increases the elimination of waste.

By this process, we increase the oxygen supply in the body. A simple method of preparing water to detox is described here. It is often recommended that you drink about 8 glasses of water a day. In order to help with the detoxification, one can add the following ingredients:

- Cucumber and mint
- Lemon and ginger
- Blackberry and Orange
- Lemon and Cayenne pepper
- Watermelon and Mint
- Grapefruit and Rosemary

Add the above ingredients to water and leave it overnight or for a few hours. The ingredients can be chopped and added to cold or hot water. Leaving them for a few hours before drinking it will allow the infusion. Remove the ingredients when you are ready to drink the water.

Detox water can also be prepared by using two spoons of apple cider vinegar in 16 oz of water. Leave this for 30 minutes and drink it first thing in the morning in empty stomach. Detox water boosts the immune system, increases the energy levels and balanced the body pH levels.

### **5.3.1 N1 – Naturopathy using herbs and supplements**

The science of naturopathy using certain herbs and plant extracts have proven very effective in improving the overall health when you are treating a particular disease. Long before modern medicine, the ancient Greeks used a variety of spices and herbs for their healing properties. Hippocrates (460-377 BCE) used

saffron, cinnamon, thyme, coriander, and other plants as treatments, many of which people still using today as holistic remedies for fevers, aches and pains, and other ailments.

Purification of your blood and to oxygenate it plays a vital role in wellness. A simple purification method is described here. Take 10 leaves each of Neem (*Azadirachta indica*), Tulsi or Holy Basil (*Ocimum tenuiflorum*) and Bilva or Bael fruit (*Aegle marmelos*) and sun dry them for couple of days until it is not damp anymore. Grind them as fine as possible to make a powder. This mixture is called Q-mix for reference. Mix 1 teaspoon of Q-mix powder in 8oz of water and consume it on empty stomach first thing in the morning. Repeat this for a period of 30 days until the cleansing process is complete. Allow a 10-day gap before starting another cleansing process. Q-mix helps in cleaning the blood and increases the oxygen content.

There are several other herbs that can be consumed to maintain the health and wellness. Turmeric, Ginger, Cumin, Peppermint, Echinacea, Cinnamon, Chili powder, Parsley, Oregano, and Cardamon can be consumed daily. An easiest way is to put them in water and boil it for 15 minutes to extract the juices. People may experience some benefits or health improvements from incorporating herbs and spices into their diet but should not depend upon them solely for full treatment of conditions.

### 5.3.2 N2 – Nature Cure and Sunlight Therapy

Following the general rules of Nature will assist in curing the disease. This is done with the help of the 5 natural elements of Nature – Water, Air, Fire, Earth, and Ether.

**Water** – As indicated earlier, water helps in detoxifying the body. Drink plenty of water 8 to 10 glasses every day beginning with the first one on empty stomach. This should preferably be warm water as this will help in excreting undigested or leftover food in your stomach. Water can also be left overnight in a copper vessel and then consumed later. The water should be boiled and cooled in the copper vessel which infuses the minerals.

**Air** – Intake of fresh air every day is a key factor in increasing in oxygen content in the blood. Simple breathing exercises like pranayama. Inhaling through the right nostril and exhaling thru the left increases the heat in the body. This is called Surya pranayama. Doing it the other way using the left nostril for inhalation increases coolness in the body and is called Chandra pranayama. The sequence can be alternated easily by inhaling from the right and exhaling from the left. One important to note is that the inhaling should be short, and exhaling should be much longer. This helps in pushing out the toxic air stuck in the bottom of our lungs.

**Sunlight** – The 7 colors of the sun made up of violet, indigo, blue, green, yellow, orange, and red effect the body in different ways. The first three colors provide a cooling effect while the last three provides heat. It is advisable to stand outside in the morning at a time earlier to sunrise to absorb the rays. Deep breathing can be done to increase the oxygen content of the blood.

### **5.3.3 N3 – Nutrition and Balanced Diet**

Alternative therapy focuses heavily on one's diet and eating habits. It is believed that your medicine is in what you eat. The stomach is a very important component of our body as several disorders begin from there. It is very important to understand the importance of eating the right amount of food at the right time. It should also be noted that you must never eat till you are full and cannot consume anymore. It is recommended to take 75% of your intake so the body can process adequately. 60 to 70% of your diet should constitute carbohydrates, 10 to 15% proteins and the remaining 10 to 20% from fat. Healthy and balanced eating increases energy, improves the way our body functions and strengthens the immune system. A proper mix of proteins, fiber, antioxidants is essential to improve body functions.

Healthy eating involves in eating 6 small portions of intake in a day. Breakfast should be taken before 8am in the morning. A small snack at 10.30am to appease the hunger. This snack should be healthy consisting of vegetables or fruit. Lunch should be taken no later than 12.30pm. Eat until you are about 60% full at lunch to allow proper digestion. You can eat another small snack like nuts or a protein bar at around 3.30pm. Dinner should be taken before 7pm and followed by another snack like milk and cookies at 9.30pm if needed. Eating smaller portions but frequently allows the body to process completely. The digestive juices produced by our body should be consumed properly to digest the food intake. Fasting one meal a week is recommended. Plenty of water should be consumed throughout the day. On an average 64 oz is recommended as this forces your body to expel unwanted liquid.

**5.4.1 T1 – Therapeutic healing using light, seed, heat, sound, and aroma**

Light plays a very important role in the healing process. It is given in our ancient texts that all living beings get their energy from the sun which is the primary source of light. The colors of the sun can also be used for therapeutic effect based on their properties.

**Violet** – Produces heat in the body and can be used to treat problems related to bones, bone marrow, certain kinds of eye diseases like cataract and blindness.

**Indigo** – This color is good to treat problems associated with eyes, nose, throat, paralysis related to the face, diseases of the lungs like asthma, tuberculosis. It also helps with the nervous system disorders

**Blue** – This color is often used to treat whooping cough, any disease associated with excess heat in the body. This color is also used as a good antiseptic.

**Green** – Heart problems related to low and high blood pressure, skin related issues, certain types of cancer can be cured with the help of green light therapy.

**Yellow** – This color is often used to treat disorders of the stomach or digestive system, spleen, and liver. Diabetes can be controlled using this color.

**Orange** – This color is used for long treatment of asthma, bronchitis, throat related problems, gout, kidney problems and brain related diseases like epilepsy.

**Red** – Red is always associated with our blood so it helps with anemia, arthritis, paralysis and general weakness of the body including lethargy.

The light therapy can be done using a 60 to 100 W bulb and by directing it to the affected area for 15 minutes per day. Care should be taken to ensure the distance of the light source from the affected area. Typically, 18 inches is recommended for safer operation.

**Seed therapy** – The use of seeds is very popular in Sujok where specific types of seeds are tied to the acupressure points on your hands and feet. The seed is left on the point for a period of 10 to 2 hours and is believed to stimulate the area to induce healing through energy concentration. Common seeds used for this type of therapy includes mustard, fenugreek, peppercorns, black pepper. A more detailed guide to which seed to use is given in Sujok therapy.

**Heat therapy** – This is commonly known as thermotherapy where heat is applied to the affected area to get relief from pain. Heat can be applied using a warm cloth, bottle filled with warm water or heating pads available in the market. Application of heat assists in relaxing the muscles and tissues that are otherwise tender. Relieving spasms, inflammation and edema are common reasons to use heat therapy. This also increases the blood circulation to the affected area and promotes faster healing.

**Sound Therapy** – Sound healing involves the use of vibrations generated in various frequencies to relax the mind and body. Instruments like tuning forks, gongs, singing bowls are often used to generate sound with a particular frequency. This helps in modulating the operating frequency of the brain which assists in improving the circulation of blood used in curing certain ailments like blood pressure. Sound healing technique does not heal anything directly but assists greatly in the well-being of an individual. As a result, one stays positive after this therapy is administered.

### **5.4.2 T2 – Touch Therapy and Massage Techniques**

Touch therapy involves a wide variety of energy healing techniques that is supplemented along with acupressure. The primary operating principle lies in the fact that the body has a natural energy field that is controlled by the mind and plays an important role in the well-being of the individual. The proper flow of energy is important to reduce any imbalances that can contribute to illness and pain. The flow of energy is altered or modulated by the practitioner with the help of a healing touch or a therapeutic touch. In this therapy, the hand is placed a few inches from the affected area and the mind is used to direct the flow of energy.

On the other hand, massage techniques involve the application of pressure to the affected area. Some common types of massage techniques include kneading, rubbing, tapping, and shaking. Hot stones are also used during these sessions. There are basically 5 types of massage movements.

Effleurage, long gliding strokes are used on the affected area.

Petrissage, is used with kneading, rolling, wringing the area.

Friction can also be applied where needed to generate heat at the affected area.

Tapotement uses percussive strokes of the hand in rhythmically fashion to stimulate nerves and muscles.

Lastly, vibration refers to rocking, shaking movements done to the affected part or the entire body. These movements can be slower to begin and increase with time.



### **5.4.3 T3 – Traditional Practices including Ayurveda, Homeopathy**

Ayurveda is one of the world's oldest holistic medicines practiced all over the world for more than 3000 years now. Ayurveda is based on the belief that our health and wellness depends on the delicate balance between the mind, body, and the spirit. If this balance is disturbed, the body has the potential to fall sick. The five basic elements found in the universe: space, air, fire, water, and ether are believed to be responsible for the control of three forms of life forces in our body. These life forces, Vata dosha (related to space and air), Pitta dosha (related to fire and water) and Kapha dosha (related to water and earth) govern the proper operation of our body. A proper mix of the three doshas is very critical for the body's well-being. Vata dosha controls the mind, breathing, blood flow, heart functions and the ability to get rid of waste from the body. This is believed to be the main life force in the body. Pitta dosha controls digestion, metabolism, and the proper working of certain hormones. Finally, Kapha dosha controls the immune system, muscle growth and body strength. Ayurvedic treatment starts with the proper cleansing of the body to ensure that the undigested food is eliminated immediately. This helps in restoring the harmony and balance in the body.

Homeopathy is also based on the belief that the body can cure itself. The use of certain natural substances like plants and minerals in small quantities forms the basic treatment plan. These substances stimulate the body and helps in the healing process. The doctrine of homeopathy lies in the fact that the drugs are effective which produces symptoms like the symptoms caused by the disease that is being treated. This treatment is not advisable for all patients, and it can lead to aggravations.

**5.5.1 R1 – Reflexology, Relaxation, Reduction of Stress**

Reflexology is the science where pressure is applied to certain areas on the feet and hands. The theory behind reflexology is that areas of the foot correspond to organs and systems of the body. Pressure applied to the foot is believed to bring relaxation and healing to the corresponding area of the body. Foot reflexology is often done along with relaxation techniques that help in reduction of stress. The primary goal of relaxation is to develop a peaceful sense of mind that decreases the effects of stress on the mind and body. There are several types of relaxation techniques and the most popular one is the autogenic in nature. In this technique you are asked to focus on a visual image in a peaceful setting. You can also repeat certain words or suggestions in your mind that helps you to calm down and reduce the operating frequency of the brain/mind. The other method is progressive relaxation where you focus on one part or muscle of the body to slowly release the tension associated with it. Visualization or focusing your mind on certain images or patterns are also used to create the calming effect in the mind. The sense organs are often used to increase the stimulation of the mind. Deep breathing during relaxation can also regulate the flow of energy in the body. Some common benefits of relaxation include slower heart rate, lowering of blood pressure, improved digestion, reduction of anger and control of emotions, increase of blood flow to areas of chronic pain and reduction of stress. Relaxation also helps with positive thinking.

### **5.5.2 R2 – Religious Practices including Community Service**

Being religious is strongly associated with a better overall mental health and well-being. This leads to fewer symptoms related to anxiety and depression.

People with strong religious beliefs and practices often tend to enjoy the benefits of social support. Spiritual well-being happens to have a positive influence on most aspects of health. It is found to have a significant relationship between spiritual existential aspect of well-being and both physical and moral aspects of quality of life.

Religious practices include rituals, sermons, commemorations or veneration of deities and saints, sacrifices, celebration of festivals, feasts, prayer sessions to name a few. If community service is added to the religious practices, it increases the positive thinking and creates a purpose for life.

### **5.5.3 R3 – Rigor, Rhythm and Routine**

Any alternative medicine requires the rigor, rhythm and routine that needs to be followed. The body is expecting the activity when it is subjected to treatment. Alternative medicine requires the patient to follow the routine and the rhythm set by the practitioner. The body has a natural rhythm that helps in optimizing wellness.

1. Best time to wake up – 5am to 7am
2. Best time to nourish the body – 7am to 9am
3. Best time to nourish the heart – 11am to 1pm
4. Refueling time – 3pm to 5pm
5. Time to connect – 7pm to 9pm

6. Deep rest period – 11pm to 1am
7. Recovery time – 1am to 3am
8. Recharge period – 3am to 5am

### **5.6.1 A1 – Affirmation**

The following affirmation can be practiced daily.

Oh lord, I thank you for being part of my life and I will accept whatever you give me.

I realize that I did nothing to create this condition and I am willing to release and accept this pattern in my consciousness which is responsible for this.

All things happen for a purpose and reason. My experience also had a purpose and I have learned from it. I am grateful for the lessons my past has taught me.

I am willing to let go all the tensions, fear, negative emotions, sadness, guilt, and physical sickness. I am at peace with my past. I move forward by letting go the past. I choose to forgive myself and others, I am grateful and happy to experience whatever God decides for me. Tomorrow will be a great day filled with joy and amazing happiness. As I wake up the next day, my body mind and soul will rejuvenate and prepare for the best.

My family is my greatest wealth and strength. I will give all my love so it can be multiplied. Every cell in my body vibrates with HIS love, compassion, energy, and good health. I am always at peace. I will overcome all obstacles on my path with ease and will be rewarded with renewed inner strength. It is not the events of life but how we respond to them that defines the joy and success of life. With the

grace of the divine bliss, I will enjoy good health, long life, enough wealth, peace, and prosperity.

May be divine energy be my guide and my protector, during the day and night always and in all places.

### **5.6.2. A2 – Acceptance & Visualize the End State**

In alternative medicine, it is very important that the patient accept the current situation and not blame on themselves or others. Acceptance comes with the realization that everything happens for a reason, and you have done everything right in your capacity. Accept the treatment with full belief in the system.

It is very important to visualize the end state of the treatment where you are well and fine again. Visualization is simply a technique for creating a mental image of a future event. When we visualize our desired outcome, we begin to "see" the possibility of achieving it. When this happens, we are motivated and prepared to pursue the treatment with full trust in the system. Visualization can be done in two distinct ways. The first method is end-result visualization and involves envisioning yourself completely cured of the ailment. To do this, one can create a detailed mental image of the desired state using all your senses. You can write this down on a piece of paper and see it every day. You can also post a picture of yourself completely cured of the ailment and see it every day. The second type of visualization is process visualization. It involves envisioning each of the steps or actions you are taking to get to the final stage you desire. Focus on completing each of the steps you need to achieve your goal, but not on the overall goal itself.

### **5.6.3 A3 – Always Trust on the Almighty**

Everything happens with God's will, and you need to have trust in HIM. Without trust and faith no treatment will work successfully. Being positive is the first step to a successful treatment.

## **6.0 Materials and Methods**

Before starting the treatment, the patient must be reviewed as a whole unit by looking at their hands and feet that are corresponding to the organs in the body. For every problem or ailment, there is a disturbed balance which can be identified on the reflex point on the hand or feet. Using reflexology or applying pressure to the corresponding points on the patient's hand, the diagnosis of the problem can be done easily. The same point can be used to treat the ailment. When the Acupressure points are stimulated with pressure, it triggers the release of 'endorphins' which are the neuro chemicals that relieve pain. As a result, pain is blocked and the flow of blood and oxygen to the affected area is increased. When a point is pressed, the muscle yields to the finger pressure enabling the fibers to elongate and relax. This results in flow of blood and toxins accumulated in the body will be released and eliminated. Increased circulation also brings more oxygen and other nutrients to the affected areas. The body's resistance to illness is increased which then promotes a longer, healthier, and more vital life. When the blood and bio-electrical energy circulates properly through the body, an individual feels a sense of harmony, health, and well-being. This causes the muscles to relax and thus promotes internal self-healing.

An acupressure point has two identities. A local point is where pain or stress is felt when it is stimulated by the probe. That same point of pain can also be relieved from a distant point in the part of body which is called a trigger point. This triggering mechanism works through a human electrical channel called a meridian. The meridians are the path-ways that connect the acupressure points to each other as well as to the internal organs.

Just as blood vessels carry the blood that nourishes the body physically, the meridians are distinct channels that circulate electrical energy through the body. They are thought to be a part of master communication system of universal life energy, connecting the organs with all sensory, physiological, and emotional aspects of the body. This physical network of energy also contains key points that one can use to deepen one's spiritual awareness as he heals himself. As the stimulation of one point can send a healing message to other parts of the body, each acupressure point can benefit a variety of complaints and symptoms. There are certain tonic points on the body surface which when stimulated improve one's condition and maintains general health. They strengthen the overall body system and fortify various internal organs and vital systems of the body.

Before starting with the reflex treatment, it is important for the practitioner to check the condition of the feet. The feet can reveal several factors which help to recognize the problem areas in the body. If there is callus and it is uneven across the feet, it is possible to find out the source of imbalance in the body. Skin should be observed for variations in color or tone. If bright red color skin is seen on the feet, it indicated too much blood circulation. Dry or flaky skin on the surface of the feet indicates lack of energy or chetana or life force.

A typical treatment session is described here.

1. When the patient arrives, their biometrics is measured.
  - a. This includes their blood pressure & vitals
2. A treatment form is completed with relevant details.
  - a. Name, address
  - b. Address and contact details
3. The detailed description of the problem is recorded.
4. Diagnosis starts with applying pressure on the hands to Points 1 through 38 as shown in this figure below.
  - a. Pressure is applied to each point using an acupressure pin and the patient's reaction to pain is recorded.
  - b. Pressure is increased if pain is recoded to see the tolerance level.  
Higher the pain level, higher the problem anticipated
5. If pain is experienced on a particular point, it is recorded on the form in the appropriate box.
6. Any special treatment notes regarding the treatment are recorded.
  - a. Check for solar plexus alignment as shown below:
    - i. Align line #1 on both hands as shown
    - ii. Check to see if line #3 is aligned on the little finger as shown.  
If they are not aligned, then solar plexus needs correction.  
Refer to solar plexus correction methods.



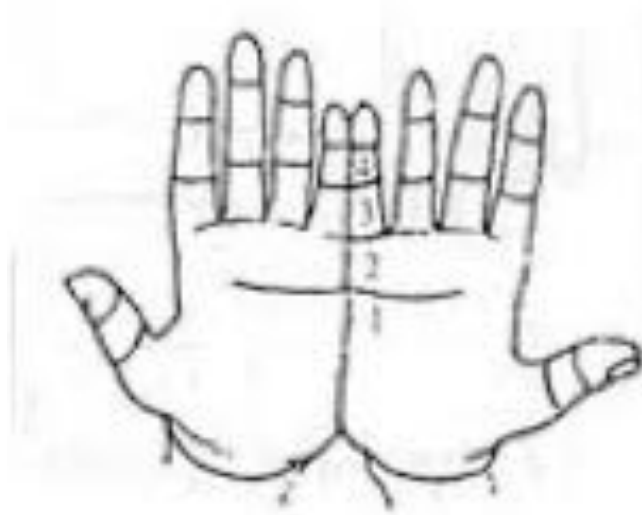


Fig 40 – Solar plexus checking method

- b. Check for palms to see if they are dry or wet/moist
  - i. If palm is moist then no excess heat in the body
  - ii. If palm is dry and rough, excess heat in the body and it must be removed. Refer to instructions on how to remove excess heat from the body.

7. General treatment consists of the following recommendations:

- a. Consumption of charged water per guidelines – 1 liter minimum per day
- b. Release of excess heat from the body if needed
- c. Alignment of solar plexus if needed
- d. Activation of endocrine glands – points on the hands
- e. Purification of blood using cleansers
- f. Breathing exercises

8. Specific acupressure treatments are recommended based on the ailment.  
This consists of applying pressure to the corresponding points on the hands 2 to 3 times a day for 60 seconds each.
9. Yoga and Meditation recommendations include the following sessions:
  - a. Pranayama
  - b. Kapalabathi
  - c. Basthrika and Anulom Vilom
  - d. Meditation sessions
  - e. Affirmation practice
10. Sujok treatment is then administered to the hands based on the ailment.
  - a. Pressure is applied to the thumb to activate the brain
  - b. Locate the exact point for treatment on the hand that corresponds to the ailing part in the body. Stimulate this point for 30 seconds with the probe. After 30 seconds, release pressure for 10 seconds and reapply for another 30 seconds with increased pressure. This can be repeated for the third time if the patient is prepared to take the increased pressure.
  - c. Apply roller to the corresponding point on the hand to stimulate the flow of energy.
  - d. According to the specification, apply moxa herbs for the ailments to the points on the hand. Moxa herbs are used to create artificial heat in the limbs, joints which helps in the increased flow of blood.
  - e. Application of needles on the corresponding points for 10 minutes.
  - f. Application of seeds per specifications and leaving this overnight.

11. TENS stimulator is used on the affected area. This generates a transcutaneous electrical pulse that is sent through the skin to start the stimulation of the body to release pain killers or endorphins. This is done typically for 30 minutes and helps with stopping the pain signals to the brain. The intensity and the frequency of the electrical pulse can be controlled based on the degree of the pain.

The following precautions should be taken while treating a patient.

- If the patient's hand is moist or wet, it is advisable to use less pressure on the hands. This indicated the intensity of the ailment.
- However, if the patient feels shivering or cold spells, the treatment should not be continued at that time. Please comfort the patient by keeping them warm.
- The patient should not have consumed any solid foods 2 hours before the treatment. If solids were consumed, treatment should be done after 2 hours.
- Acupressure treatment should be avoided if the patient is pregnant, and it is after the first trimester.
- Check to make sure that the patient is not very ill or is taking heavy doses of steroids and prescription medicines.
- Caffeine, meat, and spicy foods should be avoided during the length of the treatment. This improves the effect of alternative treatments.

Process to check solar plexus:

1. In the morning, on an empty stomach, lie down on your back and using the index finger or thumb apply pressure to your naval area. You should feel a throbbing sensation which follows your heartbeat. This shows the correct position of your solar plexus.
2. Lie flat on your back with your legs stretched straight. Bring the toes together and check to see if they are on the same height. If both toes are at the same level, then your solar plexus is aligned and does not need correction.

Process to correct solar plexus:

1. When you are lying flat on your back early in the morning, push the throbbing sensation as indicated above towards the center of the naval cavity.
2. Press the naval cavity downwards for 10 times while lying in the above position.
3. When the patient is lying on their back with the legs extended, pull both the big toes upwards while holding the leg steady.
4. Light a small tealight candle and place it on your naval. Light the candle and cover it with a glass as shown in the figure. The air inside the glass will be consumed by the flame which creates a suction pressure on the naval. This vacuum created on the naval will assist in solar plexus correction.
5. Lie down flat on the back and keep both your arms on the sides and on the ground. Lift both legs simultaneously and bring them to a 90-degree

position. Keep it in this position for 10 seconds before bringing it down

Repeat this 10 times a day until solar plexus correction is achieved.

Process to remove excess heat from the body:

1. Take 1 spoon of Harde powder (termialia chebula) with  $\frac{1}{2}$  spoon of sugar on empty stomach for 10 days
2. Soak 15 whole black peppers and 2 spoons of sugar and blend them with some water. Add 16 oz of water and drink it on empty stomach
3. Take 5 black pepper with 10 black raisins with some water on empty stomach



### 7.0 Tables & Figures

Below table shows the data for the 88 patients or case studies

Patient #	Sex		Age Group						Tobacco	Alcohol	Diabetes	Hypertension	Pain management	Overall health	# of sessions
	Male	Female	20-29	30-39	40-49	50-59	60-69	70+							
1		1			1				0	0	0	0	0	0	1
2		1						1	1	0	0	0	0	0	1
3		1							0	1	0	0	0	0	1
4	1			1					0	0	0	0	0	0	1
5		1					1		0	0	0	0	0	0	1
6	1						1		0	0	0	0	0	0	1
7	1		1						0	0	0	0	0	0	1
8		1					1		0	0	0	0	0	0	1
9		1						1	0	0	0	0	0	0	1
10	1								1	0	0	0	0	0	1
11		1				1			0	0	0	0	0	0	1
12		1				1			0	0	0	0	0	0	1
13	1					1			0	0	0	0	0	0	1
14	1					1			0	0	0	0	0	0	1
15	1					1			0	0	0	0	0	0	1
16	1						1		0	0	0	0	0	0	1
17	1					1			0	0	0	0	0	0	1
18		1				1			0	0	0	0	0	0	1
19		1							1	0	0	0	0	0	1
20	1								0	1	0	0	0	0	1
21		1				1			0	0	0	0	0	0	1
22	1					1			0	0	0	0	0	0	1
23		1				1			0	0	0	0	0	0	1
24		1				1			0	0	0	0	0	0	1
25	1					1			0	0	0	0	0	0	1
26		1				1			0	0	0	0	0	0	1
27	1					1			0	0	0	0	0	0	1
28		1							1	0	0	0	0	0	1
29	1								0	1	0	0	0	0	1
30		1				1			0	0	0	0	0	0	1
31		1				1			0	0	0	0	0	0	1
32	1					1			0	0	0	0	0	0	1
33		1							1	0	0	0	0	0	1
34		1							0	1	0	0	0	0	1
35	1								0	0	0	0	0	0	1
36		1				1			0	0	0	0	0	0	1
37	1					1			0	0	0	0	0	0	1
38		1							0	1	0	0	0	0	1
39	1								0	0	0	0	0	0	1
40		1							0	1	0	0	0	0	1
41	1					1			0	0	0	0	0	0	1
42		1							0	1	0	0	0	0	1
43	1								0	0	0	0	0	0	1
44		1				1			0	0	0	0	0	0	1
45		1							0	1	0	0	0	0	1
46		1							0	0	0	0	0	0	1
47	1					1			0	0	0	0	0	0	1
48		1							0	1	0	0	0	0	1
49		1				1			0	0	0	0	0	0	1
50	1								0	0	0	0	0	0	1
51		1				1			0	0	0	0	0	0	1
52		1							0	1	0	0	0	0	1
53		1				1			0	0	0	0	0	0	1
54		1							0	1	0	0	0	0	1
55		1							0	1	0	0	0	0	1
56	1								0	0	0	0	0	0	1
57		1							0	1	0	0	0	0	1
58		1							0	0	0	0	0	0	1
59	1								0	0	0	0	0	0	1
60		1				1			0	0	0	0	0	0	1
61		1							0	1	0	0	0	0	1
62	1								0	0	0	0	0	0	1
63		1				1			0	0	0	0	0	0	1
64		1							0	1	0	0	0	0	1
65		1							0	0	0	0	0	0	1
66		1				1			0	0	0	0	0	0	1
67		1							0	1	0	0	0	0	1
68		1							0	0	0	0	0	0	1
69	1								0	0	0	0	0	0	1
70		1				1			0	0	0	0	0	0	1
71		1							0	1	0	0	0	0	1
72	1								0	0	0	0	0	0	1
73		1				1			0	0	0	0	0	0	1
74	1								0	0	0	0	0	0	1
75		1				1			0	0	0	0	0	0	1
76	1								0	1	0	0	0	0	1
77		1				1			0	0	0	0	0	0	1
78		1							0	1	0	0	0	0	1
79		1							0	0	0	0	0	0	1
80	1					1			0	0	0	0	0	0	1
81		1							0	1	0	0	0	0	1
82	1								0	0	0	0	0	0	1
83		1				1			0	0	0	0	0	0	1
84		1							0	1	0	0	0	0	1
85	1								0	0	0	0	0	0	1
86		1				1			0	0	0	0	0	0	1
87		1							0	1	0	0	0	0	1
88		1				1			0	0	0	0	0	0	1
	88	88	0	0	18	50	13	17	0	0	0	0	0	0	88

