

# Health Secrets

By

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# I

## DISEASE STATE

### 1. Why do we become sick?

What causes diseases? Before the onset of sickness you were healthy, and now you are sick. Something has happened to make you sick. So something has to be done to get back to health and so all methods to cure sickness is an effort to revert back to the original **State of Health**. And to find the ways of curing sickness simply means you have to find what causes sickness and diseases?

### 2. Causes of Diseases

Different systems of medicines give out different reasons for the onset of Sickness and accordingly the treatment is also different. The dominant school, allopathy says; it is the micro-organisms which are responsible for diseases; they call it bacteria & virus etc. The other school now becoming quite popular even in the West is the ancient Indian system, Ayurveda. It has a different theory. The basic cause, they say is because of "Tridosha." So the treatment starts on the basis of this Tridosha theory. Tridosha means there are three "doshas" – "VAATA" "PITTA" and "KAFFA" "Dosha" is a Sanskrit word; it means impurity and Shuddha means pure. So when you are not sick and you have no impurities you are in pure condition of **State of Non-sickness**, which means healthy. As impurity comes in, sickness comes in, and therefore Ayurveda deals with the impurities to make you healthy.

Remove impurities, and you remove the cause of diseases, and you revert to the **State of Health**, as you were, before you became sick. The Ayurveda has no medicines to destroy or kill directly the bacteria virus etc.

### 3. Micro organisms cause diseases

Now let us look closer at the theory – that micro organisms, bacteria & virus are the cause of diseases. It will be relevant at this juncture to recall an incident that happened in the life of Dr. Kent, while he was studying at his medical school. One day, while dissecting a dead body he got a little injury, and the dead body was not fresh, quite old, rotten and decayed. He was therefore advised by his teacher and others to attend to the injury immediately with anti infection medicines as otherwise severe infection will set in fast, especially as the dead body was decayed and full of bacteria. But then as young people are, he forgot about it and after about a week when he was ready to dissect another dead body at his next practical class he suddenly remembered and he looked for the injury. It was not there. What happened? The injury was healed totally. He knew more bacteria meant severe infection, and he had seen it whenever there was an injury, while dissecting a dead body and if the injury was not immediately attended, infection would surely set in. And here, a rotten decayed body with more bacteria and no infections. This set his mind thinking. He could see that the bacteria were not the cause of infection. It must be something else. In fact the bacteria acted as scavengers feeding on toxins and accordingly more bacteria meant less toxins. This incident made him to think. He could see that the bacteria were not responsible for the toxins which affect the human beings. In fact more the bacteria lesser the toxins. The bacteria were trying to do cleaning job of toxins already existing. So it is no use just getting rid of bacteria. One should get rid of the matter, in this case toxins which invite bacteria. The bacteria thrive on toxins. He started looking for the answers elsewhere but no answers came in. So he started looking for alternative systems of medicines. At that time, Homeopathy had just made the beginning. Dr. Hahnemann in Germany had already propounded a new system of Medicine – Homeopathy. So he jumped in. He became an ardent devotee of homeopathy, (He left Allopathy). He spent his whole life propagating homeopathy. Though Dr. Hahnemann is the founder, in a way, contribution of Dr. Kent J.T. M.D (1856 –1943) has been greater, because he made homeopathy known to the whole world. His famous book “Reparatory on Homeopathic remedies” is still a standard textbook in homeopathy in all homeopathic Medical Colleges world over, till today. Now why this change from Allopathy to Homeopathy. What impressed Dr. Kent was the principle enunciated by the founder of Homeopathy, it states that **suppression of disease symptoms is not cure**. Cure means restoring the patient back to the **original state of health**”. Nowhere does it mention destroying bacteria. Its only

goal is to lead the diseased person back to health, to the point where he was before he fell sick. In short it means to **restore his health back**.

Recent studies have shown that Dr. Kent's observation, that bacteria's don't cause poisons and infection, have proved right. First the poisons come and then the bacteria / virus. The poisons / toxins is food for bacteria. The scientist Dr. Bhawalkar suggests a simple experiment. Take 4 beaker, each filled with 5% glucose solution. To the second add potassium nitrate 5%, and to the third add 10% and to the forth add 15% . The nitrates are toxins and poisons for human body. Allow these beakers to stand for about 4 to 8 hour and then test for the presence of bacteria. You will notice that the first beaker solution does not show any presence of bacteria, but the solution in the other beakers will test for bacteria in the same proportion to the quantity of nitrates. The bacteria do not come to the solution of the first beaker, because they have nothing to eat. They come the solution with nitrates, because they have something to feed on. And nitrates are poisons / toxins for the human but it is food for bacteria. So the best way to get rid of bacteria, is to get rid of their food.