Table 3 – Results of case studies

a. Patient type – Based on their sex

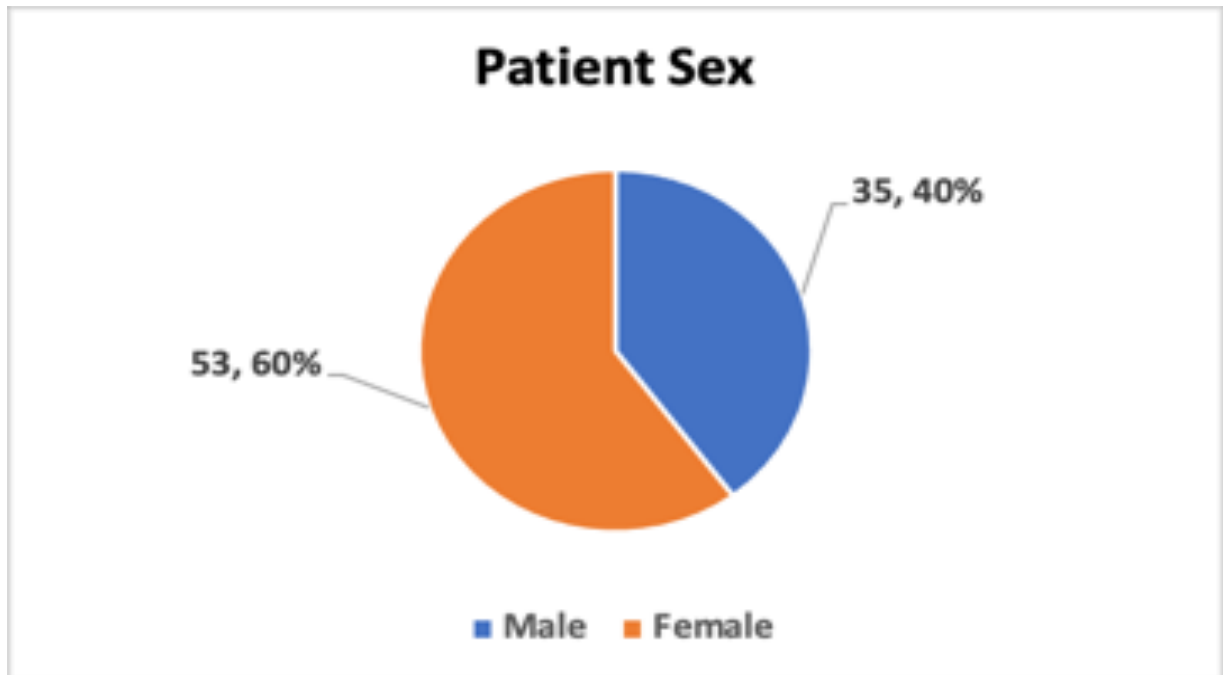


Fig 41 – Patient population by sex

b. Patient Age Group

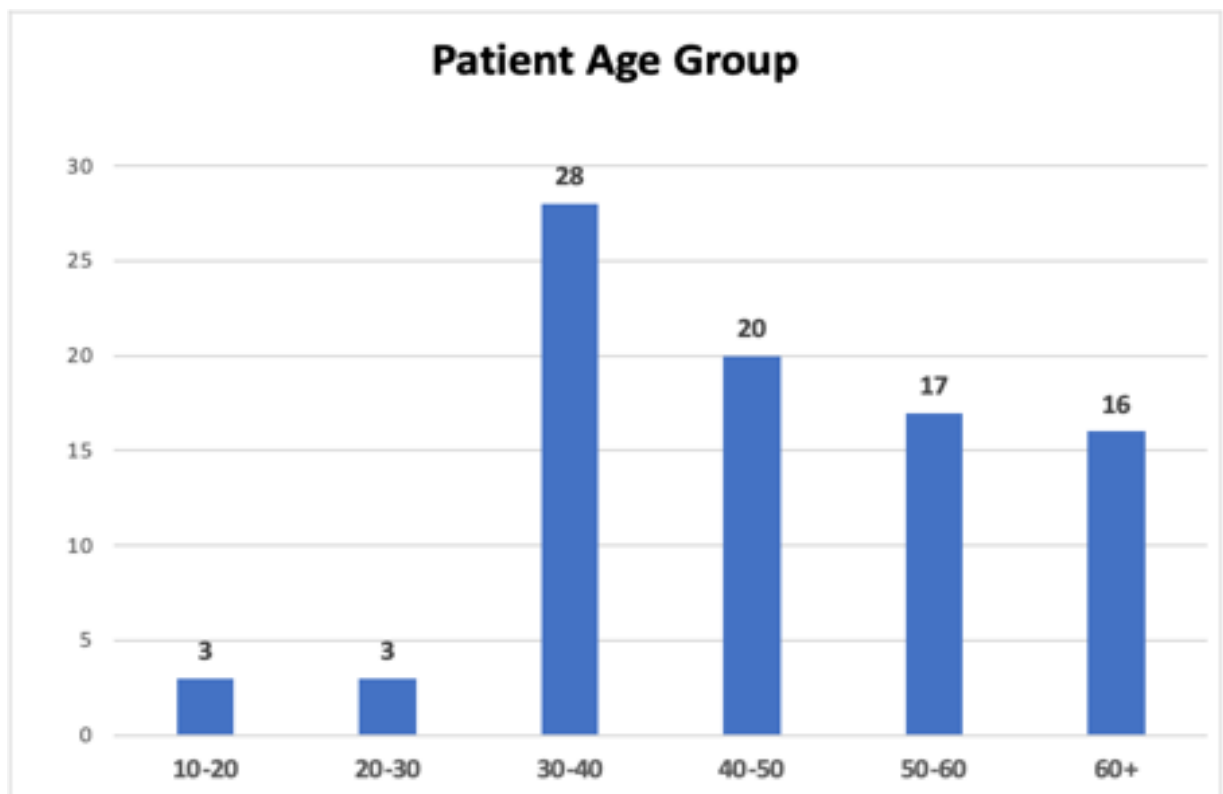


Fig 40 – Patient by age group

c. Solar Plexus and Excess Heat condition in patients



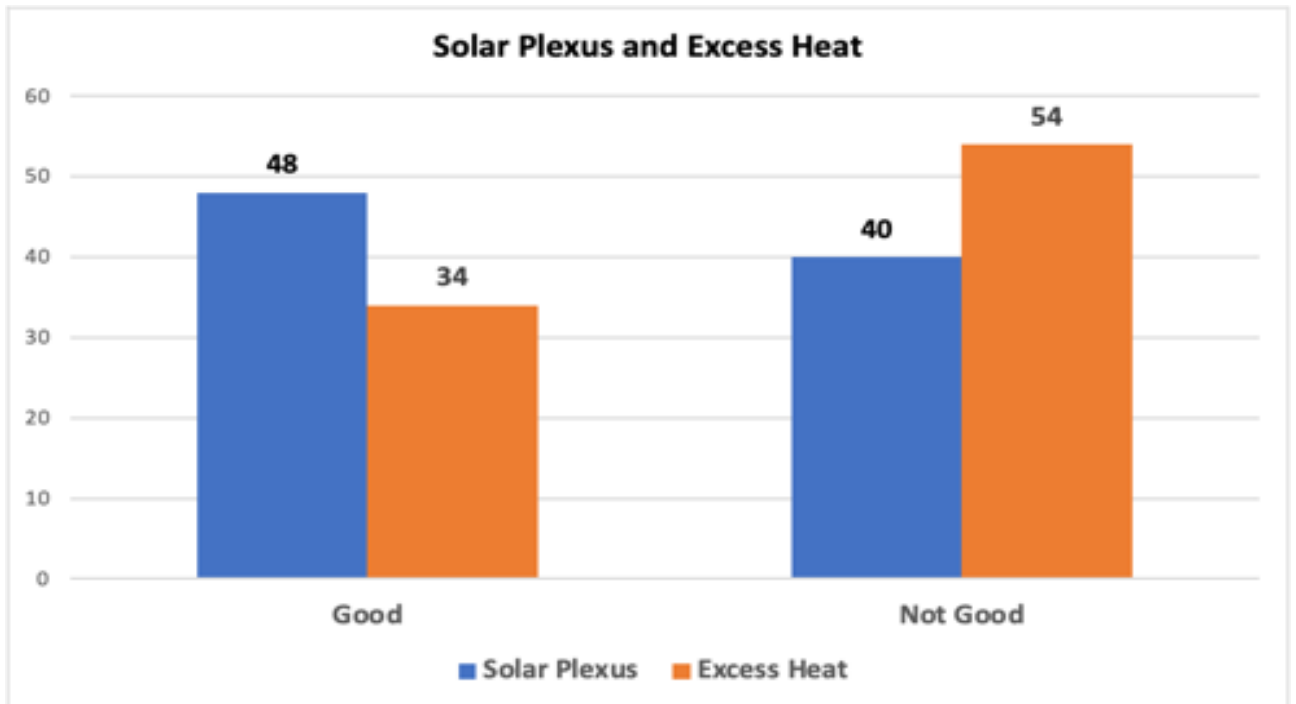


Fig 41 – Patient condition for solar plexus and excess heat

d. Patients with Solar Plexus correction by age

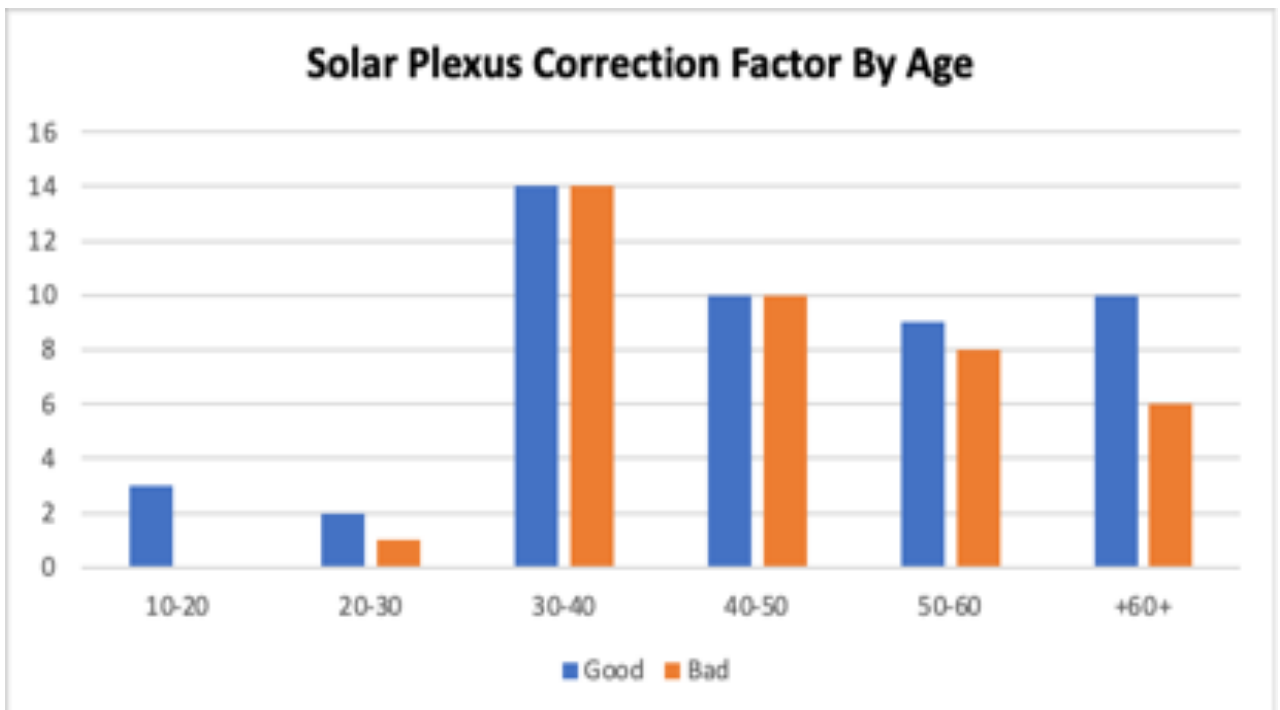


Fig 42 – Solar Plexus by patient age

e. Patients with Excess Heat in the body – By age

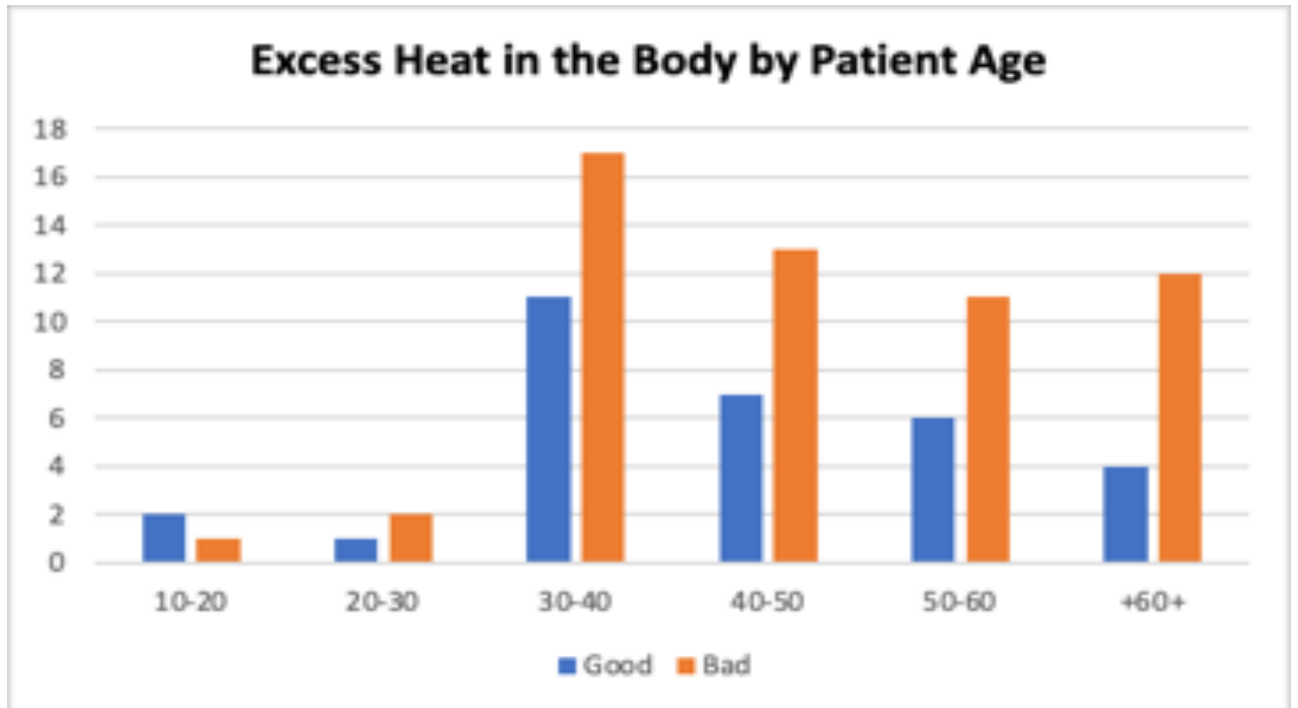


Fig 43 – Excess heat by patient age

f. Patients with Pain Management versus Health issues

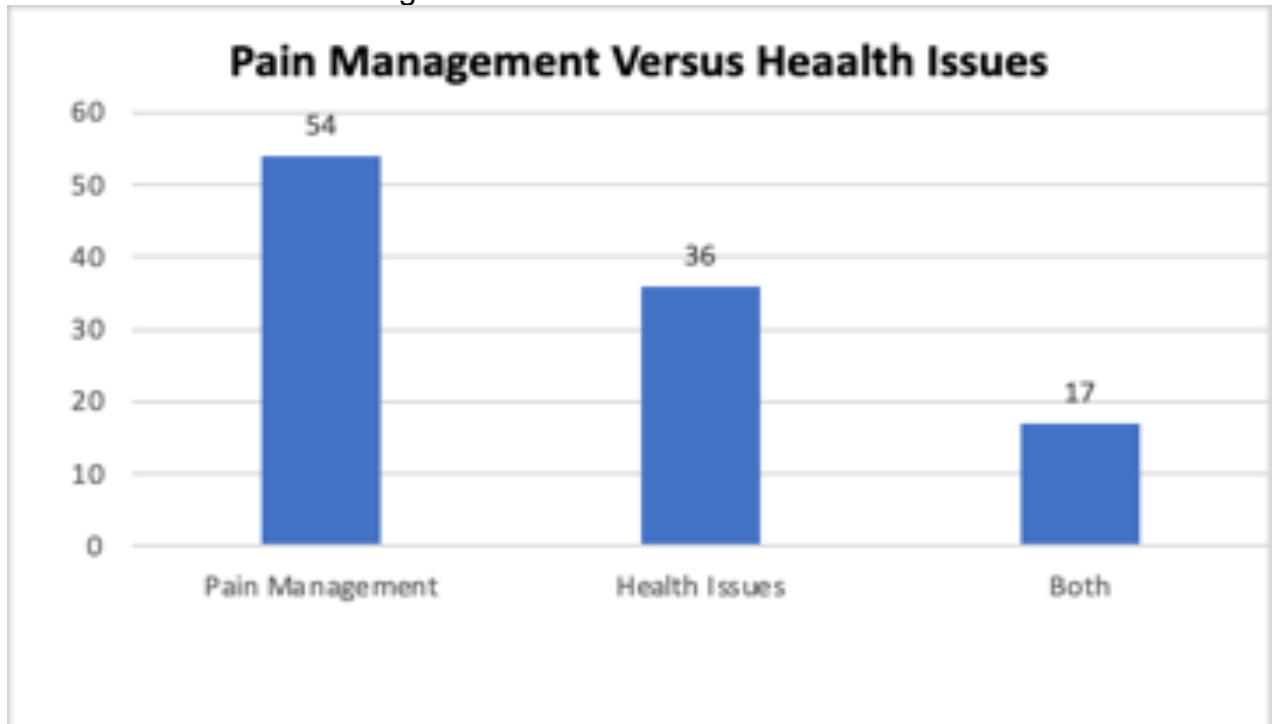


Fig 44 – Pain management versus health issues in patient

**8.0 Results and Conclusions**

Based on the above data presented, the following observations are made.

- Patient population consisted of 60% females to 40% males
- Treatment period was from 2013 to 2020 and a total of 88 cases observed to collect the data for analysis
- Patients between the age group 30 to 40 were most receptive to this MANTRA© treatment model
- Excess heat in the body contributed significantly to patients' wellness
  - Greater effect can be seen on cases above 40 years of age
  - Females tend to have higher percentage of issues with excess heat in the body compared to males. 67.9% for females compared to 51.4% males
  - Excess heat in the body must be controlled
- Solar Plexus of patients between the age of 30 and 60 were not contributing significantly to their wellness
  - Patients with age 50 and above seem to have better solar plexus and did not require any correction
- The average number of sessions required per patient was at 2.45 based on the sample size of 88 patients over a 6-year period
- Patients needing pain management were successfully treated with this MANTRA© model compared to general health issues
- Patients in general do not follow all the recommendations provided during the sessions. Females were more receptive to the alternative medicine treatment compared to males treated.
- General tips of wellness include the following 8 conditions:

- Timely elimination of waste from the body – Good bowl movements
- No excess weight in the body
- Clear skin without pimples or acme
- Feeling energetic throughout the day
- Experiencing a strong sense of hunger
- No aches and pain in the body
- Having deep and restful sleep at night
- Always feeling positive
- To maintain good health and wellness, the following should be practiced every day.
  - Press both the palms each for 5 minutes. Basically, you are applying pressure to both sides of your palms to activate all the trigger points.
  - For ages 40 and above, apply pressure on the center of the right arm for 2 minutes.
  - Activate your endocrine glands.
  - Use a foot roller and apply pressure to the soul of the feet for 5 minutes.
  - Drink 1 glass of warm water on your empty stomach. This assists in proper bowl movement and prevents constipation.
  - Drink 1 cup of green juice and add 1 spoon of honey to it.
  - Drink 1 glass of fresh fruit juice.
  - Check your solar plexus and correct if needed.
  - Maintain positive thoughts.

- Eat only when you are hungry and do not eat until you are full.

## **9.0 Thanks**

- Special thanks to my father-in-law Mr. Baram Rajamanickam for instilling the interest in me to pursue the field of alternative medicine.
- All my patients who agreed to work with me as a case study for my treatment method validation.
- Professor Ravindran of YANTRA Foundation, Bangalore, India for teaching me the basics of acupressure and relevant techniques.
- Dr. Pradeep Sharma of International Su Jok Acupuncture Association, New Delhi, India for teaching and certifying me in the art of Sujok therapy.
- Dr. B.R Choudhary and Mr. P.P. Sharma of Acupressure Research, Training & Treatment Institute, Jodhpur, India for helping me successfully complete the Masters Diploma in Acupressure Therapy.



Case Study No. 2:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	Rama Prasad			ADDRESS	628 DeForest Rd, Coppell			DATE	11/29/16		
PHONE	269-869-7262			EMAIL	rama.m.prasad@gmail.com						
AILMENT PROBLEM	1. Left arm -			New, does not hurt							
	2. tips go numb			Went to 10 days / Throat							
	ON/OFF										
DIAGNOSIS	NO pain										
	Radiating heat / Dominant on left only										
	Upper arm only										
	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10	
PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20		
PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30		
PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38				
TREATMENT NOTES											
Slight pain in 26											
pain in 27											
pt 3, front & back (neck)											
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT					
	<input checked="" type="checkbox"/>	Charged water (Gold + Silver + Copper)				<input checked="" type="checkbox"/>	Check Solar Plexus 9 times				
	<input checked="" type="checkbox"/>	Excess Heat Release					Foot Roller				
		Thyroid Exercise					Jinny & Su Jok Ring				
		Oil Pulling				<input checked="" type="checkbox"/>	Pressure Points 27, 3, 26				
		Hand Interlock + Slight forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK					
		Pranayam					Hands - All fingers using ring, jinnis, wrist band				
		Kapalbhati					Foot Roller - 3 places				
		Surya, Anulom Vilom					Feet sujok - Leg middle finger, other fingers				
	Meditation					Stress relieving techniques					
	Affirmation										
NATURAL THERAPY											
<input checked="" type="checkbox"/>	Haritake Churna 1 tsp + luke warm water				<input checked="" type="checkbox"/>	Coriander juice, Green juice + Antioxidant					
	G-Mix 2tsp + luke warm water					Seed Therapy (muthi, pepper, martari)					
<input checked="" type="checkbox"/>	Marshkalkai 2tsp + buttermilk					2 Kajar + 2 Anjar					
<input checked="" type="checkbox"/>	1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
	1/2tsp cinamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES											
11/29 - Full treatment for 27, 3, 26											
11/30 - Full treatment for 27, 3, 26. No burning, reduced belching											
12/1 - Last night Shoulder pain. No burning. Hand was ok											
Full treatment for 27, 3, 26											

Conclusion:

Solar plexus needed correction and excess heat needs to be removed from the body

Case Study No. 3:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	SANCHITA G.			ADDRESS	VIZAG			DATE	12/8/16	
PHONE	9199101771			EMAIL	SANCHITAGUMMADI@yahoo.com					
ALIMENT PROBLEM										
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7 X	PT 8 X	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27 X	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT	<p>TREATMENT NOTES</p> <p>Solar Plexus Okay Upper force ok No lock Hands are moist EXCESSIVE HEAT in body</p> <p>GENERAL TREATMENT</p> <p>Charged water (Gold + Silver + Copper) Excess Heat Release Thyroid Exercise Oil Pulling Hand Interlock + Right Forearm</p> <p>ACUPRESSURE TREATMENT</p> <p>Check Solar Plexus Foot Roller Jimmy &amp; Su Jok Ring Pressure Points Endocrine Glands Activation</p> <p>TOGA &amp; MEDITATION</p> <p>Pranayam Kapalabhati Bastrika, Anulom Vilom Meditation Affirmation</p> <p>SU JOK</p> <p>Handy - All fingers using ring, Jimmy, wrist band Foot Roller - 3 places Feet sojak - Leg middle finger, other fingers Stress relieving techniques</p> <p>NATURAL THERAPY</p> <p>Martake Churna 1 tsp + luke warm water G-Mix 2tsp + luke warm water Marthakal 2tsp + buttermilk 1/2tsp Jeera + 1/2tsp Dhania + luke warm water 1/2tsp cinnamon + Honey</p> <p>Coriander juice, Green juice = Antioxidant Seed Therapy (methi, pepper, maitari) 2 Kaju + 2 Anjur Roasted Salt Light Therapy - Blue, Red color</p>									
	<p>TREATMENT NOTES</p> <p>12/8 Full treatment on all points</p>									

Conclusion:  
Solar plexus is okay but excess heat should be removed from the body







Case Study No. 6:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Dayakes M			ADDRESS	633 Bella Vista Dr			DATE	6.18.16	
PHONE	260-326-9867			EMAIL	dayakes@midwestregional.com					
AILMENT PROBLEM	2 to 3 weeks - NATA Convention									
	Left Hip - during walking only 2 to 3 Walking does not help - stayed local									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
Pain Mgmt all radicular fine										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					Check Solar Plexus				
	Excess Heat Release					Foot Roller				
	Thyroid Exercise					Jimmy & Su Jok Ring				
	Oil Pulling					Pressure Points				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	Pranayam					Hands - All fingers using ring, Jimmy, wrist band				
	Kapalabhati					Foot Roller - 3 places				
	Bastrika, Anulom Vilom					Foot w/sock - Leg middle finger, other fingers				
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
Haritaki Charma 1 tsp + luke warm water					Coriander Juice, Green Juice + Anticidant					
C-Mix 1tsp + luke warm water					Seed Therapy (mahi, pepper, marta)					
Marennakali 1tsp + buttermilk					2 Kaju + 2 Anjur					
1/2tsp jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp cinnamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
6/18 Synde, Electro Massage, Piezo Stimulator										

Conclusion:

Solar plexus was okay and no excess heat in the body. Pain is related to injuries.

Case Study No. 7:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Tarun Ramji			ADDRESS	25/1, Seward Dg, Panvel, Dist. Thane 401116					
PHONE				EMAIL						
PATIENT PROBLEM	1. Ear (left) tubes fell off recently									
	2. Sore throat (strep)									
	3. tonsils									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
Solar plexus good										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					Check Solar Plexus				
	✓ Excess Heat Release					Foot Roller				
	Thyroid Exercise					Jimmy & Su Lok Ring				
	Oil Pulling					Pressure Points				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	✓ Pranayam					Hands - All fingers using ring, Jimmy, wrist band				
	Kapalabhati					Foot Roller - 3 places				
	Bastrika, Anulom Vilom					Foot Sujok - Lag middle finger, other fingers				
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
Haritaki Churna 1 tsp + luke warm water					Coriander juice, Green juice + Antioxidant					
G-Mix 1tsp + luke warm water					Seed Therapy (methi, pepper, matter)					
Marthakalikal 1tsp + buttermilk					2 Kaju + 2 Anjur					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp cinamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
Ink touch base										

Conclusion:  
Solar plexus was okay and no excess heat in the body.

Case Study No. 8:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	RAMA BHAI			ADDRESS	3616 ARBOR CREEK LN, FM			DATE	10/16/15		
PHONE	214 240 0164			EMAIL	Yama.bhai@outlook.com						
ALIMENT PROBLEM	1. Rt side pain in the hands - Near the thumb PL=8 2. Rt side shoulder - Below D7 neck PL=6,7. 3. Thyroid TSH = 50mg 100mcg										
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10	
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20	
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30	
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38			
TREATMENT NOTES											
GENERAL TREATMENT (P) (S) (G)											
TREATMENT	<input checked="" type="checkbox"/> Charged water (Gold + Silver + Copper) <input type="checkbox"/> Excess Heat Release <input checked="" type="checkbox"/> Thyroid Exercise 21(S) 15(R) (K) <input checked="" type="checkbox"/> Oil Pulling <input checked="" type="checkbox"/> Hand Interlock + Right Forearm					ACUPRESSURE TREATMENT					
	YOGA & MEDITATION					SU JOK					
	<input checked="" type="checkbox"/> Pranayam <input type="checkbox"/> Kapalabathi <input type="checkbox"/> Bastrika, Anulom Vilom <input checked="" type="checkbox"/> Meditation <input checked="" type="checkbox"/> Affirmation					<input type="checkbox"/> Check Solar Plexus ok <input type="checkbox"/> Foot Roller <input type="checkbox"/> Jimmy & Su Jok Ring <input type="checkbox"/> Pressure Points DE, PE, PF 23 <input type="checkbox"/> Endocrine Gland Activation ok					
	NATURAL THERAPY										
	<input checked="" type="checkbox"/> Haritake Churna 1 tsp + luke warm water <input type="checkbox"/> Q Milk 3tsp + luke warm water <input type="checkbox"/> Methkajkal 3tsp + buttermilk <input type="checkbox"/> 1/2tsp Jeera + 1/2tsp Dhania + luke warm water <input type="checkbox"/> 1/2tsp Chhamp + Honey					<input type="checkbox"/> Coriander juice, Green juice + Antioxidant <input checked="" type="checkbox"/> Seed Therapy (methi, pepper, matter) Methi <input type="checkbox"/> 2 Raju + 2 Anju <input type="checkbox"/> Roasted Salt <input checked="" type="checkbox"/> Light Therapy - Blue Red color 2 Shot					
	TREATMENT NOTES										
	10/17 Acupressure + Sujok + Needles (10 min) + M + Did all points - Yesterday pain is still there. Seeds were kept Early morning belt a bit in energy flow - feverish										
	10/18 Every Rx (No thyroid), Pain level PL=6. 10/23 Pain level is better. Pain killer. Two points still hurt. Showed hurt wait for massage. Hot pack or salt therapy Full Session. Pain level is reduced.										

Conclusion:  
Solar plexus was okay and no excess heat in the body. Pain is related to injuries

Case Study No. 9:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Uma Naturi			ADDRESS	3605 Acton Dr.			DATE	5/29/15	
PHONE	972-899-0217			EMAIL	maturi@9mail.com					
AILMENT PROBLEM	1. Breaking up with me back of ear									
	2. Hormonal imbalance - Pre menopause									
	3. Joint pain / Stiffness									
	4. Thyroid Issue - TSH									
	5. Liver / Kidney activation									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	X	PT 13	PT 14	PT 15	X	PT 16	PT 17	PT 18
	PT 19	PT 20	PT 21	X	PT 22	PT 23	PT 24	PT 25	PT 26	X
	PT 27	PT 28	PT 29	PT 30	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36
TREATMENT NOTES										
1. Liver activation										
2. Endocrine gland activation										
3. Lymphatic System Activation										
4. Water therapy										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					Check Solar Plexus				
	Excess Heat Release					Foot Roller				
	Thyroid Exercise					Jimmy & Su Ank Ring				
	Oil Pulling					Pressure Points				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOE				
	Pranayam					Hands - All fingers using ring, Jimmy, wrist band				
	Kapalabhati					Foot Roller - 3 places				
	Bastrika, Anoloni Vilom					Foot Sujok - Lag middle finger, other fingers				
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
Narutaki Churna 1 tsp + luke warm water					Coriander juice, Green juice + Antioxidant					
Q-Mix 1tsp + luke warm water					Seed Therapy (mahi, pepper, matter)					
Marsikalal 1tsp + buttermilk					2 Kaju + 2 Anjur					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp cinnamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
5/20 Full diagnosis -> Endocrine										

Conclusion:

Solar plexus was okay and no excess heat in the body. Menopause related problems.

Case Study No. 10:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	Khemchand				ADDRESS					DATE	5/15/15
PHONE					EMAIL						
AILMENT PROBLEM											
DIAGNOSIS	PT 1 ✓	PT 2 ✓	PT 3 ✓	PT 4 ✓	PT 5 ✓	PT 6 ✓	PT 7 ✓	PT 8 ✓	PT 9 ✓	PT 10 ✓	
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20	
	PT 21	PT 22	PT 23	PT 24	PT 25 ✓	PT 26	PT 27	PT 28	PT 29	PT 30	
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38			
TREATMENT NOTES											
GENERAL TREATMENT											
ACUPRESSURE TREATMENT											
TREATMENT	Charged water (Gold + Silver + Copper)					Check Solar Plexus					
	Excess Heat Release					Foot Roller					
	Thyroid Exercise					Jimmy & Soak Ring					
	Oil Pulling					Pressure Points					
	Hand Interlock + Right Forearm					Endocrine Glands Activation					
	YOGA & MEDITATION					SU JOE					
	Pranayam					Hands - All fingers using ring, Jimmy, wrist band					
	Kapalabhati					Foot Roller - 3 places					
	Bastrika, Anulom Vilom					Foot sojak - Leg middle finger, other fingers					
	Meditation					Stress relieving techniques					
Affirmation											
NATURAL THERAPY											
Haritaki Churna 1 tsp + luke warm water					Coriander juice, Green juice + Antioxidant						
Q-Mix 1tsp + luke warm water					Seed Therapy (methi, pepper, maitar)						
Methkalkal 1tsp + buttermilk					2 Rajar + 2 Anjur						
1/2tsp Jeera + 1/2tsp Ghania + luke warm water					Roasted Salt						
1/2tsp cinamon + Honey					Light Therapy - Blue, Red color						
TREATMENT NOTES											
5/19 Pain level = 4.75, Walking ok, Sleeping ok, Restive Full Swollen up Hand & Feet. Add thistle to the mix.											

Conclusion:  
Solar plexus needs correction. No excess heat in the body

Case Study No. 11:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Shubhangi Rao			ADDRESS	K629 Durban Park Dr			DATE	4/3/15	
PHONE	241-841-1840			EMAIL	shubz.rao@yahoo.com					
AILMENT PROBLEM	1. Right side neck pain C5-C6									
	2. Degeneration X-rays									
DIAGNOSIS	3. Tweede ago stretch Bad - 7									
	Special pillow / NOT Stiff @ Am									
TREATMENT	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
1. Solar plexus ok.										
2. NO / half aware										
3. NO										
4. No excess heat										
GENERAL TREATMENT					ACUPRESSURE TREATMENT					
Charged water (Gold + Silver + Copper)					Check Solar Plexus Okay					
Excess Heat Release					Foot Roller					
Thyroid Exercise					Jimmy & Su Juk Ring					
Oil Pulling					Pressure Points 22, 8, 9,					
Hand Interlock + Right Forearm					Endocrine Glands Activation					
YOGA & MEDITATION					SU JOK					
Pranayam					Hands - All fingers using ring, jimmis, wrist band					
Kapalabhati					Foot Roller - 3 glass					
Bastrika, Anulom Vilom					Foot Sujok - Leg middle finger, other fingers					
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
Haitake Chara 1 tsp + luke warm water					Cortander Juice, Green Juice + Antioxidant					
O. Mle 1 tsp + luke warm water					Seed Therapy (methi, pepper, mattar)					
Menthakalikai 1 tsp + buttermilk					2 Rajar + 2 Anjur					
1/2 tsp Jeera + 1/2 tsp Dhania + luke warm water					Roasted Salt					
1/2 tsp cinamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
4/3 Full Snick + Electro										
4/4 Pain after wake up 5 to 6 Discomfort 4/5										
4/5 Feel good Normal activity. No points										
4/5 pressure points ok, Rx one day, NO advils, 1/2 the time										
4/8 No pain, little tightness, NO acupoints.										
4/9 okay day, little pain in the morning. Tight										
4/10 No pain today. Moving in the right direction.										

Conclusion:

Solar plexus was okay and no excess heat in the body. Pain is related to injuries



Case Study No. 12:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	Bhavana Shanker				ADDRESS					DATE	2/15/15
PHONE	469 436 6375				EMAIL	v.bhavana@yahoo.com					
ILLNESS PROBLEM	1. Rt finger tips 2. Pain at night (gets worse at night)										
DIAGNOSIS	PT 1 ✓	PT 2 ✓	PT 3 ✓	PT 4 ✓	PT 5 ✓	PT 6 ✓	PT 7 ✓	PT 8 ✓	PT 9 ✓	PT 10 ✓	
	PT 11 ✓	PT 12 ✓	PT 13 ✓	PT 14 ✓	PT 15 ✓	PT 16 ✓	PT 17 ✓	PT 18 ✓	PT 19 ✓	PT 20 ✓	
	PT 21 ✓	PT 22 ✓	PT 23 ✓	PT 24 ✓	PT 25 ✓	PT 26 ✓	PT 27 ✓	PT 28 ✓	PT 29 ✓	PT 30 ✓	
	PT 31 ✓	PT 32 ✓	PT 33 ✓	PT 34 ✓	PT 35 ✓	PT 36 ✓	PT 37 ✓	PT 38 ✓	PT 39 ✓	PT 40 ✓	
TREATMENT NOTES											
1. Acu - 18 2. EXERCISES for Carpal tunnel.											
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT					
	Charged water (Gold + Silver + Copper)					Check Solar Plexus					
	Excess Heat Release					Foot Roller					
	Thyroid Exercise					Jimmy & Sa Tak Ring					
	Oil Pulling					Pressure Points					
	Hand Interlock + Right Forearm					Endocrine Glands Activation					
	YOGA & MEDITATION					SU IOK					
	Pranayam					Hands - All fingers using ring, jimmie, wrist band					
	Kappalabathi					Foot Roller - 3 places					
	Bastrika, Anulom Vilom					Foot Sujok - Lag middle finger, other fingers					
Meditation					Stress relieving techniques						
Affirmation											
NATURAL THERAPY											
Haritake Churna 1 tsp + luke warm water					Coriander Juice, Green Juice + Antioxidant						
Q-Milo 1tsp + luke warm water					Seed Therapy (methi, pepper, mather)						
Menthakalkai 1tsp + buttermilk					2 Rajar + 2 Anjar						
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt						
1/2tsp cinamom + Honey					Light Therapy - Blue, Red color						
TREATMENT NOTES											
1. Need 1 more sitting tomorrow 2/16 @ 4pm											
2. No difference in pain. Mornings are bad											
3. Pain shoots in the wrist and shoulder											

Conclusion:

Solar plexus was okay and no excess heat in the body. Pain is related to injuries

Case Study No. 13:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	NIPAL SHAIK			ADDRESS	3525 ARBORE CREEK LN WATERLOO, TX - 75022			DATE	10/18/15	
PHONE	214-394-1932			EMAIL	RITESH-HIRAK@MOTHAIR.COM					
AILMENT PROBLEM	ACIDEMA									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23 X	PT 24	PT 25	PT 26	PT 27	PT 28 X	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
Eggs, Sugar, No wheat, dairy free. Ring fingers on both solar plexus needs correction. 115lbs in May. Lost 10lb. Hands are dry. No nail moths on any fingers.										
TREATMENT										
GENERAL TREATMENT					ACUPRESSURE TREATMENT					
<input checked="" type="checkbox"/> Charged water (Gold + Silver + Copper) <input checked="" type="checkbox"/> Excess Heat Release <input checked="" type="checkbox"/> Thyroid Exercise <input checked="" type="checkbox"/> Oil Pulling (2wks) <input checked="" type="checkbox"/> Hand Interlock - Right Forearm					<input checked="" type="checkbox"/> Check Solar Plexus Needs Attention <input checked="" type="checkbox"/> Foot Roller <input checked="" type="checkbox"/> Jimmy & So Jak Ring <input checked="" type="checkbox"/> Pressure Points PT 3, 8, 16, 25, 27 <input checked="" type="checkbox"/> Endocrine Glands Activation					
YOGA & MEDITATION					SU JOK					
<input checked="" type="checkbox"/> Pranayam <input checked="" type="checkbox"/> Kapalabhati <input checked="" type="checkbox"/> Bastrika, Anulom Vilom <input checked="" type="checkbox"/> Meditation <input checked="" type="checkbox"/> Affirmation					Hands - All fingers using ring, Jimmy, wrist band Foot Roller - 3 places Foot Sajak - Leg middle finger, other fingers Stress relieving techniques					
NATURAL THERAPY										
<input checked="" type="checkbox"/> Haritaki Charis 1 tsp + luke warm water <input checked="" type="checkbox"/> G Mix 1tsp + luke warm water <input checked="" type="checkbox"/> Methkakar 1tsp + buttermilk <input checked="" type="checkbox"/> 1/2tsp Jeera + 1/2tsp Charis + luke warm water <input checked="" type="checkbox"/> 1/2tsp cinnamon + Honey					Coriander juice, Green juice + Antioxidant Seed Therapy (methi, pepper, water) 2 Kaju + 2 Anjur Roasted Salt Light Therapy - Blue, Red color					
TREATMENT NOTES										
10/23 Detox Water, 8 hrs (3) 10/30 8-Mix everyday, Harde, ch, Mentally relaxed 11/06 8-Mix, Harde, light therapy (red), points etc, Solar plexus 8-Mix, PT 27, other points, Not singular, Starting green light, Acupuncture 3pts										

Conclusion:  
Solar plexus needs correction and excess heat must be removed from the body

Case Study No. 14:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	SHIVA PRARACH			ADDRESS	3608, ASBURY LN, RANO			DATE	11/7/19	
PHONE	214-693-3332			EMAIL	Shivapralach725@gmail.com					
AILMENT PROBLEM	1. Back pain, lower back, left side → Since 1 Year 2. Sleeps on the right side, Cannot sleep more than 3hrs 3. pain travels upwards 4. No pain medication									
DIAGNOSIS	PT 1 ✓	PT 2 ✓	PT 3 ✓	PT 4 XL	PT 5 ✓	PT 6 ✓	PT 7 ✓	PT 8 ✓	PT 9 XL	PT 10 ✓
	PT 11 ✓	PT 12 ✓	PT 13 ✓	PT 14 ✓	PT 15 ✓	PT 16 ✓	PT 17 ✓	PT 18 ✓	PT 19 ✓	PT 20 ✓
	PT 21 ✓	PT 22 ✓	PT 23 ✓	PT 24 ✓	PT 25 ✓	PT 26 ✓	PT 27 ✓	PT 28 ✓	PT 29 ✓	PT 30 ✓
	PT 31 ✓	PT 32 ✓	PT 33 ✓	PT 34 ✓	PT 35 ✓	PT 36 ✓	PT 37 ✓	PT 38 ✓		
	TREATMENT NOTES									
	1. Solar plexus Need Correction 2. Hands are okay									
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Changed water (Gold + Silver + Copper) Excess Heat Release Thyroid Exercise Oil Pulling Hand Interlock + Right Forearm					✓ Check Solar Plexus ✓ Foot Roller ✓ Jingly & Su Jok Ring ✓ Pressure Points Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	Pranayam Kapalabhati Bastrika, Anulom Vilom Meditation Affirmation					Hands - All fingers using ring, jingly, wrist band Foot Roller - 3 places Foot wjok - Leg middle finger, other fingers Stress relieving techniques				
	NATURA THERAPY									
	Murtaka Churna 1 tsp + luke warm water					Coriander juice, Green juice + Antioxidant				
	Q-Mix 1tsp + luke warm water					Seed Therapy (methi, pepper, matter)				
	Menthakal 1tsp + buttermilk					3 Raju + 2 Anjur				
	1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt				
	1/2tsp cinamon + Honey					Light Therapy - Blue, Red color				
	TREATMENT NOTES									
	Full Sujok and back impulse therapy									

Conclusion:  
Solar plexus needs correction and no excess heat in the body

Case Study No. 15:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	SVANA SRINIVASAN			ADDRESS	5937 Eresham Dr, Plano			DATE	3/26/19	
PHONE	469-263-4929			EMAIL	S03NEATWXXX@gmail.com TX 75025					
AILMENT PROBLEM	1. Lower back pain radiates to the sides → both sides 2. Knee left meniscus tear 3. Weight reduction 4. Urge to Void, PSA normal. only during daytime									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9 X	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25 X	PT 26 ✓	PT 27	PT 28 X	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT	TREATMENT NOTES 1. Solar plexus is disturbed 2. Hands are okay with left little moon on 3 fingers 3. Knee pain → apply paste 4. Drink lots of warm water 5. 20 times Moolabandam									
	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	<input checked="" type="checkbox"/> Charged water (Gold + Silver + Copper)					<input checked="" type="checkbox"/> Check Solar Plexus				
	<input type="checkbox"/> Excess Heat Release					<input checked="" type="checkbox"/> Foot Roller				
	<input type="checkbox"/> Thyroid Exercise					<input checked="" type="checkbox"/> Jimmy & Su JOK Ring				
	<input checked="" type="checkbox"/> Oil Pulling					<input checked="" type="checkbox"/> Pressure Points 27, 9, 26, 18, 19				
	<input type="checkbox"/> Hand Interlock + Right Forearm					<input type="checkbox"/> Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	<input type="checkbox"/> Pranayam					<input type="checkbox"/> Hands - All fingers using ring, Jimmy, wrist band				
	<input type="checkbox"/> Kapalabhati					<input checked="" type="checkbox"/> Foot Roller - 3 places				
	<input type="checkbox"/> Bastrika, Anulom Vilom					<input checked="" type="checkbox"/> Foot Sujok - Leg middle finger, other fingers				
	<input checked="" type="checkbox"/> Meditation					<input type="checkbox"/> Stress relieving techniques				
	<input type="checkbox"/> Affirmation									
	NATURAL THERAPY									
	<input checked="" type="checkbox"/> Haritaki Churna 1 tsp + luke warm water					<input type="checkbox"/> Coriander Juice, Green Juice + Antioxidant				
	<input checked="" type="checkbox"/> G-Mix 1tsp + luke warm water 30 days					<input type="checkbox"/> Seed Therapy (methi, pepper, mullar)				
	<input type="checkbox"/> Marthakalikal 1tsp + buttermilk					<input type="checkbox"/> 2 Kajar + 2 Anjur				
	<input type="checkbox"/> 1/2tsp Jeera + 1/2tsp Dhania + luke warm water					<input type="checkbox"/> Roasted Salt				
	<input type="checkbox"/> 1/2tsp cinamon + Honey					<input type="checkbox"/> Light Therapy - Blue, Red color				
	TREATMENT NOTES									
	3/27 - pain radiating on the right leg. Completed treatment with stimulation 3/28 - pain was less Pain level = 5 Next apt 4/4									

Conclusion:  
Solar plexus needs correction

Case Study No. 16:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Narayan Pulavvu			ADDRESS	10409 Mateo Trail, IRVIN,			DATE	5/2/14	
PHONE	214-641-2245			EMAIL	npulavvu@gmail.com, venipulavvu@gmail.com					
AILMENT PROBLEM	1. 4/8 been back was hurting while laying down hurts while walking 2. until today pain level = 7/8									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9 X	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
1. Sushu in hand, feet 2. PT 9 3. Back therapy 15min										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water [Gold + Silver + Copper]					Check Solar Plexus				
	Excess Heat Release					Foot Roller <input checked="" type="checkbox"/> 4 min 3 times/day				
	Thyroid Exercise					Jimmy & Su Jok Ring <input checked="" type="checkbox"/> 3 times				
	Oil Pulling					Pressure Points <input checked="" type="checkbox"/> PT 9 of Back				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	Pranayam					Hands - All fingers using ring, jimmy, wrist band				
	Kapalabhati					Foot Roller - 3 places <input checked="" type="checkbox"/>				
	Bastrika, Anulom Vilom					Foot suJok - Leg middle finger, other fingers				
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
Haritaki Churna 1 tsp + luke warm water					Coriander juice, Green juice + Antioxidant					
Q-Mix 1tsp + luke warm water					Seed Therapy (methi, popper, matter)					
Narthakalkal 1tsp + Buttermilk					3 Kaju + 2 Anjur					
1/2tsp Jeera + 1/2tsp Ohania + luke warm water					Roasted Salt					
1/2tsp dramon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
Take Advil 200mg + Cold pack 15min. No lifting, bending, running Continue to use Bungay.										

Conclusion:  
 Solar plexus okay. No excess heat in the body

Case Study No. 17:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	BALA SYAMA			ADDRESS	8101 STILL SPRINGS DR. PLANO, TX 75025			DATE	5/8/14	
PHONE	972-971-0829			EMAIL						
AILMENT PROBLEM	1. Pain - planter fasciitis BALA SYAMA @ yahoo.com 2. Pain - under the curve 6 to 7 years 3. Pain is focused on the right leg 4. Constant pain in the right hip									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
1. Sujok on the hand 2. Foot roller										
TREATMENT										
GENERAL TREATMENT					ACUPRESSURE TREATMENT					
Charged water (Gold + Silver + Copper)					Check Solar Plexus					
Excess Heat Release					✓ Foot Roller					
Thyroid Exercise					✓ Jimmy & Su Jok Ring					
Oil Pulling					✓ Pressure Points <i>Shoulder</i>					
Hand Interlock + Right Forearm					Endocrine Glands Activation					
YOGA & MEDITATION					SU JOK					
Pranayam					Hands - All fingers using ring, Jimmy, wrist band					
Kapalabhati					Foot Roller - 3 places					
Bastrika, Anulom Vilom					Foot sujok - Leg middle finger, other fingers					
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
Haritake Churna 1 tsp + luke warm water					Coriander juice, Green juice + Antioxidant					
Q-Mix 1tsp + luke warm water					Seed Therapy (methi, pepper, matter)					
Marthakalikal 1tsp + buttermilk					2 Kaju - 2 Anjur					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp dhamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
5/10 - Pain is slightly better on first step, Pain in the hip is there 3/18 - pain is slightly better										

Conclusion:  
Solar plexus okay. No excess heat in the body



Case Study No. 19:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Visalakshi			ADDRESS	2508, Brycewood Ln, Pasa			DATE	6/19/14	
PHONE	214-212-3444			EMAIL	visavelu@gmail.com					
AILMENT PROBLEM	Wrist, Elbow & Shoulder pain. Left & Right Diabetic. Fasting 220mg → long term Hereditary									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
			X	X			X	X	X	
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
				X						
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
				X	X					
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
						X				
TREATMENT NOTES										
1. TSH should be less than 4 2. Cholesterol & Heart functions 1 hour low 3. Back pain 4. Menopause Condition or Hormone 5. Spleen, Hemoglobin low										
TREATMENT										
GENERAL TREATMENT					ACUPRESSURE TREATMENT					
<input checked="" type="checkbox"/> Charged water (Gold + Silver + Copper) <input checked="" type="checkbox"/> Excess Heat Release <input type="checkbox"/> Thyroid Exercise <input checked="" type="checkbox"/> Oil Pulling <input type="checkbox"/> Hand Interlock + Right Forearm					<input type="checkbox"/> Check Solar Plexus <input checked="" type="checkbox"/> Foot Roller 2 times/day <input checked="" type="checkbox"/> Jimmy & Su Juk Ring 2 times/day <input checked="" type="checkbox"/> Pressure Points 25, 27, 8, 3, 4, 36, 24 <input type="checkbox"/> Endocrine Glands Activation					
YOGA & MEDITATION					SU JUK					
<input checked="" type="checkbox"/> Pranayam <input type="checkbox"/> Kapalabhati <input type="checkbox"/> Savitri, Anulom Vilom <input checked="" type="checkbox"/> Meditation Anahata <input type="checkbox"/> Affirmation					<input type="checkbox"/> Hands - All fingers using ring, Jimmy, wrist band <input type="checkbox"/> Foot Roller - 3 places <input type="checkbox"/> Foot sujuk - Leg middle finger, other fingers <input type="checkbox"/> Stress relieving techniques					
NATURAL THERAPY										
<input type="checkbox"/> Haritake Churna 1 tsp + luke warm water <input checked="" type="checkbox"/> G-Mix 1 tsp + luke warm water 1 month <input type="checkbox"/> Marichikalai 1 tsp + butter-milk <input checked="" type="checkbox"/> 1/2 tsp Jeera + 1/2 tsp Dhania + luke warm water <input type="checkbox"/> 1/2 tsp cinamon + Honey					<input checked="" type="checkbox"/> Coriander juice, Green juice + Antioxidant <input type="checkbox"/> Seed Therapy (musti, pepper, mustard) <input type="checkbox"/> 1 Kaju + 2 Anju <input type="checkbox"/> Roasted Salt <input type="checkbox"/> Light Therapy - Blue, Red color					
TREATMENT NOTES										
6/19 - Complete Suijak & Acupressure points. Used 2 more Suijak										
6/22 - Shoulder pain, Pain										

Conclusion:

Solar plexus needs correction, hormonal imbalance due to menopause





Case Study No. 21:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	ANNAPURNA NEERU			ADDRESS	552 SILVER MAPLE APTS			DATE	2/5/14	
PHONE	214 274 5291			EMAIL	PURVANEHRU@yahoo.com					
AILMENT PROBLEM	Severe allergies, RUNNING NOSE, EYES and Sneezing									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
	Solar plexus is okay Hands are okay No half moons in hand									
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					Check Solar Plexus				
	Excess Heat Release					Foot Roller				
	Thyroid Exercise					Jimmy & Su Jok Ring				
	Oil Pulling					Pressure Points				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	Pranayam					Hands - All fingers using ring, Jimmy, wrist band				
	Kapalbhati					Foot Roller - 3 places				
	Saktika, Anulom Vilom					Foot sujak - big middle finger, other fingers				
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
Haritake Churna 1 tsp + luke warm water					Coriander juice, Green juice + Antioxidant					
G-Mix 10sp + luke warm water					Seed Therapy (methi, pepper, mustard)					
Menthakalikal 10sp + buttermilk					2 Kajar + 2 Anjur					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp cinamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
1. Discuss in a week.										

Conclusion:  
Solar plexus is okay and no excess heat in the body





Case Study No. 24:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	AAKARSHITA BANSAL			ADDRESS	4433 LANSBURY LN			DATE	1/17/14	
PHONE	(972) 916 1866 (Cell)			EMAIL	aashas_k@hotmail.com					
ALIMENT PROBLEM	1. Lower back pain - Not localized 2. Pain travels down the right 3. Flurks more when sitting - NO Spasms 4. Lay flat helps - up/walking 5. Applies heat to lower back 6.									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
	TREATMENT NOTES									
	1. Suspect treatment on Rt thumb 5 & 7 2. Back of hand 3 & 5 3. Solar plexus okay 4. Hands are warm/good					5. Will try R-Mix later				
	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					Check Solar Plexus				
	Excess Heat Release					Foot Roller				
	Thyroid Exercise					Jimmy & Su Jok Ring				
	Oil Pulling					Pressure Points pt 9 2 min				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	Pranayam					Hands - All fingers using ring, jimmy, wrist band				
	Kapalabhati					Foot Roller - 3 places				
	Bastrika, Anulom Vilom					Foot sujak - leg middle finger, other fingers				
	Meditation					Stress relieving techniques				
	✓ Affirmation Daily									
	NATURAL THERAPY									
	Haritaki Churna 1 tsp + luke warm water					Coriander juice, Green juice + Antioxidant				
	G-Mix 1tsp + luke warm water					Seed Therapy (methi, pepper, mattar)				
	Murchhalika 1tsp + buttermilk					2 Kajar + 2 Anjur				
	1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt				
	1/2tsp diamond + Honey					Light Therapy - Blue, Red color				
	TREATMENT NOTES									
	1/18/14 - More stiff hip 5/6 on pain Advil @ 12:30pm No change in heat 1/19/14 - Really good. No Advil. No sitting 4/5 sleep Woke up at 4:30am 1/20 - In pain 6/7, 8 mix No Advil/Steroids. 1/24 1/25 - Good 4 1/26 - Pain 4 Advil 2 Am All week was okay Noches 2/1 - feels good pulse at 5									

Conclusion:  
 Solar plexus needs correction and excess heat needs to be removed from the body

Case Study No. 25:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Suresh Gokavarampu			ADDRESS	6900 Pxe stampa 1223, 7504			DATE	13/17/14	
PHONE	848-218-1502			EMAIL	SURESHT199@gmail.com					
AILEMENT PROBLEM	1. Lower back pain									
	2. Left leg pains - Shooting pain									
AILEMENT PROBLEM	3. 12 years ago → Bridged disk L4/L5									
	4. Ibuprofen / Mydrololone									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
1. Solar plexus is good										
2. Hand is not wet/cold										
3. numb, index finger, Lashaffon										
4. Diabetic Medication - 140mg										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					✓ Check Solar Plexus				
	Excess Heat Release					✓ Foot Roller 2 times/day				
	Thyroid Exercise					✓ Jimmy & Su Job Ring 1/week				
	Oil Pulling					✓ Pressure Points pt 8,9				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SI JOG				
	Pranayam					Hands - All fingers using ring, Jimmy, wrist band				
	Kapalabathi					Foot Roller - 3 places				
	Bastrika, Anulom Vilom					Foot sujok - leg middle finger, other fingers				
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
Haritake Churna 1 tsp + luke warm water					✓ Coriander juice, Green juice + Antioxidant					
Q-Mix 1tsp + luke warm water					Seed Therapy (methi, pepper, matter)					
Murchalkai 1tsp + buttermilk					1 Kajar + 1 Anjar					
1/2tsp Jeera + 1/2tsp Dhanle + luke warm water					Roasted Salt					
1/2tsp cinamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
1. Get Coriander juice for Diabetes. pt 25 & 27 2 times/day										
2. Check back in 4 week for consultation										

Conclusion:

Solar plexus was okay and no excess heat in the body

Case Study No. 26:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	Kavitha Srinivasan				ADDRESS	3937, Evesham Dr. Plano				DATE	3/26/14
PHONE	972-234-9967				EMAIL	kavithasrini@gmail.com					
PRESENT PROBLEM	Right leg - Numbness, heaviness, tingling While climbing stairs feel head neck Towards the evening Menopause conditions Anxiety and scared → Turned to spiritualism for solace										
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10	
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20	
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30	
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38			
TREATMENT NOTES	1. Solar plexus needs correction 2. Hands are dry 3. No hay mobus 4. Pain on left hip point 5. Sciatica exercise - 10 times 6. Suspected sciatica pinch due to pelvic inflammation										
GENERAL TREATMENT	<input checked="" type="checkbox"/> Charged water (Gold + Silver + Copper) <input type="checkbox"/> Excess Heat Release <input type="checkbox"/> Thyroid Exercise <input checked="" type="checkbox"/> Oil pulling <i>Continue</i> <input type="checkbox"/> Hand Interlock + Right Forearm					ACUPRESSURE TREATMENT					
YOGA & MEDITATION	<input checked="" type="checkbox"/> Pranayam <input type="checkbox"/> Kapalabhati <input type="checkbox"/> Bastrika, Anulom Vilom <input checked="" type="checkbox"/> Meditation <input checked="" type="checkbox"/> Affirmation					<input checked="" type="checkbox"/> Check Solar Plexus <i>Needs correction</i> <input checked="" type="checkbox"/> Foot Roller <i>2 min / 2 times a day</i> <input checked="" type="checkbox"/> Jimmy & Su Jok Ring <input checked="" type="checkbox"/> Pressure Points <i>PT 3/4/27/19/20</i> <input type="checkbox"/> Endocrine Glands Activation					
NATURAL THERAPY	<input checked="" type="checkbox"/> Haritake Churna 1 tsp + luke warm water <input checked="" type="checkbox"/> Q-Mix 1 tsp + luke warm water <i>3 days</i> <input type="checkbox"/> Methkalkai 1 tsp + buttermilk <input type="checkbox"/> 1/2 tsp Jeera + 1/2 tsp Dhania + luke warm water <input type="checkbox"/> 1/2 tsp cinamon + Honey					<input type="checkbox"/> Hands - All fingers using ring, jimmey, wrist band <input type="checkbox"/> Foot Roller - 3 places <input type="checkbox"/> Foot sujok - leg middle finger, other fingers <input checked="" type="checkbox"/> Stress relieving techniques <input type="checkbox"/> Coriander juice, Green juice + Antioxidant <input type="checkbox"/> Seed Therapy (methi, pepper, matter) <input type="checkbox"/> 2 Kaju + 2 Anjur <input type="checkbox"/> Roasted Salt <input type="checkbox"/> Light Therapy - Blue, Red color					
TREATMENT NOTES	3/27 - Left leg is <del>not</del> slightly better, Right leg is stiffer Completed treatment with stimulation 3/28 - Heavy pain - More on the right pain level 7. Went next week 3/4 @ 6:30pm 4/4 - Pain is severe level = 8, evening is bad, shifts from left to right										

Conclusion:

Solar plexus needs correction and excess heat needs to be removed from the body

Case Study No. 27:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Kunal Hegde			ADDRESS	Suite Halliford Ct			DATE	1/2/14	
PHONE	972-712-9940			EMAIL	Sunjectorand@hotmail.com					
AILMENT PROBLEM	1. Cough/bronchitis → Homoeopathy medicines							40 years	ad patient	
	2. Upper respiratory									
	3. Shortness of breath									
DIAGNOSIS	PT 1	PT 2	PT 3 X	PT 4 X	PT 5	PT 6	PT 7	PT 8 ✓	PT 9 K	PT 10
	PT 11	PT 12	PT 13 X	PT 14	PT 15	PT 16 ✓	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28 X	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36 ✓	PT 37	PT 38 X		
TREATMENT NOTES										
1. Solar plexus correction 2. Hands are dry										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					✓ Check Solar Plexus 9 times/day				
	Excess Heat Release					✓ Foot Roller 2 times/day				
	Thyroid Exercise					✓ Jimmy & Su Jok Ring 2 times/day				
	Oil Pulling					✓ Pressure Points H27, 29, 3, 4				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
YOGA & MEDITATION										
✓ Pranayam 29 times										
Kapalbhati										
Bastrika, Anulom Vilom										
Meditation										
✓ Affirmation										
NATURAL THERAPY										
✓ Haritaki Churna 1 tsp + luke warm water					✓ Coriander juice, Green juice + Antioxidant					
✓ Q-Mix 1tsp + luke warm water 3 times					Seed Therapy (methi, pepper, matar)					
Marthakalikal 1tsp + buttermilk					1 Kaju + 1 Anjur					
✓ 1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
✓ 1/2tsp dhannon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
1. Check Hemoglobin Count										

Conclusion:  
Solar plexus needs correction and excess heat needs to be removed from the body



Case Study No. 28:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Pushpa Hegde			ADDRESS	8116 Hallford Ct			DATE	1/2/14	
PHONE	972-732-9950			EMAIL						
ALIMENT PROBLEM	1. Diabetes 2. Hypertension 3. Nose block @ night → Nasal drops 4. Sleep Apnea → stress									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
1. Hands are dry 2. Solar plexus needs correction 3. Pain in 11-15 area 4. Slight pain in lb 5. Suspect cyst in left arm										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					<input checked="" type="checkbox"/> Check Solar Plexus				
	Excess Heat Release					<input checked="" type="checkbox"/> Foot Roller				
	Thyroid Exercise					<input checked="" type="checkbox"/> Jimmy & Su Jok Ring 2 min				
	Oil Pulling					<input checked="" type="checkbox"/> Pressure Points 3, 4, 10-15				
	<input checked="" type="checkbox"/> Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	<input checked="" type="checkbox"/> Pranayam					<input checked="" type="checkbox"/> Hands - All fingers using ring, Jimmy, wrist band				
	<input checked="" type="checkbox"/> Kapalabhati					Foot Roller - 3 places				
	Bastrika, Anulom Vilom					Foot sujok - 1st middle finger, other fingers				
Meditation					<input checked="" type="checkbox"/> Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
Haritaki Churna 1 tsp + luke warm water					<input checked="" type="checkbox"/> Coriander Juice, Green Juice + Antioxidant					
<input checked="" type="checkbox"/> O-Mix 10sp + luke warm water 1 dose					Seed Therapy (methi, pepper, matter)					
Marthakali 10sp + buttermilk					2 Kajar + 2 Anjur					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp cinamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										

Conclusion:  
Solar plexus needs correction and excess heat needs to be removed from the body



Case Study No. 30:

*Anu's Int'l*

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	AHALYA			ADDRESS	1404 SASSAPRAS DR, PIANO			DATE	1/3/14	
PHONE				EMAIL	anuradha.monadapu@yahoo.co.in					
AILMENT PROBLEM	1. Sleeping tablets in night B/P pill in the morning									
	2. Knee (left knee) rt side									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT	TREATMENT NOTES									
	1. Solar plexus is good									
	2. Hands are dry									
	3. OBAMA Chela recommended									
	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	<input checked="" type="checkbox"/>	Charged water (Gold + Silver + Copper)				<input checked="" type="checkbox"/>	Check Solar Plexus			
		Excess Heat Release					Foot Roller			
		Thyroid Exercise					Jimmy & Su Jok Ring			
		Oil Pulling				<input checked="" type="checkbox"/>	Pressure Points 3, 4, 25, 27, 29			
		Hand Interlock + Right Forearm					Endocrine Glands Activation			
YOGA & MEDITATION					SU JOK					
<input checked="" type="checkbox"/>	Pranayam				<input checked="" type="checkbox"/>	Hands - All fingers using ring, Jimmy, wrist band				
	Kapalabhati				<input checked="" type="checkbox"/>	Foot Roller - 3 places				
	Bastrika, Anulom Vilom					Foot Sujok - Lag middle finger, other fingers				
	Meditation					Stress relieving techniques				
<input checked="" type="checkbox"/>	Affirmation									
NATURAL THERAPY					TREATMENT NOTES					
	Haritake Churna 1 tsp + luke warm water					Coriander juice, Green juice + Antioxidant				
<input checked="" type="checkbox"/>	Q-Mix 1tsp + luke warm water 1 Dose					Seed Therapy (methi, pepper, mutton)				
	Marichikalai 1tsp + buttermilk					2 Kejur + 2 Anjur				
	1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt				
	1/2tsp cinamon + Honey					Light Therapy - Blue, Red color				
1/4 - left knee is slightly better - tingling sensation 1/5 - Need one more rt hand 1/6 - Q Mix started, Garlic + Turmeric + Apple → pain level No sleeping tablets, Glucosamine Supplements for joints.										

Conclusion:  
Solar plexus okay. No excess heat in the body

Case Study No. 31:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Mallika Kogonobu				ADDRESS	6769 Caliban Ct. Frisco			DATE	1/16/14
PHONE	972-741-1338				EMAIL	esvenky@hotmail.com				
PRESENT PROBLEM	1. Left Cramps, big toe + Neckfinger 2. No numbness/tingling 3. TSH = 9.0 Stop with medication TSH = 4.5									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
1. Sujok treatment on pt 8, 3 2. Solar plexus needs adjustment										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					Check Solar Plexus				
	Excess Heat Release					Foot Roller 2 min/twice				
	✓ Thyroid Exercise 2 times					✓ Jimmy & Su Lok Ring 2 times/twice				
	Oil Pulling					✓ Pressure Points pt 8 2 min/twice				
	Hand Interlock + Right Forearm					Endocrine Gland Activation				
	YOGA & MEDITATION					SUJOK				
	Pranayam					✓ Hands - All fingers using ring, Jimmy, wrist band				
	Kapalabhati					✓ Foot Roller - 5 places				
	Bastrika, Anulom Vilom					Foot Sujok - Leg middle finger, other fingers				
Meditation					Stress relieving techniques					
✓ Affirmation										
NATURAL THERAPY										
Haritake Churna 1 tsp + luke warm water					Coriander juice, Green juice + Antioxidant					
✓ G-Mix 1/2sp + luke warm water 1 Dose					Seed Therapy (methi, pepper, mutton)					
Marichikalai 1/2sp + Buttermilk					3 Kaju + 2 Anjar					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp dhaniya + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
1. Check TSH in 3 months. Continue acupressure for 3 to 6 months.										

Conclusion:  
 Solar plexus needs correction and excess heat needs to be removed from the body





Case Study No. 34:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	RAJVALAKSHMI P. D. S.			ADDRESS	2005 LONDON 1 Ave, LEICESTER			DATE	2/24/14	
PHONE	93-899-2449 / 5122 / 709001			EMAIL	stapadurai@gmail.com					
AILMENT PROBLEM	1. leg pain - ankle (towards inside) on right 2. Rashes all the time 3. Swelling near the ankle 4. Pain in leg occasional 5. Pain killer - Rx Strength (can't walk)									
DIAGNOSIS	PT 1	PT 2	PT 3 X	PT 4 X	PT 5	PT 6 X	PT 7	PT 8 X	PT 9 XL	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
1. Hands are wet now 2. Solar Plexus needs correction (It is higher) 3. NOKAL means present 4. B.P. - NO 5. Hereditary diabetes										
TREATMENT										
GENERAL TREATMENT					ACUPRESSURE TREATMENT					
Charged water (Gold + Silver + Copper)					✓ Check Solar Plexus					
Excess Heat Release					✓ Foot Roller					
Thyroid Exercise					✓ Jimmy & Su Jok Ring					
Oil Pulling					✓ Pressure Points					
Hand Interlock + Right Forearm					Endocrine Glands Activation					
YOGA & MEDITATION					SU JOK					
✓ Pranayam					Hands - All fingers using ring, jimmie, wrist band					
Kapalabhati					Foot Roller - 3 places					
Bastrika, Anulom Vilom					✓ Foot sujak - leg middle finger, other fingers					
✓ Meditation Spin daily					Stress relieving techniques					
✓ Affirmation in the morning										
NATURAL THERAPY										
Haritake Churna 1 tsp + luke warm water					✓ Coriander juice, Green juice + Antioxidant					
✓ Q-Mix 1tsp + luke warm water 30 days					Seed Therapy (muthi, pepper, murtar)					
Marthakalkal 1tsp + buttermilk					✓ 2 Kajar + 2 Anjur					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp cinamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
3/3 - All instructions are being followed. Elevating leg										

Conclusion:

Solar plexus needs correction and excess heat needs to be removed from the body

Case Study No. 35:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Scott Poxley			ADDRESS	825 MADISON Lane, LA Tu			DATE	11/3/14	
PHONE	760-594-1283			EMAIL	WBRIDGER@6604.com					
AILMENT PROBLEM	1. back → kind of 10 → noticeable 2. Neuropathy - 8 years									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
1. Sajeol therapy										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					Check Solar Plexus				
	✓ Excess Heat Release <i>Pranayama</i>					✓ Foot Roller <i>3 times</i>				
	✓ Thyroid Exercise <i>PT 8 3 times</i>					Jimmy & So Juk Ring				
	Oil Pulling					✓ Pressure Points <i>PT 8</i>				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	Pranayam					Hands - All fingers using ring, Jimmy, wrist band				
	Kapalbhati					✓ Foot Roller - 3 places				
	Bastrika, Anulom Vilom					Foot sujak - Leg middle finger, other fingers				
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
Haritake Churna 1 tsp + luke warm water					Coriander juice, Green juice + Antioxidant					
Q-Mix 11sp + luke warm water					Seed Therapy (matti, pepper, matter)					
Marchkalkai 11sp + buttermilk					2 Kajar + 2 Anjur					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp cinnamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
1. Early morning pain - leg exercise										

Conclusion:  
Solar plexus okay. Excess heat needs to be removed from the body



Case Study No. 36:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	PRIYANKA			ADDRESS	2300 Watford Dr			DATE	4/2/14	
PHONE	214-562-7625			EMAIL	psbaindur@hotmail.com					
AILMENT PROBLEM	1. Thyroid - Hypo Found medication 2009									
DIAGNOSIS	PT 1 ✓	PT 2 ✓	PT 3 ✓	PT 4 ✓	PT 5 ✓	PT 6 ✓	PT 7 ✓	PT 8 ✓	PT 9 ✓	PT 10 ✓
	PT 11 ✓	PT 12 ✓	PT 13 ✓	PT 14 ✓	PT 15 ✓	PT 16 ✓	PT 17 ✓	PT 18 ✓	PT 19 ✓	PT 20 ✓
	PT 21 ✓	PT 22 ✓	PT 23 ✓	PT 24 ✓	PT 25 ✓	PT 26 ✓	PT 27 ✓	PT 28 ✓	PT 29 ✓	PT 30 ✓
	PT 31 ✓	PT 32 ✓	PT 33 ✓	PT 34 ✓	PT 35 ✓	PT 36 ✓	PT 37 ✓	PT 38 ✓		
TREATMENT NOTES	1.									
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					Check Solar Plexus				
	Excess Heat Release					Foot Roller				
	Thyroid Exercise					Jimmy & Su Juk Ring				
	Oil Pulling					Pressure Points 2, 8, 9				
	Hand Interlock - Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	Pranayam					Hands - All fingers using ring, Jimmy, wrist band				
	Kapalabhati					Foot Roller - 3 places				
	Bastrika, Analam Vilam					Foot Sujok - Leg middle finger, other fingers				
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
Marikate Churna 1 tsp + luke warm water					Coriander Juice, Green Juice + Antioxdant					
Q-Mix 1tsp + luke warm water					Seed Therapy (methi, pepper, matter)					
Marikatalai 1tsp + buttermilk					2 Kaju + 2 Anjar					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp Cinamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
9/4 9/5 1. Sujok on Rt Ring finger + 15 min Electrical impulse										

Conclusion:  
Solar plexus okay. Excess heat needs to be removed from the body



Case Study No. 38:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	Dinakar Raj				ADDRESS					DATE	10/28/13
PHONE					EMAIL						
AILMENT PROBLEM	1. Lifting injury 2. Neck is hurting										
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10	
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20	
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30	
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38			
TREATMENT NOTES											
1. Solar plexus okay.											
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT					
	Charged water (Gold + Silver + Copper)					Check Solar Plexus					
	Excess Heat Release					Foot Roller					
	Thyroid Exercise					Jimmy & Su Jok Ring					
	Oil Pulling					Pressure Points					
	Hand interlock + Right Forearm					Endocrine Glands Activation					
	YOGA & MEDITATION					SU JOK					
	Pranayam					Hands - All fingers using ring, Jimmy, wrist band					
	Kapalabhati					Foot Roller - 3 places					
	Sastrika, Anulom Vilom					Foot su Jok - Leg middle finger, other fingers					
Meditation					Stress relieving techniques						
Affirmation											
NATURAL THERAPY											
Haritake Churna 1 tsp + luke warm water					Coriander juice, Green juice + Antioxidant						
Q-Mix 1tsp + luke warm water					Seed Therapy (methi, pepper, mattar)						
Methikalkai 1tsp + buttermilk					2 Kajur + 2 Anjur						
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt						
1/2tsp cinamon + Honey					Light Therapy - Blue, Red color						
TREATMENT NOTES											
1. Su Jok full set - Need 3 settings											
2. No pain 2-3 level, No pain killer, Pain in the night											
3. Pain has reduced. 1x2 level, tightness in the head											

Conclusion:  
Solar plexus okay. No excess heat in the body

Case Study No. 39:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	Loka Manikanta				ADDRESS					DATE	11/9/13
PHONE	977-966-0528				EMAIL						
AILMENT PROBLEM	1. left hip 7 to 8 years back										
	3. Can't get out on the commode early in the morning										
	3. collar bone & shoulder bone hurts on left side										
	4. left hand hurts badly										
	5. Cramps in the morning feet feel numb in the morning										
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10	
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20	
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30	
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38			
TREATMENT NOTES											
1. Solar plexus 2. Hands are dry											
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT					
	Charged water (Gold + Silver + Copper)					Check Solar Plexus					
	Excess Heat Release					✓ Foot Roller 30 days					
	Thyroid Exercise					✓ Jimmy & Su Jok Ring 30 days					
	Oil Pulling					Pressure Points					
	Hand Interlock = Right Forearm					Endocrine Glands Activation					
	YOGA & MEDITATION					SU JOK					
	Pranayam					Hands - All fingers using ring, Jimmy, wrist band					
	Kapalabhati					✓ Foot Roller - 3 places					
	Bastrika, Anahat Vilom					Foot sujok - Leg middle finger, other fingers					
Meditation					Stress relieving techniques						
Affirmation											
NATURAL THERAPY											
✓ Haritake Churna 1 tsp + luke warm water					Coriander Juice, Green Juice + Antioxidant						
✓ Q Mix 1tsp + luke warm water 30 days					✓ Seed Therapy (methi, pepper, mather)						
Marthakalkai 1tsp + buttermilk					2 Kaju + 2 Anjur						
✓ 1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Soft						
✓ 1/2tsp cumin + Honey					Light Therapy - Blue, Red color						
TREATMENT NOTES											
1. 3 sittings required + rest for 10 days											
2. Better pain relief than vertebrae → Shoulder pain = 8											
3. Shoulder pain is better → Shoulder pain = 3 or 4											
Slept well → slight pain in left shoulder											
Hip pain is better											

Conclusion:

Solar plexus needs correction and excess heat needs to be removed from the body

Case Study No. 40:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	V. Suresh Babu			ADDRESS	No. 25 Borenda St. 795012			DATE	11/5/13	
PHONE	9714-429-3288			EMAIL						
AILMENT PROBLEM	1. Left knee hurts badly → Side 2. Pain level about 10 3. Pain reduces w/ hot water 4. Last year had similar pain / all of a sudden < halithe Vishnukalya Mother >									
DIAGNOSIS	PT 1	PT 2	PT 3 ✓	PT 4	PT 5	PT 6	PT 7	PT 8 X	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT	Solar plexus - ok					TREATMENT NOTES				
	Hands - day					Acupressure going to Bed - 24 days				
	Thyroid - may be 1.5-1.5					1 tsp - Ajinomio + 2 garlic pods + 1 Rose				
	Thyroxine - 25 mg - 2 tabs					fresh turmeric piece, skin turmeric,				
	Thyroid - stress related					hot garlic grint w/ Ajinomio water				
	GENERAL TREATMENT					out water. Apply on knee, front side				
	ACUPRESSURE TREATMENT					wait for 10 min & clean w/ coconut oil				
	Charged water (Gold + Silver + Copper)					Check Solar Plexus				
	Excess Heat Release					✓ Face Roller ✓ - 2 min TTD soft slow				
	Thyroid Exercise					✓ Jimmy & Su Jek Ring - left middle finger - 2 min				
Oil Pulling					✓ Pressure Points ✓ Kach					
Hand Interlock + Right Forearm					Endocrine Glands Activation					
ROGA & MEDITATION					SU JOK					
Pranayam					✓ Hands - All fingers using ring, wrist band					
Kapalabhati					✓ Foot Roller - 3 places					
Bastrika, Anulom Vilom					Foot Sujok - Leg middle finger, other fingers					
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
✓ Hartalek Churna 1 tsp + luke warm water					Coriander Juice, Green Juice + Antioxidant					
Q-Mix 3 tsp + luke warm water ✓ 3 days					Seed Therapy (methi, pepper, mather)					
Marthakalkai 1 tsp + buttermilk					2 Kaju + 2 Anjur					
✓ 1/2 tsp Jeera + 1/2 tsp Dhania + luke warm water					Roasted Salt					
✓ 1/2 tsp dhanam + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
1) At least once a day 1 cup of whole milk										
2) calcium rich veggies & greens										
3) Iron rich greens										
4) Vitamin B12										
5) 3 sittings required wait for 10 days										
11/6 pain in the knee starting today → try										

Conclusion:  
Solar plexus okay. Excess heat needs to be removed from the body

Case Study No. 41:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	Suresh Varadachari				ADDRESS					DATE	12/2/13
PHONE					EMAIL						
AILMENT PROBLEM	1. Low back evenly spread on both sides 2. Cannot bend pain while sitting, walking hurts - 6 3. Less when lying flat - 4										
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10	
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20	
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30	
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38			
TREATMENT	<p>Solar plexus ok Hand is dry</p> <p>GENERAL TREATMENT</p> <p>Charged water (Gold + Silver + Copper)</p> <p>Excess Heat Release</p> <p>Thyroid Exercise</p> <p>Oil Pulling</p> <p>Hand Interlock + Right Forearm</p> <p>ACUPRESSURE TREATMENT</p> <p>Check Solar Plexus</p> <p>Foot Roller 2MM / twice</p> <p>Jimmy &amp; Su Jok Ring</p> <p>Pressure Points Pt 9</p> <p>Endocrine Glands Activation</p> <p>YOGA &amp; MEDITATION</p> <p>Pranayam</p> <p>Kapalabathi</p> <p>Bastrika, Anulom Vilom</p> <p>Meditation</p> <p>Affirmation</p> <p>SU JOK</p> <p>Hands - All fingers using ring, Jimmy, wrist band</p> <p>Foot Roller - 3 places</p> <p>Foot sujok - Leg middle finger, other fingers</p> <p>Stress relieving techniques</p> <p>NATURAL THERAPY</p> <p>Harcake Churna 1 tsp + luke warm water</p> <p>Q-Mix 1tsp + luke warm water</p> <p>Marthikalikal 1tsp + buttermilk</p> <p>1/2tsp Jeera + 1/2tsp Dhania + luke warm water</p> <p>1/2tsp cinamon + Honey</p> <p>Coriander juice, Green juice + Antiooxidant</p> <p>Seed Therapy (methi, pepper, matter)</p> <p>2 Kaju + 2 Anjur</p> <p>Roasted Salt</p> <p>Light Therapy - Blue, Red color</p>										
TREATMENT NOTES											
12/2 -> Full Sujok + 15min Massage @/latter											
12/3 -> Pain level @ 3 while sitting/sleeping Bending Problem											
12/4 -> Pain level @ 3. Bending only half											

Conclusion:

Solar plexus okay. Excess heat needs to be removed from the body

Case Study No. 42:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	PADMAJA G			ADDRESS	8900 Independence Pkwy, # 2005, Plano				DATE	9/26/12	
PHONE	(469) 554-2869			EMAIL	gopadma@gmail.com						
AILMENT PROBLEM	1. Neck (L5) hurts. Level 5-6 at night its greater 7-10/										
	2. Right arm hurts										
	3. Tingling sensation. No Numbness. maybe @ edges of feet										
	4. No burning sensation right now										
	5. Sitting down - leg is left										
	6. Sleep is questionable at times/born sometimes.										
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10	
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20	
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30	
TREATMENT NOTES											
Solar Plexus ok Hands feel warm No half warm											
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT					
	Charged water (Gold + Silver + Copper)					Check Solar Plexus <i>ok</i>					
	Excess Heat Release					Foot Roller					
	Thyroid Exercise					Jimmy & Su Jok Ring <input checked="" type="checkbox"/>					
	Oil Pulling					Pressure Points <i>pt 3,4</i>					
	Hand Interlock + Right Forearm					Endocrine Glands Activation					
	YOGA & MEDITATION					SU JOK					
	<input checked="" type="checkbox"/> Pranayam					Hands - All fingers using ring, Jimmy, wrist band					
	<input checked="" type="checkbox"/> Kapalabhati					Foot Roller - 3 places					
	<input checked="" type="checkbox"/> Bastrika, Anulom Vilom					Foot Sujok - Leg middle finger, other fingers					
<input checked="" type="checkbox"/> Meditation					<input checked="" type="checkbox"/> Stress relieving techniques						
<input checked="" type="checkbox"/> Affirmation											
NATURAL THERAPY											
Hartlake Churna 1 tsp + luke warm water					Coriander Juice, Green Juice + Antioxidant						
Q Mix 3tsp + luke warm water					Seed Therapy (mimi, pepper, mastic)						
Marichalikai 1tsp + buttermilk					2 Rajar + 2 Anjur						
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt						
1/2tsp Anamoni + Honey					Light Therapy - Blue, Red color						
TREATMENT NOTES											
9/27 - Felt good mentally. Meditation CD. No change in pain level											
10/29 - Yesterday more pain 7-10pm. Today ok											

Conclusion:  
Solar plexus okay. Excess heat needs to be removed from the body





Case Study No. 44:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	NIRMALA KOSANNA			ADDRESS						DATE	10/28/13
PHONE				EMAIL	nirmala						
PRESENT PROBLEM	1. Knee pain - left knee on left side 2. Calcium 500mg/day 3. Right shoulder - weight lifting is painful 4. Taking ibuprofen for pain management										
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10	
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20	
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30	
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38			
TREATMENT NOTES											
Solar plexus ok Hand is dry Taking thyroid medicine Isula											
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT					
	Charged water (Gold + Silver + Copper)					Check Solar Plexus					
	Excess Heat Release					Foot Roller					
	Thyroid Exercise					Jimmy & Su Jok Ring					
	Oil Pulling					Pressure Points					
	Hand Interlock + Right Forearm					Endocrine Glands Activation					
	YOGA & MEDITATION					SU JOK					
	Pranayam					Hands - All fingers using ring, Jimmy, wrist band					
	Kapalabhati					Foot Roller - 3 places					
	Bastrika, Anulom Vilom					Foot sujok - Leg middle finger, other fingers					
Meditation					Stress relieving techniques						
Affirmation											
NATURAL THERAPY											
Herbake Churna 1 tsp + luke warm water					Coriander juice, Green juice + Antioxidant						
Q-Mix 2tsp + luke warm water					Seed Therapy (methi, pepper, mattar)						
Marthasikoi 1tsp + buttermilk					2 Kajar + 2 Anjar						
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt						
1/2tsp cinamon + Honey					Light Therapy - Blue, Red color						
TREATMENT NOTES											
10/31 - pain has reduced - yesterday @ 8 Today at 6 Can rotate hand. cannot take hand back -> pain											

Conclusion:

Solar plexus okay. Excess heat needs to be removed from the body

Case Study No. 45:

ranji.chander@gmail.com

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	RANJANA CHANDRASE			ADDRESS	G9885, NO-206,			DATE	5/7/13	
PHONE	801-360-6597			EMAIL	Ranjana.Chander@gmail.com					
ALIMENT PROBLEM	1. Gestational thyroid 2. Immunity Problem 3. Blood issue Dryness, O <sub>2</sub> issue, Anti TB medication 4. Steroid-Asmatic Condition 5. Antinuclear Antibody -> Rheumatic form.									
DIAGNOSIS	PT 1 ✓	PT 2 ✓	PT 3 X	PT 4 X	PT 5 ✓	PT 6 ✓	PT 7	PT 8 X	PT 9 X	PT 10 ✓
	PT 11 ✓	PT 12 ✓	PT 13 ✓	PT 14 ✓	PT 15 ✓	PT 16 ✓	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23 ✓	PT 24 ✓	PT 25 ✓	PT 26 ✓	PT 27	PT 28	PT 29 X	PT 30 X
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36 ✓	PT 37 ✓	PT 38 X		
TREATMENT NOTES										
Impure blood Eyes drops										
TREATMENT										
GENERAL TREATMENT					ACUPRESSURE TREATMENT					
Charged water (Gold + Silver + Copper)					✓ Check Solar Plexus					
✓ Excess Heat Release Pepply					Foot Roller					
✓ Thyroid Exercise					Jimmy & Su Juk Ring					
✓ Oil Pulling					✓ Pressure Points 3, 4, 8, 30, 36, 2 Aug/2 Aug					
✓ Hand Interlock + Right Forearm					✓ Endocrine Glands Activation					
YOGA & MEDITATION					SU JUK					
✓ Pranayam 9/2 times/day					Hands - All fingers using ring, Jimmy, wrist band					
Kapalbhati					Foot Roller - 3 places					
Saktika, Anulom Vilom					Foot sujok - Lag middle finger, other fingers					
✓ Medication Pan dha Bortan					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
Haritaka Churna 3 tsp + luke warm water					Coriander Juice, Green Juice + Antioxidant					
✓ Q-Mix 3tsp + luke warm water 30 days					Seed Therapy (methi, pepper, mustard)					
Marikhalika 3tsp + buttermilk					2 Kajar + 2 Anjur					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp dhanam + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
① Eye exercise -> Early Morning ② Thyroid exercise ③ R-Mix for 21 days to purify blood. ④ Spine exercise -> ⑤ Vitamin C										

Conclusion:

Solar plexus needs correction and excess heat needs to be removed

Case Study No. 46:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Sangeetha Ram			ADDRESS	BHU - Kallipet CT, Phase 7, Bally			DATE	10/14/13	
PHONE	214 9434-3862			EMAIL	Sangeetha@hobmail.com					
AILMENT PROBLEM	1. Right neck, Shoulder, Arm - Spasms in forearm									
	2. Can reach back, lift hand									
	3. Cannot bend back									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
1. Solar plexus - Slight out RT is higher										
2. Always dry hands										
3. NO half access										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					✓ Check Solar Plexus Exercise 9 times				
	Excess Heat Release					Foot Roller				
	Thyroid Exercise					Jimmy & Su Jok Ring				
	Oil Pulling					Pressure Points				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	Pranayam					Hands - All fingers using ring, Jimmy, wrist band				
	Kapalabhati					Foot Roller - 3 places				
	Bastrika, Anulom Vilom					Foot sujak - Leg middle finger, other fingers				
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
Haritaki Churna 1 tsp + luke warm water					Coriander Juice, Green Juice + Antioxidant					
Q-Mix 1/2sp + luke warm water					Seed Therapy (methi, pepper, mutton)					
Marthakal 1/2sp + buttermilk					2 Kaju + 2 Anjur					
1/2sp Jeera + 1/2sp Dhania + luke warm water					Roasted Salt					
1/2sp cinnamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
1. Simple treatment on Shoulder, Neck → 7step										
10/15 Pain level 2/5, NO Pain Med, NO Spasms, Normal Day										
10/16 Pain level 2/5, NO Pain Med, NO Spasms										
Next week avoid anything different										

Conclusion:  
Solar plexus okay. Excess heat needs to be removed from the body

Case Study No. 47:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	YOGESH JAIN			ADDRESS	4312 BURNINGWOOD LN, #24			DATE	9/25/13	
PHONE	469 426 2699			EMAIL	CNIYAG@YAHOO.COM					
PRESENT PROBLEM	Pain starts from the head behind the neck Left side of the neck is more painful. Take B.P. Medication									
DIAGNOSIS	PT 1	PT 2	PT 3 ✓	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9 ✓	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES	1. Solar Plexus is good 2. Hands are dry 3. Pt. Swollen									
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					Check Solar Plexus				
	Excess Heat Release					Foot Roller				
	Thyroid Exercise					Jimmy & Su Joh Ring				
	Oil Pulling					Pressure Points				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	Pranayam					Hands - All fingers using ring, Jimmy, wrist band				
	Kapalabhati					Foot Roller - 3 places				
	Bastrika, Anulom Vilom					Foot sujak - Leg middle finger, other fingers				
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
Mertaka Churna 1 tsp + luke warm water					Coriander juice, Green juice + Antioxidant					
Q-Mix 1/2sp + luke warm water					Seed Therapy (methi, pepper, matar)					
Marthakal 1/2sp + buttermilk					2 Kaju + 2 Anjur					
1/2sp Jeera + 1/2sp Dhania + luke warm water					Roasted Salt					
1/2sp dhamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
9/26 - Pain still persists and minor -> NO change Neck -> Electric Stimulator										

Conclusion:

Solar plexus okay. Excess heat needs to be removed from the body





Case Study No. 50:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	YASH			ADDRESS	7611 Coates Road, Plano			DATE	8/6/13	
PHONE	614-408-2006			EMAIL	msr_bi@yahoo.com					
AILMENT PROBLEM	Insomnia									
	Depression									
	Anxiety									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT	TREATMENT NOTES									
	1 Hand clasping									
	2 Foot Roller - 4 min									
	3 Hand Jimmy									
	4 Q-Mix - 21 days									
	5. pt 3/4 - 2 times / 2 min									
	6. Charge water P/2 - 2 wks									
	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	<input checked="" type="checkbox"/>	Charged water (Gold + Silver + Copper)				<input checked="" type="checkbox"/>	Check Solar Plexus			
		Excess Heat Release				<input checked="" type="checkbox"/>	Foot Roller			
	Thyroid Exercise				<input checked="" type="checkbox"/>	Jimmy & So Jish Ring				
<input checked="" type="checkbox"/>	Oil Pulling				<input checked="" type="checkbox"/>	Pressure Points				
<input checked="" type="checkbox"/>	Hand Interlock - Right Forearm					Endocrine Glands Activation				
YOGA & MEDITATION					SU JOK					
	Pranayam					Hands - All fingers using ring, Jimmy, wrist band				
	Kapalabhati					Foot Roller - 3 places				
	Bastrika, Anulom Vilom					Foot Sujok - 1st middle finger, other fingers				
<input checked="" type="checkbox"/>	Meditation					Stress relieving techniques				
<input checked="" type="checkbox"/>	Affirmation									
NATURAL THERAPY										
	Heritake Churna 1 tsp + luke warm water					Coriander Juice, Green Juice + Antioxidant				
<input checked="" type="checkbox"/>	Q-Mix 1 tsp + luke warm water					Seed Therapy (methi, pepper, mustard)				
	Menthakal 1 tsp + buttermilk					2 Kaju + 2 Anjur				
	1/2 tsp Jeera + 1/2 tsp Dhanla + luke warm water					Roasted Salt				
	1/2 tsp dinamot + Honey					Light Therapy - Blue, Red color				
TREATMENT NOTES										
1. Next Week										

Conclusion:  
Solar plexus needs correction and excess heat needs to be removed

Case Study No. 51:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	ALAAP CHERRY			ADDRESS	2016 London Ln, Lewisville Tx			DATE	12/7/13	
PHONE	848 391 0962			EMAIL	Alaapc@gmail.com					
AILMENT PROBLEM	1. 13 yrs ago had an injury in lower back									
	2. Pain was elevated 13 to 4 years - Half Marathon									
	3. Disc Bulge/Tear S									
	4. Scheduled for surgery - Bone density is low									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9 ✓	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
1 Applied Sujok on Hand										
2 Apply Dresside on pt 9										
2mls twice/day										
3 Foot Roller - 2x/day										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	✓ Charged water (Gold + Silver + Copper)					✓ Check Solar Plexus Correct				
	✓ Excess Heat Release					✓ Foot Roller				
	Thyroid Exercise					✓ Jimmy & So Job Ring				
	Oil Pulling					Pressure Points				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SUJOK				
	Pranayam					Hands - All fingers using ring, Jimmy, wrist band				
	Kapalabhati					Foot Roller - 3 places				
	Bastrika, Anulom Vilom					Foot sujok - Lag middle finger, other fingers				
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
✓ Haritaki Churna 1 tsp + luke warm water					Coriander Juice, Green Juice + Antioxidant					
✓ G-Mix 1tsp + luke warm water 2 days					Seed Therapy (methi, pepper, mustard)					
Marthakalikal 1tsp + buttermilk					2 Kaju + 2 Anjur					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp cinamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
1. Harder power, Sujok = Rest again on Sat.										

Conclusion:

Solar plexus needs correction and excess heat needs to be removed





Case Study No. 53:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Lakshmi Jayamanyam			ADDRESS	4312 BEINGER CT, PLANO, TX			DATE	7/25/17	
PHONE	514-522-5251			EMAIL	msarunkumar@lefromall.com					
PRESENT PROBLEM	① Sinus problem - Night ② No Shortness of breath ③ Normal Dept movement of Urination ④ Appetite & good									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
	TREATMENT NOTES									
	① Warm water									
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					Check Solar Plexus				
	Excess Heat Release					Foot Roller				
	Thyroid Exercise					Jimmy & Su Jok Ring				
	Oil Pulling					Pressure Points				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	Pranayam					Hands - All fingers using ring, Jimmy, wrist band				
	Kapalbhati					Foot Roller - 3 places				
	Bastrika, Anulom Vilom					Foot su Jok - Leg middle finger, other fingers				
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
<input checked="" type="checkbox"/> Haritaki Chara 1 tsp + luke warm water					Coriander Juice, Green Juice + Antioxidant					
Q-Mix 1tsp + luke warm water					Seed Therapy (methi, pepper, matter)					
Methi kaikai 1tsp + Buttermilk					2 Kaju + 2 Anjur					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp cinamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										

Conclusion:

Solar plexus needs correction and excess heat needs to be removed



Case Study No. 55:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Sue Chadwick				ADDRESS	13127 Kerr Trail			DATE	7/19/13
PHONE	972-243-5931				EMAIL	Anandaballa Dallas 75244 @ aol.com				
AILMENT PROBLEM	1. Strong heel pain on right 2. First Step is Very painful 3. Swelling on the right leg Wearing special shoes									
DIAGNOSIS	PT 1 ✓	PT 2 ✓	PT 3 ✓	PT 4 ✓	PT 5 ✓	PT 6 ✗	PT 7 ✗	PT 8 ✓	PT 9 ✓	PT 10 ✓
	PT 11 ✓	PT 12 ✓	PT 13 ✓	PT 14 ✓	PT 15 ✓	PT 16 ✓	PT 17 ✓	PT 18 ✓	PT 19 ✓	PT 20 ✓
	PT 21 ✓	PT 22 ✓	PT 23 ✓	PT 24 ✓	PT 25 ✓	PT 26 ✓	PT 27 ✓	PT 28 ✓	PT 29 ✓	PT 30 ✓
	PT 31 ✓	PT 32 ✓	PT 33 ✓	PT 34 ✓	PT 35 ✓	PT 36 ✓	PT 37 ✓	PT 38 ✓		
TREATMENT NOTES										
1. Full Sujud on hand for heel 2. Solar Plexus Okay 3. Hands are okay 4. Elevate leg 5. Pressure										
GENERAL TREATMENT					ACUPRESSURE TREATMENT					
Charged water (Gold + Silver + Copper)					Check Solar Plexus					
Excess Heat Release					Foot Roller					
✓ Thyroid Exercise 21 times / 60 days					Jimmie & Su Jok Ring					
Oil Pulling					Pressure Points p 8					
Hand Interlock = Right Forearm					Endocrine Glands Activation					
YOGA & MEDITATION					SU JOK					
Pranayam					Hands - All fingers using ring, jimmie, wrist band					
Kapalbhati					Foot Roller - 3 places					
Savika, Anulom Vilom					Foot Sujok - Leg middle finger, other fingers					
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
Haritake Churna 1 tsp + luke warm water					Coriander Juice, Green Juice = Antioxidant					
Q-Mix 1/2sp + luke warm water					Seed Therapy (methi, pepper, matar)					
Manthakailai 1/2sp + buttermilk					2 Kajar + 2 Anjur					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp cinamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
1. Heat 7/11 @ 3pm, 7/12 - 6:30pm, 7/17 @ 6:30pm 2. Heat 8/16 @ 6:30pm										

Conclusion:  
Solar plexus okay. No excess heat in the body.

Case Study No. 56:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Ramila			ADDRESS	300 E 130th Ave, City			DATE	9/22	
PHONE	9726163910			EMAIL	H.B.P.0508@yaho.com			75189		
AILMENT PROBLEM	Pain in the hip, lower back, Knee Rt									
	Throat pain Stomach indigestion									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
Pt 8 is hurting, Pt 27 hurting Excess heat in the body → Sweating hands Diabetes → 120 Sciatica nerve congestion										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	<input checked="" type="checkbox"/> Charged water (Gold + Silver + Copper) <input checked="" type="checkbox"/> Excess Heat Release Thyroid Exercise Oil Pulling Hand interlock + Right Forearm					<input checked="" type="checkbox"/> Check Solar Plexus Foot Roller <input checked="" type="checkbox"/> Jimmy & Su Jok Ring <input checked="" type="checkbox"/> Pressure Points 27, 9, 6, 7, 25, 27 Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	<input checked="" type="checkbox"/> Pranayam Surya pranayam Kapalabhati Bastrika, Anulom Vilom Meditation Affirmation					Hands - Thumb Hands - Index finger Leg - Big toe Leg - Middle finger Others				
NATURAL THERAPY										
<input checked="" type="checkbox"/> Hartaki Churna - 1 tsp + luke warm water <input checked="" type="checkbox"/> G-Mix - 1 tsp + luke warm water Marichaalkai - 1 tsp + buttermilk 1/2 tsp Jeera + 1/2 tsp Dhania + luke warm water 1/2 tsp cinnamon + Honey					<input checked="" type="checkbox"/> Coriander juice 21 days Green Juice 2 Rajm 2 Anjur Roasted Salt Light Therapy					
OTHERS	Recheck in 3 days for Sciatica nerve. Next Apt Thu at 6:30p 10/31 → Foot Roller → 2 mins each Hartaki → 21 days / G mix - 21 days Silver 4-1 4-2									

Conclusion:

Solar plexus needs correction and excess heat needs to be removed

Case Study No. 57:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Devansh			ADDRESS	14217, Atherton Drive			DATE	9/29	
PHONE	214-519-4846			EMAIL	KRUPA_AOL@yahoo.com					
AILMENT PROBLEM	9 1/2 y/o old, Socker, Beans & Dal, Not feeling hungry Lactose tolerant, Urinary, Stuffy nose Hands are slightly wet 5 1/2 month baby due to mother Cervical Issue Allergy									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
Solar plexus is okay pt 27. Rt hurts more Lft pinky hurts - possible wrist Wrist hurt 2 mins thymus/thyroid										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	<input checked="" type="checkbox"/>	Charged water (Gold + Silver + Copper)				<input checked="" type="checkbox"/>	Check Solar Plexus			
	<input checked="" type="checkbox"/>	Excess Heat Release				<input checked="" type="checkbox"/>	Foot Roller			
	<input checked="" type="checkbox"/>	Thyroid Exercise				<input checked="" type="checkbox"/>	Jimmy & Su Juk Ring			
	<input checked="" type="checkbox"/>	Oil Pulling				<input checked="" type="checkbox"/>	Pressure Points 27, 30, 38			
	<input checked="" type="checkbox"/>	Hand Interlock + Right Forearm				<input checked="" type="checkbox"/>	Endocrine Glands Activation 3, 4, 8, 10, 15, 25, 28			
	YOGA & MEDITATION					SU JOK				
	<input checked="" type="checkbox"/>	Pranayam				<input checked="" type="checkbox"/>	Hands - All fingers using ring, jimmie, wrist band			
		Kapalbhati					Foot Roller - 3 places			
		Bastrika, Anulom Vilom					Foot sujak - Leg middle finger, other fingers			
		Meditation					Stress relieving techniques			
		Affirmation								
	NATURAL THERAPY									
	<input checked="" type="checkbox"/>	Heritake Churna 3 tsp + luke warm water					Coriander Juice, Green Juice + Anticidant			
		Q-Mix 1tsp + luke warm water					Seed Therapy (menthi, pepper, matter)			
		Marthakalizi 3tsp + buttermilk					2 Kaju + 2 Anjur			
		1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt			
		1/2tsp cinamon + Honey					Light Therapy - Blue, Red color			
TREATMENT NOTES										
1. 2 mins for thymus 3, 4 Pituitary / nasal 2. 2 min on pt 27 for stomach / digestion 3. Hand powder 1 tsp 4. Bean sprouts. / No water during meal 5. Super brain eye										

Conclusion:

Solar plexus okay but excess heat needs to be removed from the body

Case Study No. 58:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	Mrs. Mangal Singh			ADDRESS						DATE	9/22
PHONE				EMAIL							
AILMENT PROBLEM	Allergies, Asthma.										
	Lungs weak										
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10	
			✓	✓							
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20	
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30	
	✓									✓	
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38			
							✓				
TREATMENT	Blood pressure										
	Asthma -										
	TREATMENT NOTES										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT					
	Charged water (Gold + Silver + Copper)					Check Solar Plexus					
	Excess Heat Release					Foot Roller					
	Thyroid Exercise					Jingyi & Su Jok Ring					
	Oil Pulling					Pressure Points					
	Hand Interlock + Right Forearm					Endocrine Glands Activation					
	YOGA & MEDITATION					SU JOK					
	Pranayam					Hands - Thumb					
	Kapalabhati					Hands - Index Finger					
	Bastrika, Anulom Vilom					Leg - Big toe					
	Meditation					Leg - Middle finger					
	Affirmation					Others					
TREATMENT	NATURAL THERAPY										
	Haritaki Churna - 1 tsp + luke warm water					Coriander juice					
	Q-Mix - 1tsp + luke warm water					Green Juice					
	Manthakkai - 1tsp + buttermilk					2 Kaju+ 2 Anjur					
	1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
	1/2tsp cinamon + Honey 21 days					Light Therapy					
OTHERS											

Conclusion:  
Solar plexus okay and no excess heat in the body

Case Study No. 59:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	Nalaku Lavi				ADDRESS					DATE	9/24
PHONE					EMAIL						
AILMENT PROBLEM	Shoulder pain / Inflammation / Morning knots on the back / swallowing hurts										
	Cannot straighten → Shoulder hurts										
	Knee hurting → Getting up										
	MRI → Bicip brachii / Steroid for inflammation Pinky & swollen										
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10	
									✓		
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20	
					✓			✓			
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30	
					OK	✓					
TREATMENT NOTES											
P18 OK, 25, 36 ✓ → Sciatic Nerve / Shoulder ✓											
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT					
	Charged water (Gold + Silver + Copper)					✓ Check Solar Plexus <i>okay</i>					
	Excess Heat Release					✗ Foot Roller					
	Thyroid Exercises					✓ Jimmy & Su Jok Ring					
	Oil Pulling					✓ Pressure Points 2825, 37					
	✓ Hand Interlock + Right Forearm sleep					✓ Endocrine Glands Activation 34, 5, 19, 15					
	YOGA & MEDITATION					SU JOK					
	Pranayam					Hands - Thumb					
	Kapalabhati					✓ Hands - Index Finger <i>Shoulder</i>					
	Bastika, Anulom Vilom					Leg - Big toe					
Meditation					Leg - Middle finger						
✓ Affirmation					Others						
NATURAL THERAPY											
✓ ✓ Marlake Churna - 1 tsp + luke warm water					✓ Coriander Juice						
✓ ✓ Q-Mix - 1tsp + luke warm water <i>2 days</i>					✓ Green Juice						
Marthakalika - 1tsp + buttermilk					2 Kajuru 2 Anjur						
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt						
1/2tsp cinnamon + Honey					Light Therapy						
OTHERS	luke water + Green tea Sciatic Nerve Exercise / night Wednesday →										

Conclusion:  
Solar plexus okay and no excess heat in the body



Case Study No. 60:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	SHUPANNA R. PATEL			ADDRESS	300 E I.P. PROJECT TX				DATE	9/22
PHONE	972 8960299			EMAIL						
AILMENT PROBLEM	Knee problem - left knee is swollen									
	Diabetes - 140mg									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
Moovsambrani treatment										
pt 21 for allergy										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					Check Solar Plexus				
	Excess Heat Release					Foot Roller				
	Thyroid Exercise					Jimmy & Su Jok Ring				
	Oil Pulling					Pressure Points				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	Pranayam					Hands - Thumb				
	Kapalabhati					Hands - Index finger 2 mins				
	Bastrika, Anulom Vilom					Leg - Big toe				
Meditation					Leg - Middle finger					
Affirmation					Others Moov + Egg white					
NATURAL THERAPY										
Herbika Churna - 1 tsp + luke warm water					Coriander Juice 21 days					
Q-Mix - 1tsp + luke warm water					Green Juice					
Marthakalika - 1tsp + buttermilk					2 Rajur + 2 Anjur					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp cinamon + Honey					Light Therapy					
OTHER	Check after 21 days / continue on knee food									
	Next Thursday 9/26 6:30pm Progress on knee									
Sugar level down from 137 to 118										

Conclusion:

Solar plexus needs correction and excess heat needs to be removed

Case Study No. 61:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Mrs Sri Lakshmidasan			ADDRESS	6322 MacArthur #4081 Irving			DATE	1/14/13	
PHONE	972-501-9071			EMAIL	Sril.salla					
AILMENT PROBLEM	1. Signs of thyroid problem									
	2. Back problem - last year in India									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
			✓	✓				X	X	✓
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	✓			✓		✓			✓	✓
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
		✓				✓			✓	
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
					✓	✓	✓			
TREATMENT NOTES										
1. Slight problem w/ thyroid - Hypo TSH < 16										
2. Patient Weight - 10lbs										
3. Acupressure treatment										
4. All other points are okay										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					Check Solar Plexus				
	Excess Heat Release					Foot Roller				
	✓ Thyroid Exercise 9 times/2 days					Jingyi & Su Jok Ring				
	Oil Pulling					✓ Pressure Points Pt 8 / 2 mins / 2 times				
	Hand Interlock + Right Forearm					Endocrine Glands Activation Pt 9				
	YOGA & MEDITATION					SU JOK				
	✓ Pranayam					Hands - Thumb				
	Kapalabhati					Hands - Index finger				
	Bastika, Anulom Vilom					Leg - Big toe				
Meditation					Leg - Middle finger					
Affirmation					Others					
NATURAL THERAPY										
Marlaka Churna - 1 tsp + luke warm water					Coriander juice					
O-Mu - 1 tsp + luke warm water					Green Juice					
Marbhalkal - 1 tsp + buttermilk					2 Kajur + 2 Anjur					
1/2 tsp Jeera + 1/2 tsp Dhania + luke warm water					Roasted Salt					
1/2 tsp cumin + Honey					Light Therapy					
OTHERS										

Conclusion:  
Solar plexus needs correction and excess heat needs to be removed

Case Study No. 62:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	Anandan Prabhakar			ADDRESS	3805 Abram Ln				DATE	1/29/13	
PHONE	(732) 809-3800			EMAIL	Flower Mound, TX						
AILMENT PROBLEM	Tennis Elbow, Diabetes, <u>lower back pain</u> Mergy										
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10	
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20	
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30	
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38			
<p>Solar plexus good. hands are dry 25, 28 → Diabetes 21 days → Obix</p> <p>TREATMENT NOTES</p>											
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT ✓					
	Charged water (Gold + Silver + Copper)					✓ Check Solar Plexus <i>okay</i>					
	Excess Heat Release					Foot Roller					
	Thyroid Exercise					Jimmy & Su Jok Ring					
	Oil Pulling					✓ Pressure Points <i>25/28-2M/2T</i>					
	Hand Interlock + Right Forearm					✓ Endocrine Glands Activation					
	YOGA & MEDITATION					SU JOK ✓					
	Pranayam					Hands - Thumb					
	Kapalabhati					Hands - Index Finger					
	Sastrika, Anulom Vilom					Leg - Big toe					
Meditation					Leg - Middle finger						
Affirmation					Others						
NATURAL THERAPY ✓	Herbake Churna - 1 tsp + luke warm water					✓ Coriander Juice <i>6am! 6st/6days</i>					
	✓ G-Mls - 1tsp + luke warm water <i>Blood purifier</i>					Green Juice <i>+okra</i>					
	Marikalkai - 1tsp + buttermilk					2 Kajur + 2 Anjur					
	1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
	1/2tsp cinamon + Honey					Light Therapy					
OTHERS	PT 9 - 2min/2times										

Conclusion:  
Solar plexus okay but need to remove excess heat form the body

Case Study No. 63:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Sita Jayanth			ADDRESS	729 Bella Vista Dr			DATE	2/4/13	
PHONE	972-871-4182			EMAIL						
AILMENT PROBLEM	1. Whole left hand is hurting - Tennis elbow									
	2. lower back pain									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	ok	ok	ok	ok	ok	ok	ok	X	X	ok
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	ok	ok	ok	X/ok	<del>ok</del>	ok	NA	ok	ok	ok
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
ok	ok	ok	ok	ok	ok	X/ok	ok	ok	ok	
PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38			
ok	ok	ok	ok	X	ok	ok	ok			
TREATMENT NOTES										
1. Solar plexus ok										
2. Hand is warm										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					Check Solar Plexus				
	Excess Heat Release					Foot Roller Maintenance 2 times				
	✓ Thyroid Exercise 9 times/day					✓ Jimmy & Jo Jo Ring Maintenance				
	Oil Pulling					✓ Pressure Points PT 8 & 9				
	✓ Hand Interlock + Right Forearm Bestime					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOG				
	✓ Pranayam Morning					✓ Hands - Thumb Elbow				
	Kapalabhati					✓ Hands - Index Finger Back				
	Bastrika, Anulom Vilom					Leg - Big toe				
✓ Meditation 3 minutes					✓ Leg - Middle finger Stress					
✓ Affirmation					Others					
NATURAL THERAPY										
Martaika Churna - 1 tsp + luke warm water					Coriander Juice					
Q-Mix - 2 tsp + luke warm water					Green Juice					
Marichaalkal - 2 tsp + buttermilk					2 Raju + 2 Anjo					
1/2 tsp Jeera + 1/2 tsp Dhania + luke warm water					Roasted Salt					
1/2 tsp cinnamon + Honey					Light Therapy					
OTHERS										

Conclusion:  
Solar plexus okay but need to remove excess heat from the body

Case Study No. 64:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	Mangal Singh				ADDRESS					DATE	9/22
PHONE					EMAIL						
AILMENT PROBLEM	Sciatica Nerve										
	Back pain - lower constant pain when getting up in the morning										
	Water retention - gassy little bit										
	Hang your feet it gets swollen - painful when walking. Liver/spleen swollen up										
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10	
								✓			
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20	
								✓			
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30	
					✓	✓					
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38			
					✓	✓					
TREATMENT NOTES											
Heart - Shortness of breath Rate - Greater 100											
Pacemaker in the heart											
→ Solar plexus - hand okay											
Spleen 37, 36 h-p, 3,4											
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT					
	✓	Charged water (Gold + Silver + Copper) 15.8-2				✓	Check Solar Plexus				
		Excess Heat Release					Foot Soaker				
		Thyroid Exercise					Jimmy & Su Jok Ring				
		Oil Pulling					Pressure Points				
		Hand Interlock + Right Forearm					Endocrine Glands Activation				
		YOGA & MEDITATION					SU JOK				
		Pranayam						Hands - Thumb			
		Kapalabhati						Hands - Index Finger			
		Bastika, Anulom Vilom						Leg - Big toe			
	Meditation						Leg - Middle Finger				
	✓ Affirmation						Others				
	NATURAL THERAPY										
	Herbika Churna - 1 tsp + luke warm water					Coriander Juice					
30	Q-Mix - 1tsp + luke warm water					Green Juice					
	Marthakalkai - 1tsp + buttermilk					2 Rajur + 2 Anjur					
21	1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
	1/2tsp cinnamon + Honey					Light Therapy					
OTHERS											

Conclusion:  
Solar plexus is okay and no excess heat in the body

Case Study No. 65:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	Bala Ranganjan				ADDRESS					DATE	11/4/12
PHONE	214-227-6494				EMAIL						
AILMENT PROBLEM	Left leg calf muscle / Cramps due to thyroid medication TCH =										
	Between hip & thigh / <del>Fiber</del> myalgia										
Buttocks											
Lack of sleep											
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10	
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20	
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30	
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38			
TREATMENT NOTES											
Solar plexus is good, Hands are warm											
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT					
	<input checked="" type="checkbox"/>	Charged water [Gold + Silver + Copper] 4-1-10 days					Check Solar Plexus ok				
		Excess Heat Release 4-2-10 days					Foot Roller 2/day 3min				
	<input checked="" type="checkbox"/>	Thyroid Exercise 9-2/day					Jimmy & Su Jok Ring				
		Oil Pulling					<input checked="" type="checkbox"/> Pressure Points 8,9				
	<input checked="" type="checkbox"/>	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK					
	<input checked="" type="checkbox"/>	Pranayam Simple Technique					Hands - Thumb				
		Kapalabhati					Hands - Index finger				
		Sastrika, Anulom Vilom					<input checked="" type="checkbox"/> Leg - Big toe } Compression				
	Meditation					<input checked="" type="checkbox"/> Leg - Middle finger } Release					
<input checked="" type="checkbox"/>	Affirmation					Others					
NATURAL THERAPY											
	Haritake Churna - 1 tsp + luke warm water					Coriander juice					
<input checked="" type="checkbox"/>	Q-Mix - 1tsp + luke warm water empty 21					Green Juice					
	Menthakalkai - 1tsp + buttermilk					2 Kajuru 2 Anjur					
	1/2tsp Jeera + 1/2tsp Dhania + luke warm water					<input checked="" type="checkbox"/> Roasted Salt					
	1/2tsp cinamon + Honey					Light Therapy					
OTHERS											

Conclusion:

Solar plexus okay. Excess heat needs to be removed from the body

Case Study No. 66:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Theja Arun			ADDRESS	4312 Brinkley cl, dallas			DATE	2-13-13	
PHONE	214-257-8570			EMAIL	V-thejara@yahoo.com					
ALIMENT PROBLEM	Thyroid Issue - TSH.									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
			✓	✓				XX	X	
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
						✓				
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
		✓		✓						
PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38			
						✓				
TREATMENT	TREATMENT NOTES									
	NO excess heat Solar Plexus Shifted.									
	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					Check Solar Plexus				
	Excess Heat Release					Foot Reflex				
	Thyroid Exercise					Jinny & Su Jok Ring				
	Oil Pulling					Pressure Points				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	Pranayam					Hands - Thumb				
Kapalbhati					Hands - Index finger					
Bastrika, Anulom Vilom					Leg - Big toe					
Meditation					Leg - Middle finger					
Affirmation					Others					
NATURAL THERAPY										
Haritaki Churna - 1 tsp + luke warm water					Coriander Juice					
Q-Mix - 1tsp + luke warm water					Green Juice					
Marshmallow - 1tsp + buttermilk					2 Kajuru 2 Anjur					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp cinnamon + Honey					Light Therapy					
OTHERS										

Conclusion:  
Solar plexus needs correction. No excess heat in the body

Case Study No. 67:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Chitra			ADDRESS	1405, Constellation dr			DATE	2/13/13	
PHONE	214 293 3416			EMAIL	chitrarathina.samy@yaho.com			Allen, TX		
AILMENT PROBLEM	Allergy condition, sneezing									
	Allergic to scents									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
Excess heat in the body Solar plexus is alright										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					Check Solar Plexus				
	Excess Heat Release					Foot Roller				
	Thyroid Exercise					Jingyi & Su Jok Ring				
	Oil Pulling					Pressure Points 8, 28, 21, 37, 23				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	✓ Pranayam					Hands - Thumb				
	Kapalabhati					Hands - Index finger				
	Bastika, Anulom Vilom					Leg - Big toe				
Meditation					Leg - Middle finger					
Affirmation					Others					
NATURAL THERAPY										
✓ Herbal Churna - 1 tsp + luke warm water 2/days					Coriander Juice					
Q-Mts - 1tsp + luke warm water					Green Juice 1 glass					
Menthakalkai - 1tsp + buttermilk					2 Kajur + 2 Anjur					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp Cinamon + Honey					Light Therapy					
OTHERS	Back care after 1 week									

Conclusion:  
Solar plexus okay but excess heat needs to be removed from the body



Case Study No. 68:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	Ramya Satish			ADDRESS	4915 WESTHAVEN DR, #11306 HOUSTON, TX 77061				DATE	2/6/13	
PHONE				EMAIL	SATHISH.M.KUMAR@VABSO.COM						
AILMENT PROBLEM	1. Excess heat										
	2. Fertility										
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10	
			✓	✓				X		✓	
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20	
	✓				✓	✓					
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30	
						✓X					
PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38				
TREATMENT	TREATMENT NOTES										
	Solar plexus okay										
	Indigestion										
	Kanya Kalpa → Sunday/Saturday										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT					
	✓	Charged water (Gold + Silver + Copper) 4/2					Check Solar Plexus				
	✓	Excess Heat Release					Foot Roller				
		Thyroid Exercise				✓	Jingyi & Su Jok Ring				
	✓	Oil Pulling Sesam oil					Pressure Points				
		Hand Interlock + Right Forearm				✓	Endocrine Glands Activation 3/4/8/25/28/10-5				
	YOGA & MEDITATION					SU JOK					
	✓	Pranayam 7/10/7 → 5 hrs					Hands - Thumb				
		Kapalabhati					Hands - Index Finger				
		Bastrika, Anulom Vilom					Leg - Big toe				
	Meditation					Leg - Middle finger					
✓	Affirmation					Others					
TREATMENT	NATURAL THERAPY										
	✓	Methaka Churna - 1 tsp + luke warm water 2/					Coriander Juice				
	✓	Q-Mix - 1tsp + luke warm water 2/					Green Juice				
		Manthakkai - 2tsp + buttermilk				✓	2 Kapur + 2 Anjur 15 days				
		1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt				
	1/2tsp cinamon + Honey					Light Therapy					
OTHERS	Follow up in 1 month										

Conclusion:  
Solar plexus okay but excess heat needs to be removed from the body

Case Study No. 69:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET												
NAME	Nahesh Manchala						ADDRESS				DATE	3/6/13
PHONE							EMAIL					
ALIMENT PROBLEM	1. Right Shoulder Pain moving to front side chest 2. Indigestion 3. Back pain 4. Thyroid is high > 50											
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7 X	PT 8 X	PT 9 X	PT 10		
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20		
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30		
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38				
TREATMENT NOTES												
Solar plexus okay - poor vitality Hands						Complete Sujok 1-6						
GENERAL TREATMENT												
<input checked="" type="checkbox"/> Charged water (Gold + Silver + Copper) 2l <input checked="" type="checkbox"/> Excess Heat Release <input checked="" type="checkbox"/> Thyroid Exercise 21 to 45 days <input type="checkbox"/> Oil Pulling <input type="checkbox"/> Hand Interlock + Right Forearm												
ACUPRESSURE TREATMENT												
<input checked="" type="checkbox"/> Check Solar Plexus <input type="checkbox"/> Foot Roller <input checked="" type="checkbox"/> Jimmy & Su Jok Ring <input checked="" type="checkbox"/> Pressure Points 14, 7, 8, 2, 7, 18, 19 <input type="checkbox"/> Endocrine Glands Activation												
YOGA & MEDITATION												
<input type="checkbox"/> Pranayam <input type="checkbox"/> Kapalabathi <input type="checkbox"/> Bastrika, Anulom Vilom <input checked="" type="checkbox"/> Meditation panchabrotha <input type="checkbox"/> Affirmation												
SU JOK												
<input type="checkbox"/> Hands - All fingers using ring, Jimmy, wrist band <input type="checkbox"/> Foot Roller - 3 places <input type="checkbox"/> Foot sujok - big middle finger, other fingers <input type="checkbox"/> Stress relieving techniques												
NATURAL THERAPY												
<input type="checkbox"/> Haritaki Churna 1 tsp + luke warm water <input type="checkbox"/> G-Mix 1 tsp + luke warm water <input type="checkbox"/> Marthakali 1 tsp + Buttermilk <input type="checkbox"/> 1/2 tsp jeera + 1/2 tsp Dhania + luke warm water <input type="checkbox"/> 1/2 tsp dhaniya + Honey <input type="checkbox"/> Coriander Juice, Green Juice + Antioxidant <input type="checkbox"/> Seed Therapy (methi, pepper, mutton) <input type="checkbox"/> 2 Kaju + 2 Anjur <input type="checkbox"/> Roasted Salt <input type="checkbox"/> Light Therapy - Blue, Red color												
TREATMENT NOTES												
1. 27, 18, 19 → Indigestion 2. Sujok treatment - all 6 → Need 4 Sessions												

Conclusion:

Solar plexus okay but excess heat needs to be removed from the body

Case Study No. 70:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Malti Patel			ADDRESS	1607 Wood Creek Lane			DATE	3/3/13	
PHONE	469-854-3552			EMAIL	liftingtheanxiety@gmail.com					
ILLNESS PROBLEM	1. stuffy nose, Running nose in the morning 2. Wake up several times in the night 3. Watery eyes 4. Constipation									
DIAGNOSIS	PT 1	PT 2	PT 3 ✓	PT 4 X	PT 5	PT 6	PT 7	PT 8 X	PT 9 X	PT 10
	PT 11 ✓	PT 12 ✓	PT 13 ✓	PT 14 ✓	PT 15 ✓	PT 16 ✓	PT 17	PT 18 ✓	PT 19 ✓	PT 20
	PT 21 X	PT 22	PT 23 ✓	PT 24 ✓	PT 25 ✓	PT 26 ✓	PT 27 X	PT 28 ✓	PT 29 ✓	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36 ✓	PT 37	PT 38 X		
TREATMENT NOTES										
Solar plexus scripted Hands are warm and dry Chest congestion (left) Vitality low Does not drink water while eat										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					✓ Check Solar Plexus				
	✓ Excess Heat Release					Foot Roller				
	Thyroid Exercise					Jimmy & Su Jok Ring				
	Oil Pulling					Pressure Points				
	Hand Interlock - Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	✓ Pranayam 7:14+7					Hands - All fingers using ring, Jimmy, wrist band				
	Kapalbhati					Foot Roller - 3 places				
	Bastrika, Anulom Vilom					Foot exjok - 1st middle finger, other fingers				
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
✓ Haritaki Churna 1 tsp + luke warm water					Coriander Juice, Green Juice + Antioxidant					
Q-Mix 1tsp + luke warm water					Seed Therapy (meth, pepper, mustard)					
Marthkalikal 1tsp + buttermilk					3 Kaju + 2 Anjur					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp anamoni + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
1. Pt 27, 18, 19, 23 → 2 times / 2 times a day 2. pt 29 Solar plexus correction & exercise 3. Hand Churna - 21 days 4. Anjur + Ginger evening 5. Activate pt 1 6. Sujok treatment - 1st session done 3/3/13										

Conclusion:

Solar plexus needs correction and excess heat needs to be removed

Case Study No. 71:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	SANTHI SATYAN			ADDRESS	2708 SCHOFIELD CT.			DATE	3/4/13	
PHONE	972-612-5042			EMAIL	sathyam55@yahoo.com					
AILMENT PROBLEM	Acid Reflux, Gastritis - GERD, Air movement in spine									
	Cord, Burning sensation Cholesterol - 240mg HDL ↑ - 700 during physical									
DIAGNOSIS	PT 1 ✓	PT 2 ✓	PT 3 ✓	PT 4 ✓	PT 5 ✓	PT 6	PT 7	PT 8 ✗	PT 9 ✓	PT 10 ✓
	PT 11 ✓	PT 12 ✓	PT 13 ✓	PT 14 ✓	PT 15 ✓	PT 16 ✓	PT 17	PT 18	PT 19 ✓	PT 20 ✓
	PT 21 ✓	PT 22 ✓	PT 23 ✓	PT 24 ✓	PT 25 ✓	PT 26 ✓	PT 27	PT 28 ✓	PT 29 ✓	PT 30 ✓
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36 ✓	PT 37	PT 38 ✓		
TREATMENT NOTES										
1. Thyroid - Hyperthyroid 7.586 Female genitals okay										
2. Baby wit → energy										
3. Vitals is okay										
4. Solar plexus is okay										
5. No sweating in hands										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	✓ Charged water (Gold + Silver + Copper) Sold					✓ Check Solar Plexus				
	✓ Excess Heat Release					✓ Foot Roller				
	✓ Thyroid Exercise					✓ Jimmy & Su Jok Ring				
	✓ Oil Pulling					✓ Pressure Points 27, 23, 23, 36				
	✓ Hand Interlock + Right Forearm					✓ Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	✓ Pranayam					✓ Hands - All fingers using ring, Jimmy, wrist band				
	✓ Kapalabhati					✓ Foot Roller - 3 places				
	✓ Bastrika, Anulom Vilom					✓ Feet sujok - Leg middle finger, other fingers				
✓ Meditation					✓ Stress relieving techniques					
✓ Affirmation										
NATURAL THERAPY										
✓ Haritake Churna 1 tsp + luke warm water 2 days					✓ Coriander Juice, Green Juice + Antioxidant					
✓ G-Mix 1tsp + luke warm water					✓ Seed Therapy (methi, pepper, muttar)					
✓ Marthkalikal 1tsp + buttermilk					✓ 2 Kajar + 2 Anjur					
✓ 1/2tsp Jeera + 1/2tsp Dhania + luke warm water					✓ Roasted Salt					
✓ 1/2tsp cinamon + Honey					✓ Light Therapy - Blue, Red color					
TREATMENT NOTES										
1 Call me 1 week										

Conclusion:  
Both solar plexus and excess heat are okay

Case Study No. 72:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	Indu Kanti				ADDRESS					DATE	3/11/3
PHONE					EMAIL						
ALIMENT PROBLEM	1- Lower back problem 2- Urine cyst										
DIAGNOSIS	PT 1	PT 2	PT 3 X	PT 4 Y	PT 5	PT 6	PT 7	PT 8 X	PT 9	PT 10	
	PT 11	PT 12 X	PT 13	PT 14	PT 15	PT 16 ✓	PT 17	PT 18	PT 19	PT 20	
	PT 21	PT 22	PT 23	PT 24	PT 25 ✓	PT 26	PT 27 X	PT 28 ✓	PT 29	PT 30	
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36 ✓	PT 37 X	PT 38			
TREATMENT NOTES											
Hands are warm Solar Plexus are okay											
GENERAL TREATMENT											
✓	Charged water (Gold + Silver + Copper)					ACUPRESSURE TREATMENT					
	Essays Heat Release					Check Solar Plexus					
	Thyroid Exercise					✓ Foot Roller 2 Min / 2 times day					
	Oil Pulling					✓ Jimmy & Su Jok Ring					
	Hand Interlock = Right Forearm					✓ Pressure Points					
YOGA & MEDITATION											
	Pranayam					SU JOK					
	Kapalbhati					Hands - All fingers using ring, Jimmy, wrist band					
	Surya, Anulom Vilom					Foot Roller - 3 places					
	Meditation					Foot sujok - 1st middle finger, other fingers					
	Affirmation					Stress relieving techniques					
NATURAL THERAPY											
✓	Hartake Churna 1 tsp + luke warm water					Coriander Juice, Green Juice = Antioxidant					
	Q-Mix 1 tsp + luke warm water 30 days					Seed Therapy (methi, pepper, matter)					
	Marthakal 1 tsp + buttermilk					2 Kaju + 2 Anjur					
	1/2 tsp Jeera + 1/2 tsp Dhania + luke warm water					Roasted salt					
	1/2 tsp dhaniya + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES											
1- Visit on 3/11											

Conclusion:  
Solar plexus needs correction but no excess heat in the body

Case Study No. 73:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET <i>Richardson</i>										
NAME	<i>Sri Shankar</i>			ADDRESS	<i>3600 Alma Rd 4503</i>			DATE	<i>3/4/13</i>	
PHONE	<i>224 425 1629</i>			EMAIL	<i>SriShankar.Ramani@small.com</i>					
AILMENT PROBLEM	<i>1. Prostrate Infection - Ecoli 70pro -&gt; Supplements 2. Sore throat 3. Blood pressure / Cholesterol</i>									
DIAGNOSIS	PT 1	PT 2	PT 3 <input checked="" type="checkbox"/>	PT 4 <input checked="" type="checkbox"/>	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10 <input checked="" type="checkbox"/>
	PT 11 <input checked="" type="checkbox"/>	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22 <input checked="" type="checkbox"/>	PT 23 <input checked="" type="checkbox"/>	PT 24	PT 25	PT 26	PT 27 <input checked="" type="checkbox"/>	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36 <input checked="" type="checkbox"/>	PT 37	PT 38		
TREATMENT NOTES										
<i>1) Stomach Issues 2) Prostrate points, per Sujok 3) Blood pressure - 180/90 4) Cholesterol - 199mg trig. 5) Charge Water</i>										
TREATMENT										
GENERAL TREATMENT					ACUPRESSURE TREATMENT					
<i>See ✓</i>	Charge water (Gold + Silver + Copper) <i>21/45</i>				Check Solar Plexus					
	Excess Heat Release				Foot Roller					
	Thyroid Exercise				Jinmy & Su Jok Ring					
	Oil Pulling				<input checked="" type="checkbox"/> Pressure Points <i>27, 21, 23, 36</i>					
	Hand Interlock + Right Forearm				<input checked="" type="checkbox"/> Endocrine Glands Activation					
YOGA & MEDITATION					SU JOK					
<input checked="" type="checkbox"/>	Pranayam				Hands - All fingers using ring, jinmy, wrist band					
	Kapalabhati				Foot Roller - 3 places					
	Sastrika, Anulom Vilom				Foot sujok - Leg middle finger, other fingers					
	Meditation				Stress relieving techniques					
	Affirmation									
NATURAL THERAPY										
	Haritaki Churna 1 tsp + luke warm water				Coriander Juice, Green Juice + Antioxidant					
<input checked="" type="checkbox"/>	Q-Mix 1tsp + luke warm water <i>21 days</i>				Seed Therapy (methi, pepper, matter)					
	Methkalkal 1tsp + buttermilk				2 Kaju + 2 Anjur					
<i>21d</i>	1/2tsp Jeera + 1/2tsp Dhania + luke warm water				Roasted Salt					
<input checked="" type="checkbox"/>	1/2tsp dhamon + Honey <i>21 days</i>				Light Therapy - Blue, Red color					
TREATMENT NOTES										
<i>3/7 1) Next week Sujok treatment -&gt; start full session (4 sessions) 2) Full Sujok 1-6 on Hand + Feet</i>										

Conclusion:

Solar plexus needs correction and excess heat needs to be removed

Case Study No. 74:

ANWITHA MANCHALA

7 Apt 9104

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	MAYUR PHARMACY			ADDRESS	2001 E SPRING CREEK RD			DATE	3/6/13	
PHONE	614-599-9152			EMAIL	manmanchala@gmail.com			Flower, Tx 35074		
AILMENT PROBLEM	gaining									
	Frequent cough, oxygen level goes down, breathing trouble									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30 X
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38 X		
TREATMENT NOTES										
1. Hands are wet										
GENERAL TREATMENT										
<input checked="" type="checkbox"/> Charged water (Gold + Silver + Copper) <input checked="" type="checkbox"/> Excess Heat Release <input type="checkbox"/> Thyroid Exercise <input type="checkbox"/> Oil Pulling <input type="checkbox"/> Hand Interlock + Right Forearm										
ACUPRESSURE TREATMENT										
<input type="checkbox"/> Check Solar Plexus <input type="checkbox"/> Foot Roller <input type="checkbox"/> Jimmy & To Joki Ring <input checked="" type="checkbox"/> Pressure Points 30, 38, 8, 27, 37 <input type="checkbox"/> Endocrine Glands Activation										
YOGA & MEDITATION										
<input type="checkbox"/> Pranayam <input type="checkbox"/> Kapalabhati <input type="checkbox"/> Bastrika, Anulom Vilom <input type="checkbox"/> Meditation <input type="checkbox"/> Affirmation										
SUIJON										
<input type="checkbox"/> Hands - All fingers using ring, Jimmy, wrist band <input type="checkbox"/> Foot Roller - 3 places <input type="checkbox"/> Foot Sujok - Leg middle finger, other fingers <input type="checkbox"/> Stress relieving techniques										
NATURAL THERAPY										
<input checked="" type="checkbox"/> Haritaki Churna 1 tsp + luke warm water 21 days <input checked="" type="checkbox"/> Q-Mix 3tsp + luke warm water Tincture 2 drops <input type="checkbox"/> Marthakali 1tsp + buttermilk <input type="checkbox"/> 1/2tsp Jeera + 1/2tsp Dhania + luke warm water <input type="checkbox"/> 1/2tsp cinnamon + Honey										
<input type="checkbox"/> Coriander juice, Green juice + Antioxidant <input type="checkbox"/> Seed Therapy (methi, pepper, mutton) <input type="checkbox"/> 2 Raju + 2 Anjur <input type="checkbox"/> Roasted Salt <input checked="" type="checkbox"/> Light Therapy - Blue, Red color										
TREATMENT NOTES										
1. Pepper water (2 in water) → 21 days										
2. Blue light therapy										
3. Sujok - weekly										

Conclusion:  
Solar plexus needs correction and excess heat needs to be removed

Case Study No. 75:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	Pasanna Nandini				ADDRESS					DATE	8/6/13
PHONE					EMAIL						
AILMENT PROBLEM	1. Cyst in the kidneys 2. Pain in both hands										
DIAGNOSIS	PT 1	PT 2	PT 3 ✓	PT 4 ✓	PT 5	PT 6	PT 7	PT 8 X	PT 9	PT 10 X	
	PT 11	PT 12	PT 13	PT 14	PT 15 X	PT 16 X	PT 17	PT 18	PT 19	PT 20	
	PT 21	PT 22	PT 23	PT 24	PT 25 ✓	PT 26	PT 27	PT 28 ✓	PT 29	PT 30 ✓	
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37 ✓	PT 38 ✓			
TREATMENT NOTES											
Solar Plexus good Pain in 15 & 10, 15 Wrist cramps / PT 1, 10, 15 Hands are hot - excess heat Need to release stress Worried too much											
TREATMENT											
GENERAL TREATMENT					ACUPRESSURE TREATMENT						
<input checked="" type="checkbox"/> Charged water (Gold + Silver + Copper) <input checked="" type="checkbox"/> Excess Heat Release 21 days Thyroid Exercise <input checked="" type="checkbox"/> Oil Pulling <input checked="" type="checkbox"/> Hand Interlock + Right Forearm					<input checked="" type="checkbox"/> Check Solar Plexus - Good Foot Roller Jimmy & Su Jok Ring by 10-15, 2/3 times <input checked="" type="checkbox"/> Pressure Points 10-15, 26 <input checked="" type="checkbox"/> Endocrine Glands Activation						
YOGA & MEDITATION					SU JOK						
<input type="checkbox"/> Pranayam <input type="checkbox"/> Kapalabhati <input type="checkbox"/> Bastrika, Anulom Vilom <input checked="" type="checkbox"/> Meditation ishta/day Pachetam ✓ <input checked="" type="checkbox"/> Affirmation					Hands - All fingers using ring, Jimmy, wrist band Foot Roller - 3 places Foot sujok - 1st middle finger, other fingers Stress relieving techniques Hand clasp						
NATURAL THERAPY											
<input checked="" type="checkbox"/> Haritaki Churna 3 tsp + luke warm water 2x <input type="checkbox"/> Q-Mix 1tsp + luke warm water <input type="checkbox"/> Methkalkai 3tsp + buttermilk <input type="checkbox"/> 1/2tsp Jeera + 1/2tsp Dhania + luke warm water <input type="checkbox"/> 1/2tsp Onion + Honey					Coriander Juice, Green Juice + Antioxidant Seed Therapy (methi, pepper, matter) 2 Rajur + 2 Anjur Roasted Salt Light Therapy - Blue, Red color						
TREATMENT NOTES											
1. Next week meet for progress check of Sujok. 2. Harde Churna - 21 days											

Conclusion:  
Solar plexus is okay but excess heat needs to be removed from the body



Case Study No. 76:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	B.R. Manickam			ADDRESS	729 Bella Vista, Coppell			DATE	3/25/13	
PHONE				EMAIL						
AILMENT PROBLEM	1. throat is narrow leading to swallowing problem									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
GENERAL TREATMENT										
ACUPRESSURE TREATMENT										
TREATMENT										
YOGA & MEDITATION										
SUJOK										
NATURAL THERAPY										
TREATMENT NOTES										
1. Sujok for throat:										

Conclusion:  
Solar plexus okay but excess heat needs to be removed from the body

Case Study No. 77:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Vasanthi			ADDRESS	858 Chestnut Dr. Cape			DATE	4/23/13	
PHONE	425 6935768			EMAIL	yadav-susha@gmail.com					
AILMENT PROBLEM	Height 4ft 8in			Age = 12			82lb			
	Constipated Thyroid TSH (Hypo) 95mcg 8 to 9 months #									
DIAGNOSIS	PT 1	✓	PT 2	✓	PT 3	X	PT 4		PT 5	
	PT 11		PT 12	X	PT 13		PT 14	X	PT 15	
	PT 21		PT 22		PT 23		PT 24		PT 25	
	PT 31		PT 32		PT 33		PT 34		PT 35	
	PT 41		PT 42		PT 43		PT 44		PT 45	
	PT 51		PT 52		PT 53		PT 54		PT 55	
	PT 61		PT 62		PT 63		PT 64		PT 65	
	PT 71		PT 72		PT 73		PT 74		PT 75	
	PT 81		PT 82		PT 83		PT 84		PT 85	
	PT 91		PT 92		PT 93		PT 94		PT 95	
	PT 101		PT 102		PT 103		PT 104		PT 105	
TREATMENT NOTES										
Activate Thyroid " Pituitary Acupressure 10-15										
GENERAL TREATMENT					ACUPRESSURE TREATMENT					
✓	Charged water (Gold + Silver + Copper) 4/2				✓	Check Solar Plexus Regain as correction				
	Excess Heat Release					Foot Roller				
✓	Thyroid Exercise 2 times					Jimmy & Su Jok Ring				
	Oil Pulling				✓	Pressure Points 3, 4, 8, 12, 14, 37				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
YOGA & MEDITATION					SU JOK					
	Pranayam					Hands - All fingers using ring, jimmy, wrist band				
	Kapalabhati					Foot Roller - 3 places				
	Bastrika, Anulom Vilom					Foot Sujok - Leg middle finger, other fingers				
	Meditation					Stress relieving techniques				
	Affirmation									
NATURAL THERAPY										
	Haritake Churna 3 tsp + luke warm water					Coriander Juice, Green Juice + Antioxidant				
✓	G-Mix 1tsp + luke warm water 2 days					Seed Therapy (methi, pepper, mustard)				
	Menthakalkai 1tsp + buttermilk					2 Kaju + 2 Anjur				
	1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt				
	1/2tsp dhanon + Honey					Light Therapy - Blue, Red color				
TREATMENT NOTES										
1. Call me in 1 week for update										

Conclusion:

Solar plexus needs correction and excess heat needs to be removed

Case Study No. 78:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Rajha Kannan			ADDRESS	615, Forest Hill Dr, CA			DATE	8/14/13	
PHONE				EMAIL	SPRIVAS@gmail.com					
AILMENT PROBLEM	① Left ankle & below is painful while walking, less while sitting. ② Pain killer - 1 dosage in the night as needed basis ③ Diabetes - 5 units insulin injection/day									
DIAGNOSS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25 X	PT 26	PT 27	PT 28 X	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
1. Solar Plexus point of body 2. Hands are wet - excess heat										
TREATMENT										
GENERAL TREATMENT					ACUPRESSURE TREATMENT					
Charged water (Gold + Silver + Copper)					Check Solar Plexus					
Excess Heat Release					Foot Roller					
✓ Thyroid Exercise 15 times					✓ Jimmy & Su Jok Ring					
Oil Pulling					Pressure Points 25, 28,					
Hand Interlock + Right Forearm					Endocrine Glands Activation					
YOGA & MEDITATION					SU JOK					
Pranayam					Hands - All fingers using ring, (jimmy, wrist band)					
Kapalabhati					Foot Roller - 3 places					
Bastrika, Anulom Vilom					Foot su Jok - Leg middle finger, other fingers					
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
✓ Haritaki Churna 1 tsp + luke warm water					✓ Coriander Juice, Green Juice + Antioxidant					
✓ G-Mix 1tsp + luke warm water 21 days					Seed Therapy (methi, pepper, mustard)					
Marthakalikal 1tsp + buttermilk					2 Kaju + 2 Anjur					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp Onamoe + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
1. 3 treatments completed back to back 2. Follow up in 10 days										

Conclusion:

Solar plexus needs correction and excess heat needs to be removed

Case Study No. 79:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	BASANTI ANANT			ADDRESS	3804 Bow Creek Place, Dallas, TX 75244			DATE	13/9/13		
PHONE	972-618-1973			EMAIL	S.hrikant@earthlink.net						
AILMENT PROBLEM	1. Anxiety → High Blood Pressure, Hypertension										
	2. Fear										
	3. Thyroid → 75mg										
	4. CUPS										
	5. Heartburn										
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10	
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20	
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30	
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38			
TREATMENT NOTES											
1. Solar plexus slightly shifted 2. Hands are dry											
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT					
	<input checked="" type="checkbox"/>	Charged water (Gold + Silver + Copper)					Check Solar Plexus				
		Excess Heat Release					Foot Roller				
		Thyroid Exercise					Jinny & Su Jok Ring				
		Oil Pulling					Pressure Points 8, 3, 4, 36, 25, 28				
		Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK					
	<input checked="" type="checkbox"/>	Pranayam 5/10/15-9				<input checked="" type="checkbox"/>	Hands - All fingers using ring, jinny, latex band				
		Kapalabhati					Foot Roller - 3 places				
		Bastrika, Anulom Vilom				<input checked="" type="checkbox"/>	Foot Sujok - Leg middle finger, other fingers				
<input checked="" type="checkbox"/>	Meditation				<input checked="" type="checkbox"/>	Stress relieving techniques 5/10/15					
<input checked="" type="checkbox"/>	Affirmation										
NATURAL THERAPY											
	Haritaki Churna 1 tsp + luke warm water					Coriander Juice, Green Juice + Antioxidant					
	Q-Mix 1tsp + luke warm water					Seed Therapy (methi, pepper, matter)					
	Marthakalikal 1tsp + buttermilk					2 Kaju + 2 Anjur					
<input checked="" type="checkbox"/>	1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
<input checked="" type="checkbox"/>	1/2tsp Cinamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES											
1. Hand claspings, leg massage, Panikabotha → Call me twice											

Conclusion:

Solar plexus needs correction and excess heat needs to be removed





Case Study No. 82:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	Suddearth Rajuraman				ADDRESS	1520 Glousterburg Dr, Plano, TX				DATE	8/21/13
PHONE	972-816-7003				EMAIL	sd.rajuraman@gmail.com					
ALIMENT PROBLEM	1. lower back pain 2. cant run or stretch band } Stiff & tight 3. physical therapy 4. Buttocks are tight → / 5 to 6 years										
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10	
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20	
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30	
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38			
TREATMENT NOTES											
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT					
	Charged water (Gold + Silver + Copper)					Check Solar Plexus					
	Excess Heat Release					Foot Roller					
	Thyroid Exercise					Jimmy & Su Juk Ring					
	Oil Pulling					Pressure Points					
	Hand Interlock + Right Forearm					Endocrine Glands Activation					
	YOGA & MEDITATION					SU JUK					
	Pranayam					Hands - All fingers using ring, jimmy, wrist band					
	Kapalabhati					Foot Roller - 3 places					
	Bastrika, Anulom Vilom					Foot Sujok - Leg middle finger, other fingers					
Meditation					Stress relieving techniques						
Affirmation											
NATURAL THERAPY											
Hartaki Churna 3 tsp + luke warm water					Coriander Juice, Green Juice + Antioxidant						
Q-Mix 1tsp + luke warm water					Seed Therapy (methi, pepper, mustard)						
Mar/Nikalal 1tsp + buttermilk					2 Kaju + 2 Anjur						
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt						
1/2tsp dinamon + Honey					Light Therapy - Blue, Red color						
TREATMENT NOTES											

Conclusion:  
Solar plexus is good and no excess heat in the body

Case Study No. 83:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Suguna Rajkumar			ADDRESS	1520 Glenview Dr			DATE	12/23/13	
PHONE	972-223-3220			EMAIL	Suguna@Cypress.com - Plano					
AILMENT PROBLEM	1. Sleepless 9 night									
	2. Insomnia / Exedria PM									
	3. No pain in the temple									
DIAGNOSIS	PT 1	PT 2	PT 3 XL	PT 4	PT 5	PT 6	PT 7	PT 8 XL	PT 9 XL	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22 XL	PT 23 XL	PT 24	PT 25	PT 26	PT 27 XL	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36 XL	PT 37	PT 38		
TREATMENT NOTES										
1. Hands are dry										
2. Solar Plexus needs care.										
3. WARM WATER										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					✓ Check Solar Plexus				
	Excess Heat Release					Foot Roller				
	Thyroid Exercise					Jimmy & Su Jok Ring				
	Oil Pulling					Pressure Points				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	Pranayam					Hands - All fingers using ring, Jimmy, wrist band				
	Kapalbhati					Foot Roller - 3 places				
	Sastrika, Anulom Vilom					Foot sujak - Leg middle finger, other fingers				
Meditation					Stress relieving techniques					
Affirmation										
NATURAL THERAPY										
Haritaki Churna 3 tsp + luke warm water					Coriander juice, Green juice + Antioxidant					
Q-Mix 1tsp + luke warm water					Seed Therapy (methi, pepper, matar)					
Menthakal 1tsp + buttermilk					3 Raju + 2 Anjur					
1/2tsp Jeera + 1/2tsp Dhanla + luke warm water					Rinsed Salt					
1/2tsp cinamon + Honey					Light Therapy - Blue, Red color					
TREATMENT NOTES										
1 sat @ 10am										

Conclusion:

Solar plexus needs correction and excess heat needs to be removed



Case Study No. 84:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	Manisha Patel			ADDRESS	5334 Bond St #117 Irving				DATE	5/2/13	
PHONE	469-244-7196			EMAIL	manishadp@yahoo.com 7x7 1238						
ALIMENT PROBLEM	1. Left Hip & Buttocks, walk that pressure on hip 2. Tingling & numbness on left feet 3. Veins (1) Fibrous Dysplasia on left hip. Removed Surgery and implanted DHS. Corrected hip angle (1/06) (2) Removed DHS (10/08) (3) changed hip angle and implanted DHS (10/11) (4) Round hip ball										
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10	Remove Scar tissue
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20	
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30	
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38			
TREATMENT NOTES											
Perform Complete Sujok for 3 weeks Pain appears in the afternoon & weekends											
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT					
	Charged water (Gold + Silver + Copper)					Check Solar Plexus					
	Excess Heat Release					Foot Roller					
	Thyroid Exercise					Jimmy & Su Jok Ring 5 min / 2 times					
	Oil Pulling					Pressure Points					
	Hand Interlock + Right Forearm					Endocrine Glands Activation					
	YOGA & MEDITATION					SU JOK					
	Pranayam					Hands - All fingers using ring, Jimmy, wrist band					
	Kapalbhati					Foot Roller - 3 places					
	Bastrika, Anulom Vilom					Foot sujok - Leg middle finger, other fingers					
Meditation					Stress relieving techniques						
Affirmation											
NATURAL THERAPY											
Heritake Churna 1 tsp + luke warm water					Coriander juice, Green juice + Antioxidant						
Q-Mix 2 tsp + luke warm water					Seed Therapy (methi, pepper, mattar)						
Marikalkai 1 tsp + buttermilk					2 Kaju + 2 Anjur						
1/2 tsp Jeera + 1/2 tsp Dhania + luke warm water					Roasted Salt						
1/2 tsp cinamon + Honey					Light Therapy - Blue, Red color						
TREATMENT NOTES											
5/6	1-Start Sujok - complete 1-7, 2-3, 3-3 weeks										
5/7	Pain in the afternoon, slept well in the night. Full Sujok + Red light										
5/8	Pain is better in 3 wks, slept well last night, little pain, Sujok + Rt leg + AP + RL										
5/9	Pain is better, slight in afternoon, Sujok + lt leg, Red light + Hip Moxa										
5/10	Pain in the morning & afternoon (2 hrs), less intensity, Sujok, lt leg, AP 30%										
5/11	Night w/akes, Pain increased to 50%, AP, RL, Rt leg, lt leg, Moxa										
5/12	Pain in the morning 50% all day, AP, Red light, Rt leg, Moxa										
5/13	Pain is better, No pain in the afternoon										
5/15	5:14 noon Severe pain whole night, 40% pain today										
5/16	30% pain, complete treatment, Kidney & Brain Activated										
5/17	20% pain, Add points & Nam										
5/18	10% pain, No pain @ night										
5/19	10% pain, cleaning work, Afternoon, Additional Sujok @ home										
5/20	Pain less morning, Pain Killer, 70% pain, last night @										
5/21	Pain 40% in the morning, 11am AP, Rest										

Conclusion:

Case Study No. 84 contd.

5/23 pain yesterday 90% Medication, Today pain 90%  
medication, Sleep was not good, Walked in school (25mins)  
Now 30% pain.

5/27 Sat fever, went to target, Pain sat night. Pain  
is existing for 2 days, little movement is also causing  
pain.

5/28 pain is severe and is moving to the groin & buttocks

6/1 pain is severe

6/2 pain is severe, better in the night, around 10am

Conclusion:

Solar plexus needs correction and excess heat needs to be removed

Case Study No. 85:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET											
NAME	Shamit			ADDRESS						DATE	11/9/12
PHONE				EMAIL							
AILMENT PROBLEM	Knee pain on Right side - Right Swelling										
	Ligand Cyst										
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10	
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20	
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30	
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38			
	TREATMENT NOTES										
① Rt leg second finger ② Foot 3 times/day ③ Blue light treatment - 10/day 60W ④ Solar Plexus - needs correction ⑤ Mustard oil massage ⑥ Moosamban											
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT					
	Charged water (Gold + Silver + Copper)					Check Solar Plexus					
	Excess Heat Release					Foot Roller					
	Thyroid Exercise					Jingyi & Su Jok Ring					
	Oil Pulling					Pressure Points					
	Hand Interlock + Right Forearm					Endocrine Glands Activation					
	YOGA & MEDITATION					SU JOK					
	Pranayam					Hands - Thumb					
	Kapalbhati					Hands - Index finger					
	Bastika, Anulom Vilom					Leg - Big toe					
Meditation					Leg - Middle finger						
Affirmation					Others <i>Rt 2nd Left big therapy</i>						
NATURAL THERAPY											
Herbake Churna - 1 tsp + luke warm water					Coriander Juice						
Q-Mix - 1tsp + luke warm water					Green Juice						
Marichikalai - 1tsp + buttermilk					3 Raju + 2 Anjur						
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt						
1/2tsp cinamon + Honey					Light Therapy						
OTHERS											

Conclusion:

Solar plexus needs correction and excess heat needs to be removed

Case Study No. 86:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Mansam Chauhan			ADDRESS	722 Sun Rambo Irving			DATE	11/18/2012	
PHONE	469-563-4042			EMAIL	dimple_career@yahoo.com					
AILMENT PROBLEM	1 ADHD due to bullying in school									
	2 Focus Issue / Daydreaming / Shy from Social									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT NOTES										
Meditation - CD										
Charged water										
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	<input checked="" type="checkbox"/> Charged water (Gold + Silver + Copper) 4:2					Check Solar Plexus				
	Excess Heat Release					Foot Roller				
	Thyroid Exercise					Jimmy & Su Jok Ring				
	Oil Pulling					Pressure Points				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	Pranayam					Hands - Thumb				
	Kapalabhati					Hands - Index Finger				
	Sastika, Anulom Vilom					Leg - Big toe				
Meditation					Leg - Middle finger					
Affirmation					Others					
NATURAL THERAPY										
Heritaka Churna - 1 tsp + luke warm water					Coriander Juice					
Q-Mix - 1tsp + luke warm water					Green Juice					
Marthakalkai - 1tsp + buttermilk					2 Kaju + 2 Anjur					
1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt					
1/2tsp cinnamon + Honey					Light Therapy					
OTHERS	Tuesday 7pm									

Conclusion:  
Solar plexus is good and no excess heat in the body

Case Study No. 87:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	ANITA DALAJISEANANDAN			ADDRESS	TSSO, EDINBOROUGH WAY, APT 202 DATE 11/26/12					
PHONE	201 724 1429			EMAIL	EDINA - NY 10435 / ann00-b@gmail.com					
AILMENT PROBLEM	1. Digestion problem									
	2. Pain in the left thumb near the nail									
	3.									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
TREATMENT	Solar plexus - shifted Thyroid exercise - 9 times / 2 times per day Kirtan exercise Warm water									
	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
		Charged water (Gold + Silver + Copper)				<input checked="" type="checkbox"/>	Check Solar Plexus			
		Excess Heat Release				<input checked="" type="checkbox"/>	Foot Roller			
	<input checked="" type="checkbox"/>	Thyroid Exercise 9/2				<input checked="" type="checkbox"/>	Jingy & Su Jok Ring			
		Oil Pulling				<input checked="" type="checkbox"/>	Pressure Points 14, 8, 9			
		Hand Interlock + Right Forearm					Endocrine Glands Activation			
	YOGA & MEDITATION					SU JOK				
		Pranayam					Hands - Thumb			
		Kapelebethi					Hands - Index finger			
	Bastrika, Anulom Vilom					Leg - Big toe				
	Meditation				<input checked="" type="checkbox"/>	Leg - Middle finger				
	Affirmation					Others				
NATURAL THERAPY										
<input checked="" type="checkbox"/>	Martaika Churna - 1 tsp + luke warm water					Coriander juice				
	O-Mix - 2tsp + luke warm water 2 days					Green Juice				
	Marthkalikal - 2tsp + buttermilk					2 Kajun + 2 Anjur				
	1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt				
	1/2tsp chamom + Honey					Light Therapy				
OTHERS	Call me 2 days									

Conclusion:  
Solar plexus needs correction and excess heat needs to be removed

Case Study No. 88:

ACUPRESSURE & NATURAL THERAPY TREATMENT SHEET										
NAME	Srilakshmi Sridharan Sidi			ADDRESS	6322 MacArthur Blvd.			DATE	12/27/12	
PHONE	972.501.9017			EMAIL	Sril.Sallea@gmail.com			(4842)		
AILMENT PROBLEM	1. Back problem - Lower back - flat is okay 4/15 2. Knee problem → 3. Glucosamine									
DIAGNOSIS	PT 1	PT 2	PT 3	PT 4	PT 5	PT 6	PT 7	PT 8	PT 9	PT 10
	✓	✓	✓	✓	✓	✓	✓	✓	Am 2	
	PT 11	PT 12	PT 13	PT 14	PT 15	PT 16	PT 17	PT 18	PT 19	PT 20
	✓	✓	✓	✓	✓	✓	✓	✓		
	PT 21	PT 22	PT 23	PT 24	PT 25	PT 26	PT 27	PT 28	PT 29	PT 30
					✓		✓			
	PT 31	PT 32	PT 33	PT 34	PT 35	PT 36	PT 37	PT 38		
	✓	✓	✓			✓	✓	✓		
TREATMENT NOTES	Solar plexus & Hands dry Mesembrotium → 21 days 1/2 - Improvement is not sustaining 3/4 - Slight improvement/relief - Nasal (Small issue)									
TREATMENT	GENERAL TREATMENT					ACUPRESSURE TREATMENT				
	Charged water (Gold + Silver + Copper)					Check Solar Plexus				
	Excess Heat Release					Foot Roller 2/2 times				
	Thyroid Exercise					Jinny & Su Jek Ring 2/2 times				
	Oil Pulling					Pressure Points 9				
	Hand Interlock + Right Forearm					Endocrine Glands Activation				
	YOGA & MEDITATION					SU JOK				
	Pranayam					Hands - Thumb				
	Kapalabhati					Hands - Index finger				
	Bastika, Anulom Vilom					Leg - Big toe				
Meditation					Leg - Middle finger 2 sitting					
Affirmation					Others					
NATURAL THERAPY	Heritake Churna - 1 tsp + luke warm water					Coriander juice				
	Q.M.s - 2tsp + luke warm water					Green Juice				
	Menthakal - 2tsp + buttermilk					2 Kaju + 2 Anjur				
	1/2tsp Jeera + 1/2tsp Dhania + luke warm water					Roasted Salt				
	1/2tsp cinamon + Honey					Light Therapy				
OTHERS	1/2 S/A → Charge water → life long / suspect but 3/4 Tingly sensation - probable gas + internal worry									

Conclusion:

Solar plexus needs correction and excess heat needs to be removed

## **11.0 Appendices**

### **Appendix A**

There are several forms of yoga prescribed by different practices. The one listed here is called Simplified Physical Exercises using Kundalini Yoga techniques as formulated by Sri. Vethathri Maharishi.

#### **Simplified Physical Exercises**

##### **IMPORTANT INSTRUCTIONS:**

1. All these exercises should be done 30 minutes after consuming any liquid (water included) and 2 1/2 hours after a meal.
2. The exercises should be done without any jerk and must remain smooth and graceful.
3. Wait for 10 minutes after completing the exercises to eat or drink.
4. Always keep a sheet for insulation between you and the floor (carpet included).
5. The sequence is very important. If you skip a step do not come back to do it. Move forward and make sure you do it right next time.
6. All the exercises have to be done with your eyes closed. Concentrate on the particular part of the body being exercised. The eyes will be open while doing step 11 of hand exercise, entire eye exercise and the last step in Makarasana part B.
7. Women should not practice these exercises during their days of monthly periods.

8. Pregnant women need to wait for 3 months before doing any exercises or consult your instructor for special instructions.

## **CHAPTER 1- HAND EXERCISES**

Start the exercises with the above invocation. Vazgha Vaiyagam, Vazgha Valamudan, Valzgha Maharashi.

Vazgha Vaiyagam – May the humanity prosper. We seek prosperity of all human beings as we all need to co-exist in harmony.

Vazgha Valamudan – May you prosper. It always starts with you and the God inside you. One need to realize and recognize it

Vazgha Maharishi – May the Maharishi prosper. Since Maharishi Vethathri has given us the wonderful gift, we seek his blessings for a successful implementation.

Keep both hands to your side and breathe normally 4 times before you start these exercises.

- a. Hands over your head touching your ears. Hands should be clasped. Breathe 4 times normally. Bring the hands back down to your side and breathe 2 times normally. Repeat these 5 times.
2. Hands clasped in front of you. Inhale while moving your hands out and exhale while moving your hands in. The hands should be parallel to your shoulders in the out position. Repeat these 5 times.
3. Cup your right hand and keep your left hand close to your thighs. Rotate your right-hand front to back touching your ears. Keep your head straight. Repeat these 5 times.



4. Cup your left hand and keep your right hand close to your thighs. Rotate your left-hand front to back touching your ears. Keep your head straight. Repeat these 5 times.
5. Cup your right hand and keep your left hand close to your thighs. Rotate your right hand back to front touching your ears. Keep your head straight. Repeat these 5 times.
6. Cup your left hand and keep your right hand close to your thighs. Rotate your left hand back to front touching your ears. Keep your head straight. Repeat these 5 times.
7. Cup both hands. Rotate both hands together from front to back touching your ears. Keep your head straight. Repeat these 5 times.
8. Cup both hands. Rotate both hands together from back to front touching your ears. Keep your head straight. Repeat these 5 times.
9. Place your right foot forward (1-foot length), lean back a little. Cup both hands and rotate both hands from front to back starting with the right hand followed by your left hand touching your ears. Repeat these 5 times.
10. Keeping your right foot forward and leaning back, cup both hands and rotate both hands from back to front touching your ears. Keep your head straight. Start with the left hand followed from back to front followed by the right hand. Repeat these 5 times.
11. Keep both thumbs in front of you at your shoulder level 8 inches away from your body. Keep your feet 8 inches apart from each other. Keep looking at the thumb and rotate your body to your right all the way to the back. Repeat this to your left side. Do this sequence 5 times. Keep your

eyes on the thumb at all times. When you turn to your right, lift and pivot on your left leg. Do not move your right leg. Repeat the same with the other side.

12. Keep your feet together, bend as if you are sitting down. Cup both the knees with your hands. Rotate your knees clockwise 5 times, counter clockwise 5 times, and clockwise 5 times.

**Benefits:**

1. Hands and shoulders are strengthened.
2. Arthritis and conditions where the upper limbs become numbed during rest are reduced and cured.
3. These exercises also improve the functioning of the lungs.

**CHAPTER 2 - LEG EXERCISES (FOOT REFLEXOLOGY)**

1. Sit down on the floor with both the legs stretched out. Keep them 8 to 10 inches apart. Keep both your hands close to your body. Bring the legs together inside without touching each other. Take it out and touch the floor. Repeat these 5 times.
2. Keep both the legs together and 2 inches apart. Move it towards right and touch the floor. Move it towards the left and touch the floor. Do this sequence 5 times.
3. Keep both legs together. Extend all the way out, bring it all the way in and giggle your feet. Repeat these 5 times.

4. Pivot on your heels and rotate your legs clockwise, counter clockwise and clockwise 5 times each.
5. Place the right leg over the left leg and do the following:
  - 5.1 With both your thumb, apply pressure to the middle of your toe 5 times.
  - 5.2 Apply pressure with both thumbs around the big toe 5 times clockwise.
  - 5.3 Apply pressure with both thumbs top to bottom to the rest of the 4 fingers.
  - 5.4 Apply pressure around the bone on top clockwise 5 times.
  - 5.5 Apply pressure in a zigzag way all around the soul of your feet (once).
  - 5.6 Apply pressure on the top of your leg top to bottom 5 times.
  - 5.7 Place the left hand under the ankle and the right hand on top of the ankle and squeeze the ankle with both hands clockwise 5 times, counter clockwise 5 times and clockwise 5 times.
  - 5.8 Place the right hand under the right leg. Hold the right leg on top with your left hand. Rotate the leg around the ankle 5 times clockwise, 5 times counterclockwise and 5 times clockwise.
  - 5.9 Thank the leg all the way from the toe to the hip one time.
6. Repeat all the above sequence 5.1 to 5.9 by placing the left leg over the right leg.

**Benefits:**

1. Legs are strengthened.
2. Blood circulation gets regulated in all parts of the abdomen.
3. This exercise is curative and preventive for sciatica and arthritis.

4. By massaging the soul and the toes, important organs in the body such as heart, lungs, intestine and brain are activated.

### **CHAPTER 3: NEURO-MUSCULAR BREATHING EXERCISES**

1. Sit in Vajarasana (right toe over the left toe only) and leave 1 hand gap between the legs. Grab your back all the way to the top and massage using all 4 fingers from top to bottom. Use the thumb to massage the sides. Repeat these 5 times.
2. Keep chin mudhra (both hands) and place it between the thighs and abdomen. Bend forward and exhale. Come back up and inhale. Keep the neck and head straight as far as possible. Repeat these 5 times.
3. Bend your thumb on the palm (both hands), close the rest of the 4 fingers over it. Join both the fists together and turn upwards. Keep the fists joined under the naval and bend forward exhaling. Come back up inhaling your breath. Repeat these 5 times.
4. Sit in sukhasana for the exercises below. Cover the naval with your left palm, bring the right hand over the chest and cover the left ear with the right palm. Keep the hand close to the chest. Breathe 6 times normally.
5. Cover the naval with your right palm, bring the left hand over the chest and cover the right ear with the left palm. Keep the hand close to the chest. Breathe 6 times normally.
6. Cover the right ear with your left palm and bring your right hand over the left to cover the left ear. Keep both the hands close to the chest. Breathe 6 times normally.

7. Cover the right ear with the right palm and the left ear with the left palm. Keep both hands parallel to the body. Breathe 6 times normally.
8. Once you complete this sequence, immediately cover the left eye with your left palm and the right over the right eye. Do not open the eyes. Breathe 6 times normally.

**Benefits:**

1. The Neuro-muscular breathing regulates the endocrine system & oxygenates all glands & organs
2. Ventilates the lungs, purifies the blood and increases the vital energy.
3. Thus helps in curing headache, insomnia, asthma, and other bronchial troubles.

**CHAPTER 4: EYE EXERCISES**

Sit comfortably on the floor in Vajarasana. Clasp both the hands together with the thumbs up and the nail facing you and the elbows can remain slightly bent. Keep it 8 inches from your eye at the shoulder level.

1. With your eyes fixed firmly on the thumbnail, move the hands horizontally swinging it from left to right. Follow the hand movement with your eyes. Do not move your head to look at the thumb. Repeat these 5 times.

2. With the hands in the same position, move it vertically up and down starting from the top. Move the eyes with your hand keeping the head and neck fixed. Do not lose sight of the hands. Repeat these 5 times.
3. With the hands in the same position, move it diagonally starting from top right to bottom left. Repeat these 5 times.
4. Move the hand diagonally this time starting from top left to bottom right. Repeat these 5 times.
5. Move the hands in a circular motion clockwise starting from the top. Make a nice big circle. Keep the eyes on the thumbnails at all times. Do not move your head or neck. Repeat these 5 times clockwise, 5 times counterclockwise and finish it 5 times clockwise.
6. Draw the hands close to your eyes about 6 inches from it. Look at the nails and then look at the farthest point in the room. Repeat these 5 times.

***Benefits:***

1. This exercise helps to correct defective eyesight by toning up muscles around the eyes.
2. It also prevents eye-strain itching, and other eye diseases.

**Kapalabathi:**

Sit comfortably in Sukhasana. Close the left nostril with your left thumb.

Inhale through the right nostril. Close the right nostril with the index finger after inhaling. Now exhale forcefully using the left nostril. Next you need to

inhale through the left nostril keeping the right nostril closed. Once you inhale, close the left nostril back using your thumb and exhale through the right nostril. This completes 1 cycle. Repeat these 10 times. Wait for 30 seconds. Now close the right nostril using the index finger and inhale using your left nostril. After inhaling, close the left nostril with the thumb and exhale using your right nostril keeping the left nostril closed. Inhale through the right nostril and exhale through the left. Repeat these 10 times. Wait for 30 seconds. Close the left nostril back again and inhale using the right nostril. After inhaling close the right nostril using the index finger and exhale through the left. Keeping the right nostril closed inhale through the left and close it after inhaling. Exhale through the right keeping the left closed. Repeat these 10 times.

## **CHAPTER 5 - MAKARASANA - PART A**

Lie down flat on your back facing upwards. The hands will assume chin mudhra and need to be placed at 45 degrees to the body. The chin mudhra should be maintained throughout this part of makarasana.

1. Keep both legs together. Turn the head towards your right simultaneously turning your torso to the left side such that the feet touch the ground. Do not raise your shoulders. Do not bend your hand or knees. Return to the normal position. Now move your head towards your left while moving the torso towards the right and the right feet touching the floor. Repeat these 3 times.

2. Bend your knees and bring your heels near your thigh. The knees should be kept together. Do the same twist as shown in section 1.1. Repeat these 3 times each side.
3. Stretch both legs and keep the right foot over the left foot crossing the feet at the ankles. Do the same twist again as described in 1.1. Repeat these 3 times each side.
4. Put the left foot over the right crossing at the ankles. Repeat the same twist 3 times each side.
5. Keep the right ankle in between the big toe and 1st toe of the left foot. Repeat the same twist 3 times per side.
6. Keep the left ankle in between the big toe and 1st toe of the right foot. Repeat the twist 3 times each side.
7. Raise your hands and legs above the ground. Stretch your right leg and right hand out while keeping the left leg and left hand inward. Simultaneously draw back your right hand and right foot while extending out your left hand and left foot. This motion is like a bicycle. Repeat these 10 times in and out.

Relax for a complete minute after completing these exercises.

## **MAKARASANA - PART B**

This part of the makarasana is done lying on your stomach. Extend both your hands at 45 degrees to your body. Do not bend your hands and the palm should be facing down. Lift your face 1: from the ground.



1. Keep both the feet together. Turn your head to your right while twisting your body to your extreme right. The right palm should be touching the floor with some pressure. The left hand should be at 45 degrees to the body with the palm opening upwards. The right palm should be facing down. Make sure that the side of the legs are touching the floor. Do not lift up with your hands. Instead make your stomach do the job. Now turn your head to your left while twisting your body to the extreme left. This time the left palm should be touching the floor with some pressure. The right hand should be at 45 degrees to the body with the palm opening upwards. The left palm should be facing down. Make sure that the sides of the leg touch the floor while your head is 1" away from the floor. Repeat these 3 times on each side.
2. Bend both legs at the knee and bring them close to your body. Repeat the same twist as shown in 1.1.
3. Keep the right foot over the left crossing at the ankles. Repeat the same twist 3 times each side.
4. Keep the left foot over the right foot crossing at the ankles. Repeat the twist 3 times each side.
5. Keep the right foot in between the big toe and 1st toe of your left foot. Do not bend your knees. Repeat the same twist 3 times each side.
6. Keep the left foot in between the big toe and the 1st toe of the right foot. DO the same twist 3 times each side.
7. Keep the arms in front of you with the palms facing down. Look at the center of the middle finger nails. Lift your hand 1" from the floor. Now

turn your body from your waist to your right following your nails with the eyes. Lift your right leg towards the back. Turn your body from your waist to your left while following the nails with your eyes. Lift your left leg over your back. This movement resembles a crocodile.

**Benefits:**

1. Regulates the endocrine system, regulates blood circulation, menstrual system.
2. It also helps to cure diabetes, arthritis, sciatica, blood-pressure and spinal pain.

**Baby Sleep:** Relax for 1 complete minute lying on your stomach with the right hand at the top and left hand at the bottom. The right leg up and the left leg down. Right hand palm should be closed while the left-hand palm will be open. This is how babies sleep.

**CHAPTER 6 - MASSAGE**

1. Lie down flat on the floor facing upwards. Keep the whole body relaxed. You will stay in this position for the entire massage routine. Palm your right hand and keep it above the navel. Massage it clockwise 3 times. Make sure you apply pressure to the area. Also make sure that your palm should never leave the navel area. Repeat this counter clockwise 3 times and finally do it clockwise 3 times.

2. Place your right hand over your left lung and massage it around it 3 times clockwise. Repeat these 3 times counter clockwise and finally finish it by doing it 3 times clockwise.
3. Place your left hand over the right lung and repeat the same massage technique described above. 3 times clockwise + 3 times counter clockwise + 3 times clockwise.
4. Fix the right thumb inside the right ear-pit and the left thumb inside the left ear-pit. Rotate and massage ears clockwise 3 times, counterclockwise 3 times and finish clockwise 3 times.
5. Place the right thumb on the right temple and the left thumb on the left temple. Move both the thumbs clockwise 3 times, counter clockwise 3 times and finally clockwise 3 times.
6. Bring both hands together on your fore head. Massage the fore head and bring the hands over the eyes and finally on to your nose bridge with the little finger, followed by the ring finger, followed by the middle finger and completing it with the index finger. Pressure should be applied while massaging the forehead and nose bridge. Repeat these 3 times.
7. Place the right palm on the right side of your face while placing the left on the left side. Massage over the cheeks, eyes and over the forehead. Repeat this 3 times.
8. Massage your right ear lobes with your right hand while simultaneously massaging the left with your left hand. Repeat these 3 times.

## CHAPTER 7A – ACU PRESSURE (14 POINTS)

1. Lie down flat on your back. Bend your left hand at the elbow and cross it over your chest to reach your back. Use the first three fingers of the left hand to hold and press your spine in the upper back. This is point number 1. Breathe normally for 7 times. Retain this position with your left hand throughout the entire acu-pressure routine. By keeping the spine pressed you are short circuiting the electrical energy at that point. The index finger is then used as an electrode to charge various points in the body.
2. Use your right-hand index finger as an electrode by closing the thumb and the three fingers over it. Keep the electrode (right index finger) 1” below the chest cavity. Keep pressing for 30 seconds or breathe normally 7 times. This is point number 2.
3. Use the same electrode and place it 1” from the previous point on your chest cavity. This is point number 3. Breathe 7 times normally or hold for 30 seconds.
4. Move the electrode 1” below point number 3 and hold it for 30 seconds. This is point number 4. The index finger should be at-least 1” above the navel.
5. Put the index finger into the navel and pull it upwards at the 12<sup>o</sup> clock position. This is point number 5. Keep it for 30 seconds or breathe 7 times normally.
6. Place the right thumb in the center of the navel and push it downwards at the 6<sup>o</sup> clock position. This is point number 6. Keep it in this position for 30 seconds.

7. Use the index finger again and place it inside the navel. Pull it 45 degrees upwards to the right between the 10 and 11 clock-position. This is point number 7. Keep it in this position for 30 seconds.
8. Use the index finger and place it inside the navel. Pull it 45 degrees upwards to the left between 1 and 2 clock-position. This is point number 8. Keep it in this position for 30 seconds.
9. Use the index finger and place it in the center of the navel. Push it 45 degrees downwards to your right between 7 and 8 clock-position. This is point number 9. Keep it in this position for 30 seconds.
10. Keep the index finger inside the navel and push it 45 degrees downwards to the left between the 4 and 5 clock-position. This is point number 10. Keep it in this position for 30 seconds.
11. Keep the index finger 1" below the center of the lowest rib on the right side. This is point number 11. Keep it in this position for 30 seconds.
12. Keep the index finger 1" below the center of the lowest rib on the left side. This is point number 12. Keep it in this position for 30 seconds.
13. Keep the right thumb 1" below the right extremity of the lowest rib (right side). This is the gall bladder point number 13. Keep it in this position for 30 seconds.
14. Keep your thumb inside the navel. Extend your middle finger diagonally downwards towards your left. Place the index finger where it lands on your groin. You can now remove the thumb and the middle finger. Keep the index finger on the groin position for 30 seconds. This is point number 14.

## Benefits:

Acu-pressure is very good preventive care for heart ailments. It is very helpful in alleviating insomnia.

## CHAPTER 7B – RELAXATION

Lie down flat on your back. Keep your legs 12” to 18” apart and fully relaxed. Close your eyes and start relaxing your body from the feet upwards. While you are relaxing your feet, you should be thinking nothing else other than your feet. While relaxing give auto suggestions like ***“I am relaxing my feet. Blood circulation is good, heat circulation is good, air-circulation is good, and energy circulation is good. I am getting sufficient strength in my feet as the life force enters my feet. My feet are completely relaxed now”***

This auto suggestion note should be repeated as move upwards to the other parts of your body by substituting the feet with that part of the body. Relax your body in the following sequence:

- a. Relax the soul of your feet.
- b. Relax the legs, calf muscles.
- c. Relax the knees.
- d. Relax the thighs.
- e. Relax the abdomen, hip.
- f. Relax the stomach, intestine, kidney, liver, spleen....
- g. Relax the chest, heart, lungs.
- h. Relax the hand and arms.
- i. Relax the neck, throat, shoulders.

- j. Relax the face, eyes, nose, and ears.
- k. Relax the head.

Keep your eyes gently closed during the entire relaxation routine. Do not think of any other thing. Keep your mind free of all worries. Breathe in and out normally. Relax each part of the body for 1 minute. So, it will take 11 minutes to complete the relaxation. If you feel sleepy at the end of the relaxation, you may go to sleep for a few minutes. Feel the life force entering your body and completely purifying it all over. This controls your blood pressure and heart ailments.

## **MEDITATION**

Sit in Sukhasana with both your hands in front of you and clasped together making sure your right thumb is over the left. Close your eyes and concentrate all your thoughts in the center of your forehead where the forehead meets your nose bridge. Say within yourself this prayer before you start your meditation:

1. The atmosphere around me is being purified by the Divine Power (3 times)
2. The Divine Power descends upon me and I am being purified (3 times)

“Obeisance to my Mother,

Obeisance to my Father,

Obeisance to my Guru/Teacher”

(Bring each one into your mental picture and prostrate before them by imagination)

Divine energy surrounds me as I sit here; I can feel the divine energy entering my body and soul and becoming one with it. May that divine energy be my friend, my protector and my guide during day and night, in all places and in all professions. Start your meditation and stay in this position for as long as you wish. After the meditation, rub both your hands together and run it through your face on the front side all the way to your toe. Run your hands over your face, head, back of the head, back all the way to your toe. Rub your left hand with your right hand, rub your right hand with your left hand. Bring both hands from the side to the top of your head and bring it in front of you in a prostrating position.

Repeat this in your mind:

1. "By the grace of Divine Bliss, I will enjoy good health, long life, enough wealth, prosperity and peace". Say this auto suggestion 3 times.
2. Bless your life partner completely (if you are married) by repeating the auto suggestion as mentioned in #1 using their name.
3. Bless your children, all your sons and daughters by repeating the auto suggestion mentioned above.
4. Bless your brothers and sisters in the same way.
5. Bless all your relatives, your uncles, aunts, cousins..... in the same way.
6. Bless all your near and dear friends the same way.
7. Bless your enemy or miscreant or the one whom you don't like to associate with.
8. Bless your bosses, assistants, servants in your profession the same way.
9. Bless the wonderful house you live in the same way.
10. Bless the wonderful State, country/nation we live in the same way.



11. Bless all the wonderful leaders of this nation and nations all over the world the same way.
12. Bless the entire world, universe, and the world of humanity by saying:  
 “The entire world may enjoy prosperity, peace and happiness”.
13. Conclude the meditation by saying mentally “Om Shanthi! Shanthi! Shanthi

**FOOT REFLEXOLOGY**

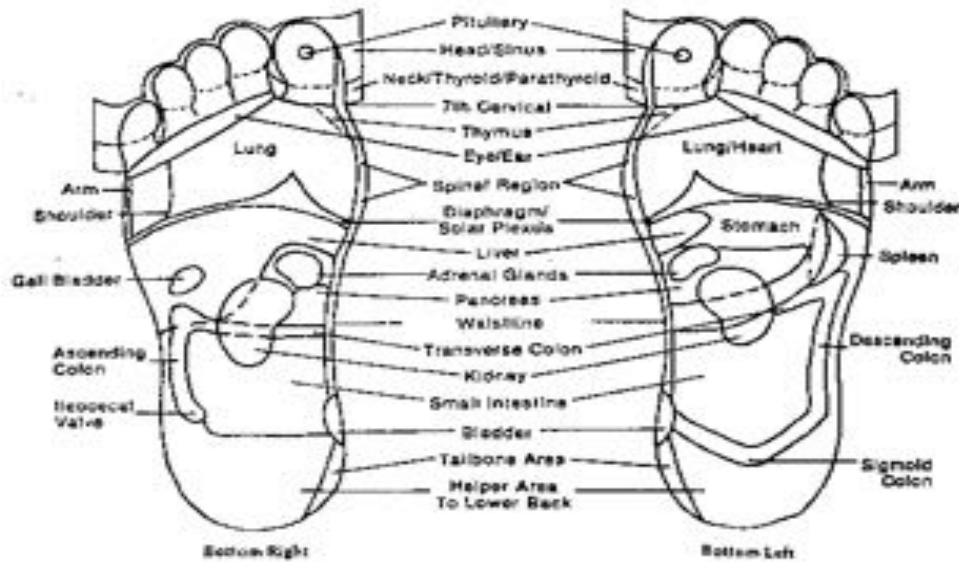


Fig 47 – Foot Reflexology Acupressure Points 1

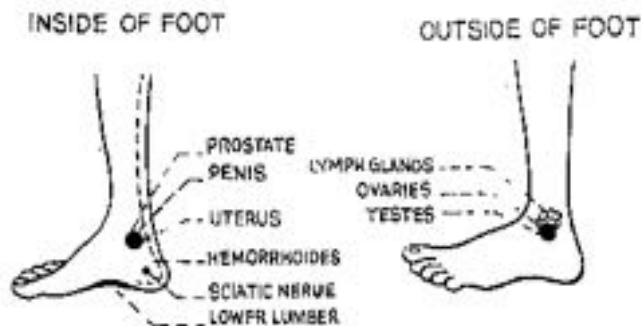


Fig 48 – Foot Reflexology Acupressure Points 2

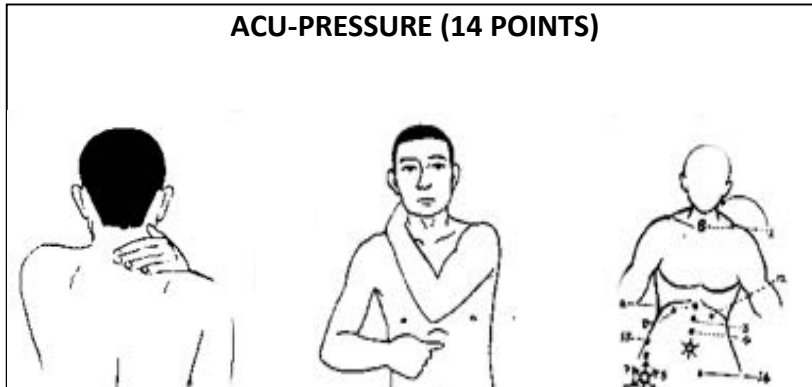


Fig 49 – Acupressure 14 Points

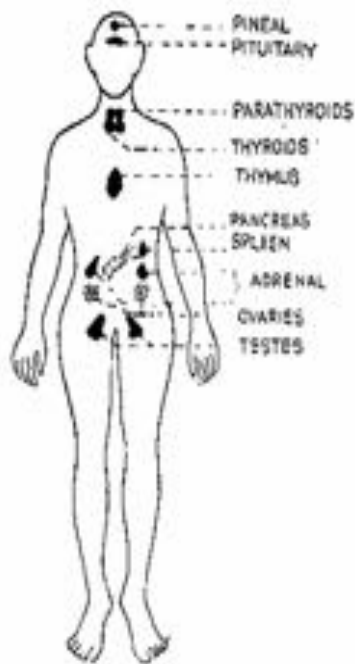


Fig 50 – Endocrine Glands

## Appendix B

### Treatment for Common Ailments

#### 1) Hypertension or High Blood Pressure

##### Meditation

Practice mind over body meditation for 5 minutes every day sitting in sukhasana

##### Acupressure

- Apply acupressure to all endocrine glands for 2 minutes daily for 2 times on both hands (morning & evening) Pt 3, 4, 8, 10 to 15, 25 and 28.
- Apply constant pressure to the back of the thumb under the nail for 1 minute.

##### Natural Therapy

- Drink at-least 2 glasses of charged water daily reduced from 4 glasses.
- Reduce/stop intake of salt and spices. You can replace rock salt or black salt.
- Drink 2 glasses of green juice daily.
- Drink 1 glass of fresh fruit juice every day.
- Remove excess heat from the body by taking 1tsp of harde powder mixed in 1 glass of lukewarm water.

##### Treatment, Reduction & Others

- Reduce stress and tension.
- Use blood pressure magnetic belt around your wrist.

##### Affirmation:

Repeat the affirmation every morning and night

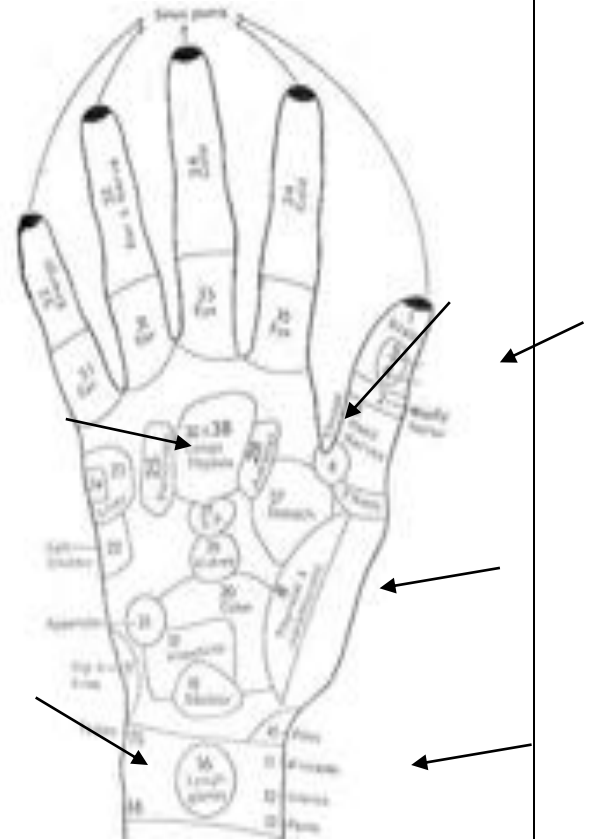


Fig 51 – Hypertension Points

**2) Diabetes****Meditation**

Practice mind over body meditation for 5 minutes every day sitting in sukhasana

**Acupressure**

- a) Apply acupressure to point #25 Pancreas, #16 lymph gland for 2 minutes 2 times/day.
- b) Apply constant pressure to the

**Natural Therapy**

- c) Drink at-least 2 glasses of charged water daily reduced from 4 glasses.
- d) Purify your blood with Q-mix for 21 days.
- e) Mix ½ tsp of turmeric and 1tsp of health drink twice a day for 45 days.
- f) Cut 2 okras lengthwise and soak in water overnight. Squeeze and drink first thing in the morning for 60 days.
- g) Drink 2 glasses of green juice daily.
- h) Drink 1 glass of fresh fruit juice every day.
- i) Drink 60ml of coriander juice in the morning
- j) Reduce excess heat from the body with 1tsp of Harde powder in 1 glass of water.

**Treatment, Reduction & Others**

- k) Reduce stress and tension.
- l) Use diabetes magnetic belt around your stomach to activate pancreas and liver.

**Affirmation:**

Repeat the affirmation every morning and night

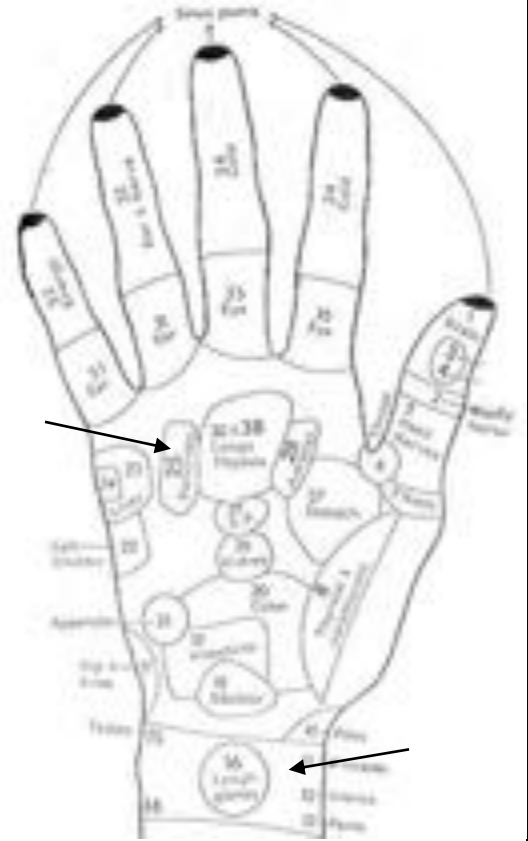


Fig 52 – Diabetes Points

### 3) Cholesterol & Heart problems

#### Acupressure

- a) Apply pressure to Pt 22 Gall Bladder, Pt 23 Liver for 2 minutes 2 times/day.
- b) Apply pressure for 2 minutes to the middle of the right forearm
- c) Apply pressure to Pt 36 on left hand for 2 minutes.

#### Natural Therapy

- d) Eat 2 pcs of black pepper/clove after meal
- e) Mix 1tsp of coriander and 1 tsp of cumin powder in 1 glass of lukewarm water and drink it 2 times a day.
- f) Mix ½tsp of cinnamon and 1tsp of honey and eat it 2 times a day for 60 days.
- g) Drink 2 glasses of charged water reduced from 4 glasses 2 times a day.
- h) Remove excess heat from the body with 1tsp of Harde powder in 1 glass of water.
- i) Drink 1 glass of pomegranate juice at night.

#### Treatment, Reduction & Others

- j) Apply blue light therapy to Liver and Stomach for 4 to 6 minutes for 15 days.
- k) Practice pranayam daily

#### Affirmation:

Repeat the affirmation every morning and night

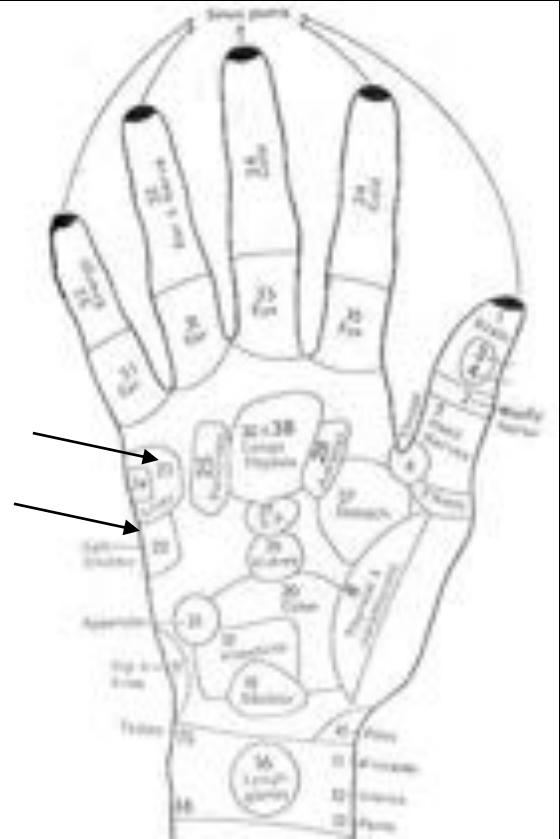


Fig 53 – Cholesterol Points

**4) Sinus Allergy and Common Cold**

**Acupressure**

- a) Apply pressure to Pt#21 on the backside for 2 minutes 2 times per day.
- j) Apply pressure to tips of all fingers for 30 seconds each 2 times per day.
- k) Apply pressure to Pt#1 to 7, Pt#28 Adrenal glands, #37 Spleen and #23 Liver for 2 minutes 2 times per day.
- d) Improve digestive system by applying pressure to Pt#27, 18, 19.
- e) Apply pressure on side of nose for 2 mins

**Natural Therapy**

- f) Purify your blood with Q-mix for 21 days.
- g) Increase Calcium intake in your food.
- h) Drink 2 glasses of charged water reduced from 4 two times per day.
- l) Remove excess heat from the body with 1tsp of Harde powder mixed in 1 glass of water.
- m) Drink 2 cups of green juice daily adding 1tsp of honey.

**Treatment, Reduction & Others**

- g) Apply blue light therapy to Liver and Stomach for 4 to 6 minutes for 15 days.
- h) Practice pranayama daily

**Affirmation:**

Repeat the affirmation every morning and night

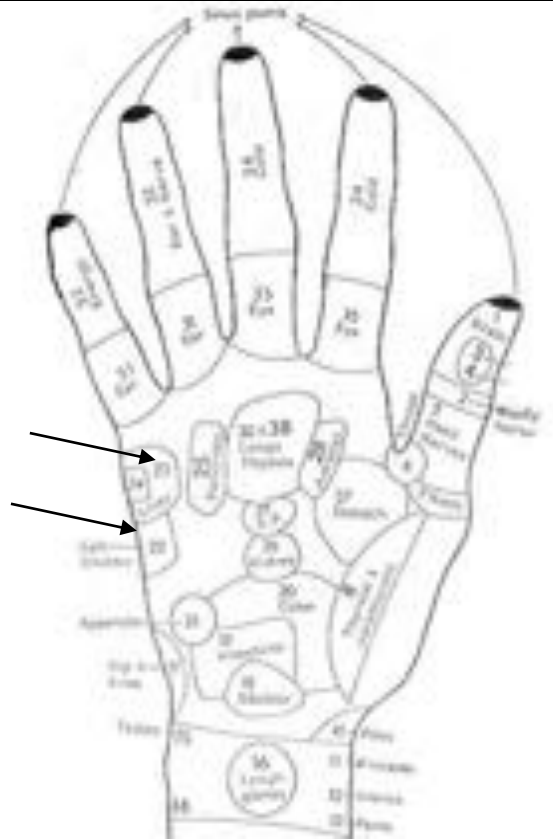


Fig 54 – Sinus Points

**5) Indigestion & Heartburn**

**Acupressure**

- a) Apply foot roller massage for 5 minutes daily to strengthen your digestive system.
- b) Apply pressure on Pt#27 stomach, Pt#18 Bladder, Pt#19 Intestine for 2 minutes for 2 times per day.
- c) Apply pressure on the diaphragm (wrist line) for 2 minutes every day.

**Natural Therapy**

- d) Drink 4 to 6 glasses of lukewarm water through the day.
- e) Do not drink water during meals.
- f) Drink 1 glass of buttermilk every day.
- g) Mix 1tsp of Manathakali powder in buttermilk for 30 days.
- h) Remove excess heat from the body with 1tsp of Harde powder mixed in 1 glass of water.
- i) Purify blood with Q-mix for 21 days.

**Treatment, Reduction & Others**

- j) Chew your food properly before swallowing.
- k) Allow 6 to 8 hours gap between night and morning food intake.

**Affirmation:**

Repeat the affirmation every morning and night

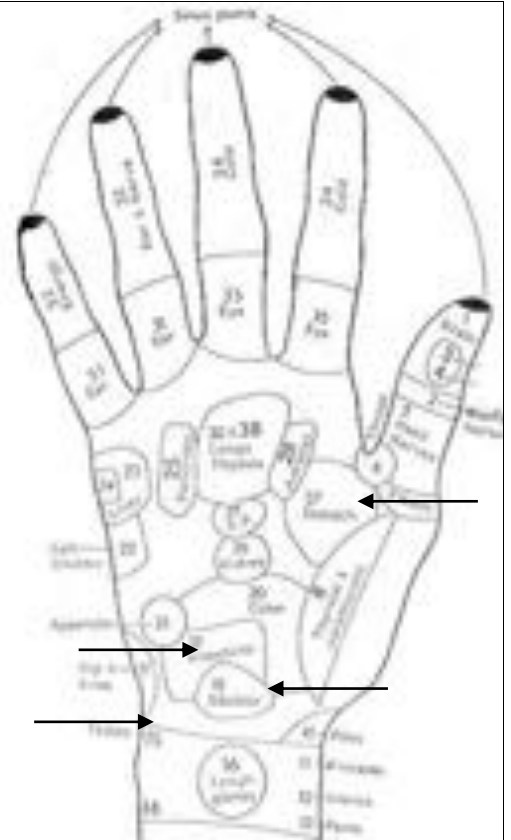


Fig 55 – Indigestion & Heartburn Points

## 6) Stress Management & Relaxation

### Acupressure

- a) Clasp your hands and apply pressure to the knuckles for 5 minutes at night.
- b) Use sujok ring and apply to thumb for 2 minutes 2 times per day.
- c) Use Sujok ring and apply to middle finger of the legs for 2 minutes.
- d) Do pranayam for 10 minutes daily.
- e) Connect both hands together at the fingertips. Make sure that the tips are connected vertically for 15 minutes. Energy begins to flow and balances your 5 elements.

### Natural Therapy

- f) Remove excess heat from the body with 1tsp of Harde powder mixed in 1 glass of water.
- g) Drink 2 glasses of charged water reduced from 4 two times per day.

### Treatment, Reduction & Others

A minimum of 7 hours of sleep is needed to reduce stress.

### Affirmation:

Repeat the affirmation every morning and night



Fig 56 – Stress Management 1

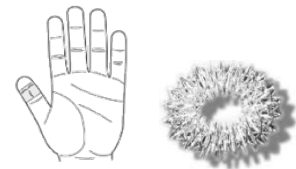


Fig 57 – Stress Management 2

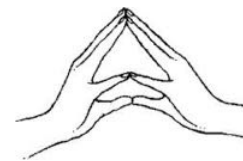


Fig 58 – Stress Management 3



**7) Thyroid Issues**

**Acupressure**

- a) Apply pressure to Pt#8 for 2 minutes 2 times per day
- b) Apply pressure to Pt#19 intestine, #22 Gall Bladder, #23 Liver, #26 Kidney and #27 Stomach two times a day for 2 minutes
- c) Apply pressure to Pt#1 to 7, Pt#28 Adrenal glands – Endocrine Glands
- d) Improve digestive system by applying pressure to Pt#27, 18, 19.

**Natural Therapy**

- e) Purify your blood with Q-mix for 21 days.
- f) Increase green and fruit juice consumption
- g) Drink 2 glasses of charged water reduced 8 to 4, two times per day. Gold/Silver ONLY
- i) Remove excess heat from the body with 1tsp of Harde powder mixed in 1 glass of water.
- h) Drink 2 cups of green juice daily adding 1tsp of honey.

**Treatment, Reduction & Others**

- i) Practice Moon pranayam daily.

**Affirmation:**

Repeat the affirmation every morning and night

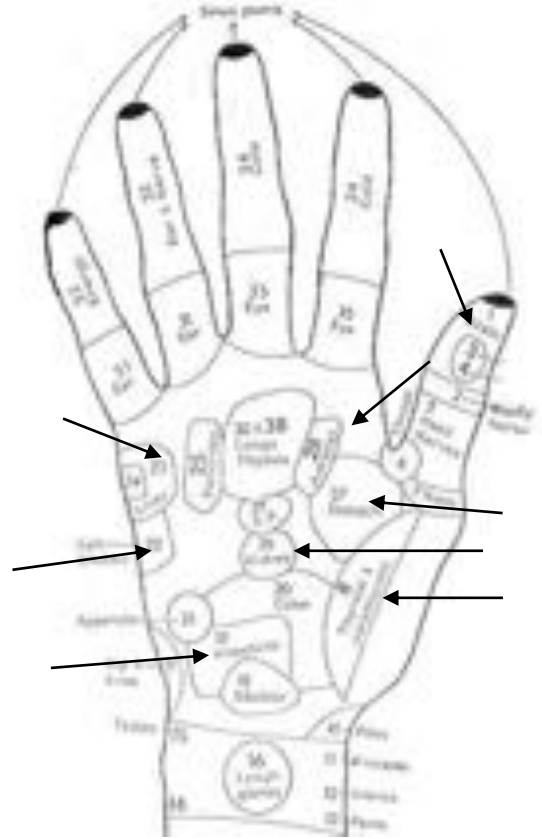


Fig 59 – Thyroid Points

**8) Falling of Hair or Premature Graying**

**Acupressure**

- a) Rub both nails together for 10 to 15 minutes daily – See fig for reference. For best results, this should be done first thing in the morning.
- b) Apply pressure to Pt#8 Thyroid.
- c) Apply pressure to Sexual Glands Pt#11 to #15 as applicable for men/woman.

**Natural Therapy**

- d) Purify your blood with Q-mix for 21 days.
- e) Increase green and fruit juice consumption
- f) Drink 2 glasses of charged water reduced 8 to 4, two times per day. Gold/Silver ONLY
- j) Remove excess heat from the body with 1tsp of Harde powder mixed in 1 glass of water.
- g) Drink 2 cups of green juice daily adding 1tsp of honey.

**Treatment, Reduction & Others**

Practice pranayama daily

**Affirmation:**

Repeat the affirmation every morning and night

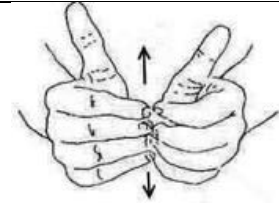


Fig 60 – Hair Fall Points 1

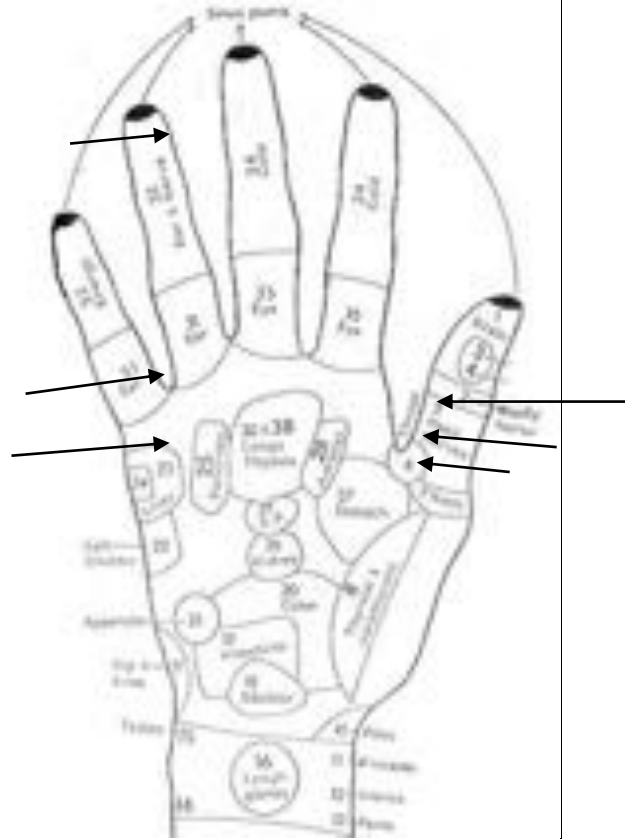


Fig 61 – Hair Fall Points 2

**9) General woman related problems  
(problems with periods, Menopause,  
Leucorrhoea, Frigidity, Profuse bleeding)**

**Acupressure:**

- a) Apply pressure to relevant points 11 to 15 for 2 minutes per point 3 times a day.
- b) Apply pressure to endocrine glands points 3, 4, 25, 26 for 2 minutes each point 2 times/day
- c) For profuse bleeding during periods, take an elastic band and wrap it around the base of the big toe in the foot for 3 to 5 minutes. Remove and repeat 2 times a day.
- d) Take a hard ball (cricket) and sit on it for 5 to 10 minutes twice a daily.
- e) Using a comb, apply pressure to the palm as shown for 2 minutes 2 times a day.
- f) Early in the morning, clean your tongue with your teeth by applying pressure to the back part of the tongue for 1 minute.

**Natural Therapy**

- g) Purify your blood with Q-mix for 21 days.
- h) Take 2 cups of charged water per day reduced to half (4 cups boiled down to 2)
- i) Take 2 cups of green juice

**Treatment, Reduction & Others**

Practice pranayama daily

**Affirmation:**

Repeat the affirmation every morning and night



Fig 62 – Woman Problems Points 1

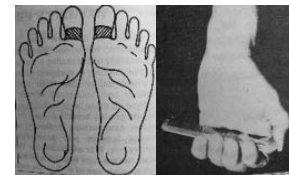


Fig 63 – Woman Problems Points 2

### **Appendix C**

a) How to prepare charged water?

Take 15gms of pure Gold (22 carat bangle is adequate), 30 gms of 99.9% pure silver and 60gms of 99.9% pure copper in a vessel. Take the required amount of water (tap or filtered) and boil it until the water reduces to the required amount. The charged water should be consumed within 24 hours of preparation to maximize its benefit.

b) What is Q-mix?

Leaves of Neem, Bilpatra and Tulsi is taken and naturally dried. Grind them in equal proportions to prepare the Q-mix powder. This mixture should be kept in a dry place and taken as needed.

c) How to prepare green juice?

Take greens of any time namely, spinach, collard greens, celery and blend them with water to prepare the juice. Care to be taken to wash the leaves prior to blending them to remove any contamination. Remove the pulp and consume the rest as green juice.

d) Simple Pranayam techniques

There are several pranayam techniques one can follow. However, we have listed these simple ones for your practice.

- (i) Sun Pranayam – Close the left nostril with your thumb and inhale from the right. While inhaling count to 10 and hold your breath for 20 counts. Exhale from the left nostril for 10 counts. In the beginning you can start this with 5 counts of inhaling, 10 counts of retention and 5 counts of

exhaling. This can be increased to 10/20/10 with time. Repeat this cycle for 10 times. If you feel giddy or dizziness, stop immediately and drink a glass of water. Doing this pranayam increases heat in the body. You can do this when you are feeling cold or are sneezing.

- (ii) Moon Pranayam – Close your right nostril with your thumb and inhale from the left nostril. While inhaling count to 10 and hold your breath for 20 counts. Exhale from the right nostril for 10 counts. In the beginning you can start this with 5 counts of inhaling, 10 counts of retention and 5 counts of exhaling. This can be increased to 10/20/10 with time. Repeat this cycle for 10 times. If you feel giddy or dizziness, stop immediately and drink a glass of water. This pranayam increases coolness in your body. Hence this can be used if you are suffering from fever, sunstroke.
- (iii) Balanced Pranayam – Close the left nostril with your thumb and inhale from the right. While inhaling count to 10 and hold your breath for 20 counts. Exhale from the left nostril for 10 counts. Keeping your right nostril closed, inhale from the left nostril. While inhaling count to 10 and hold your breath for 20 counts. Exhale from the right nostril for 10 counts. This can be increased to 10/20/10 with time. Repeat this cycle for 10 times. If you feel giddy or dizziness, stop immediately and drink a glass of water.
- (iv) Kapalabathi – Inhale and exhale very fast through the nostrils for 50 times. While doing this, you will need to sit up straight.
- (v) Bastrika – Open your mouth and slowly inhale through it. Close your mouth and exhale through your nostrils. Repeat this for 15 times.

**12.0 Index**

Table 1 – Mantra Concept for Healing	Page 14
Fig 1 – Sukhasana Posture	Page 17
Fig 2 – Chin Mudra	Page 19
Fig 3 – Vayu Mudra	Page 19
Fig 4 – Shunya Mudra	Page 19
Fig 5 – Prithvi Mudra	Page 19
Fig 6 – Varun Mudra	Page 20
Fig 7 – Surya Mudra	Page 20
Fig 8 – Pran Mudra	Page 20
Fig 9 – Linga Mudra	Page 20
Fig 10 – Sukhasana Sitting Posture	Page 21
Fig 11 – Naukasana Posture	Page 21
Fig 12 – Dhanurasana Posture	Page 21
Fig 13 – Vakrasana Posture	Page 22
Fig 14 – Acupressure Trigger Points (Hands)	Page 22
Fig 15 – Chakras Description	Page 23
Fig 16 – Daily Maintenance Point #1	Page 24
Fig 17 – Daily Maintenance Point #2	Page 24
Fig 18 – Daily Maintenance Point #3	Page 24
Fig 19 – Daily Maintenance Point #4	Page 25
Fig 20 – Daily Maintenance Point #5	Page 25
Fig 21 – Daily Maintenance Point #6	Page 25
Fig 22 – Daily Maintenance Point #7	Page 26

Fig 23 – Daily Maintenance Point #8	Page 26
Fig 24 – Daily Maintenance Point #9	Page 26
Fig 25 – Daily Maintenance Point #10	Page 27
Fig 26 – Daily Maintenance Point #11	Page 27
Fig 27 – Daily Maintenance Point #12	Page 27
Fig 28 – Daily Maintenance Point #13	Page 28
Fig 29 – Daily Maintenance Point #14	Page 28
Fig 30 – Daily Maintenance Point #15	Page 28
Fig 31 – Daily Maintenance Point #16	Page 29
Fig 32 – Daily Maintenance Point #17	Page 29
Fig 33 – Daily Maintenance Point #18	Page 29
Fig 34 – Daily Maintenance Point #19	Page 30
Fig 35 – Daily Maintenance Point #20	Page 30
Fig 36 – Daily Maintenance Point #21-26	Page 31
Fig 37 – Daily Maintenance Point #27-29	Page 31
Fig 38 – Daily Maintenance Point #30	Page 32
Fig 39 – Daily Maintenance Point #31	Page 32
Fig 40 – Solar Plexus Checking Method	Page 47
Table 2 – Acupressure Treatment Form	Page 52
Table 3 – Results of Case Studies	Page 53
Fig 41 – Patient Population by Age	Page 54
Fig 42 – Patient by Age Group	Page 54
Fig 43 – Patient Condition for Solar Plexus & Excess Heat in the Body	Page 55

Fig 44 – Solar Plexus Correction by Age	Page 55
Fig 45 – Excess Heat in the Body Correction by Age	Page 56
Fig 46 – Pain Management versus Health Issues	Page 56
Table 4 – Case Study #1	Page 60
Table 5 – Case Study #2	Page 61
Table 6 – Case Study #3	Page 62
Table 7 – Case Study #4	Page 63
Table 8 – Case Study #5	Page 64
Table 9 – Case Study #6	Page 65
Table 10 – Case Study #7	Page 66
Table 11– Case Study #8	Page 67
Table 12 – Case Study #9	Page 68
Table 13 – Case Study #10	Page 69
Table 14 – Case Study #11	Page 70
Table 15 – Case Study #12	Page 71
Table 16 – Case Study #13	Page 72
Table 17 – Case Study #14	Page 73
Table 18 – Case Study #15	Page 74
Table 19 – Case Study #16	Page 75
Table 20 – Case Study #17	Page 76
Table 21 – Case Study #18	Page 77
Table 22 – Case Study #19	Page 78
Table 23 – Case Study #20	Page 79
Table 24 – Case Study #21	Page 80



Table 25 – Case Study #22	Page 81
Table 26 – Case Study #23	Page 82
Table 27 – Case Study #24	Page 83
Table 28 – Case Study #25	Page 84
Table 29 – Case Study #26	Page 85
Table 30 – Case Study #27	Page 86
Table 31 – Case Study #28	Page 87
Table 32 – Case Study #29	Page 88
Table 33 – Case Study #30	Page 89
Table 34 – Case Study #31	Page 90
Table 35 – Case Study #32	Page 91
Table 36 – Case Study #33	Page 92
Table 37 – Case Study #34	Page 93
Table 38 – Case Study #35	Page 94
Table 39 – Case Study #36	Page 95
Table 49 – Case Study #37	Page 96
Table 41 – Case Study #38	Page 97
Table 42 – Case Study #39	Page 98
Table 43 – Case Study #40	Page 99
Table 44 – Case Study #41	Page 100
Table 45 – Case Study #42	Page 101
Table 46 – Case Study #43	Page 102
Table 47 – Case Study #44	Page 103
Table 48 – Case Study #45	Page 104

Table 49 – Case Study #46	Page 105
Table 50 – Case Study #47	Page 106
Table 51 – Case Study #48	Page 107
Table 52 – Case Study #49	Page 108
Table 53 – Case Study #50	Page 109
Table 54 – Case Study #51	Page 110
Table 55 – Case Study #52	Page 111
Table 56 – Case Study #53	Page 112
Table 49 – Case Study #46	Page 105
Table 50 – Case Study #47	Page 106
Table 51 – Case Study #48	Page 107
Table 52 – Case Study #49	Page 108
Table 53 – Case Study #50	Page 109
Table 54 – Case Study #51	Page 110
Table 55 – Case Study #52	Page 111
Table 56 – Case Study #53	Page 112
Table 56 – Case Study #54	Page 113
Table 58 – Case Study #55	Page 114
Table 59 – Case Study #56	Page 115
Table 60 – Case Study #57	Page 116
Table 61 – Case Study #58	Page 117
Table 62 – Case Study #59	Page 118
Table 63 – Case Study #60	Page 119
Table 64 – Case Study #61	Page 120

Table 65 – Case Study #62	Page 121
Table 66 – Case Study #63	Page 122
Table 67 – Case Study #64	Page 123
Table 68 – Case Study #65	Page 124
Table 69 – Case Study #66	Page 125
Table 70 – Case Study #67	Page 126
Table 71 – Case Study #68	Page 127
Table 72 – Case Study #69	Page 128
Table 73 – Case Study #70	Page 129
Table 74 – Case Study #71	Page 130
Table 75 – Case Study #72	Page 131
Table 76 – Case Study #73	Page 132
Table 77 – Case Study #74	Page 133
Table 78 – Case Study #75	Page 134
Table 79 – Case Study #76	Page 135
Table 80 – Case Study #77	Page 136
Table 81 – Case Study #78	Page 137
Table 82 – Case Study #79	Page 138
Table 83 – Case Study #80	Page 139
Table 84 – Case Study #81	Page 140
Table 85 – Case Study #82	Page 141
Table 86 – Case Study #83	Page 142
Table 87 – Case Study #84	Page 143
Table 88 – Case Study #85	Page 145

Table 89 – Case Study #86	Page 146
Table 90 – Case Study #87	Page 147
Table 91 – Case Study #88	Page 148
Fig 47 – Foot Reflexology Acupressure Points 1	Page 166
Fig 48 – Foot Reflexology Acupressure Points 2	Page 166
Fig 49 – Acupressure 14 Points	Page 167
Fig 50 – Endocrine Glands	Page 167
Fig 51 – Hypertension Points	Page 168
Fig 52 – Diabetes Points	Page 169
Fig 53 – Cholesterol Points	Page 170
Fig 54 – Sinus Points	Page 171
Fig 55 – Indigestion & Heartburn Points	Page 172
Fig 56 – Stress Management Points 1	Page 173
Fig 57 – Stress Management Points 2	Page 173
Fig 58 – Stress Management Points 3	Page 173
Fig 59 – Thyroid Points	Page 174
Fig 60 – Hair Fall Prevention Points 1	Page 175
Fig 61 – Hair Fall Prevention Points 2	Page 175
Fig 62 – Woman Problems 1	Page 176
Fig 63 – Woman Problems 2	Page 176