#### 4. Cure is To Restore back to Health

How to **Restore Health back**? Homeopathy follows the Law of Similars. It says introduce into the body a similar diseased state, which the patient is already suffering. The body's immune system, the vital force then reacts, which start fighting with the more intense diseased state. And because the new more Intense State of Disease has been introduced from outside, in course of time it has to disappear. So the person is **Disease Free**, back to his previous **State of Health** condition. Dr. Hahnemann demonstrated this with "Malaria" prevalent at the time. He found that peruvian bark "cinchona" cured Malaria. And when the same drug was given to a healthy person, he developed Malaria symptoms. So, he established the principle of "Similars cure Similars". That is why aggravation is an integral part of cure in the Homeopathic system. And this aggravation has to be overcome. The Vital Force of the body has to fight it out. This is good. It helps in many situations. But there are diseases like AIDS where it is of little help. The AIDS affected person simply has no sufficient vital force, which can be stimulated to fight out the disease problem. He is already down with his resistance system, at rock bottom level and that is why he is suffering from the fatal disease AIDS. Also, in the cases of advanced cancer, it does not seem to help. The vital force is very much down. The homeopathy system also has limitation.

#### 5. Naturopathy & Ayurveda

Having observed the limitation of allopathy, and homeopathy, the author started advocating Naturopathy, along with the medical treatment. At that time, around 1980, Dr. Ann Wigmore was propagating Wheat grass Therapy. She believed food when cooked loses most of its nutrients. She

advocated sprouting grains. Then it becomes alive. Fruits are also growing and alive. She was totally against cooking boiling etc. Years back she was herself suffering from many serious incurable diseases including cancer, and the doctors in USA had given up all hope. But she was determined to get herself cured. May be, she thought, she can avoid all non-veg food, and all cooked food. She started to eat only uncooked food eg: sprouts, fruits, salads, and especially seven days old wheatgrass obtained by sowing wheat grains. The results were amazing. In course of time she cured herself totally of all diseases. She became well known world over. She called her method of treatment as Living Food Therapy. To share her experience she was invited by a big allopathic hospital in Bombay to conduct a project at the hospital, where indoor patients suffering from so called irreversible diseases, and certified as incurable by the hospital, were taken in for 30 days. All were treated with eating uncooked food, fruits, sprouts, etc and with special emphasis on the intake of wheatgrass juice. And no other treatment was given. At the end of 30 days it was found that there was significant improvement in the case of all patients, from 70% to 85%, depending upon their ailments. The author was associated with Dr. Wigmore's project at the hospital in Bombay for the whole period. The patients were advised to maintain the diet regime at home till they are completely cured. But then eating only uncooked food, sprouts, fruits, and dinking fresh wheatgrass juice is not always possible. The method was not very practical. First, where to get wheat grass and organically grown and and fresh every day. The author made arrangements for the supply of fresh wheatgrass. But then it proved to be expensive for the people. And daily chewing wheatgrass was not pleasant. Taking juice was also extra trouble and then there were always accompanying uncomfortable side effects like vomiting, or nausea, diarriah etc. And these days, especially in the cities people are busy? Where's the time?

The Ayurveda treatment also seemed to be not very practical. The basic step was to detoxify your body by "dhoti," neti" etc which means you make your body vomit by taking salt water, or force a long piece of cloth inside your stomach and then take out, or take something like ghee (purified butter) to cleanse the body system; sometimes accompanied with uncomfortable side effects. It also involved fasting for weeks. Unless and until your body is totally cleaned, the subsequent ayurvedic medicines prescribed symptom wise do not seem to work satisfactorily. This seems to be one of the reasons why many times ayurvedic treatment does not seem to help. Only a real ayurvedic physician can be of real help you.

## 6. Synchronopathy

The author observing that each system has benefits and also limitations, advocated "synchronopathy" a system of healing by blending all the available systems of cure in such a way that we can have advantage of all the systems, keeping in view the limitation and getting away with the disadvantages of every system. He engulfed all the available known school of medicines and various therapies.

### Advantages and disadvantage of various systems

His view is that the ill person only needs to get well and for this, the road he has to follow is not important for him. That he should **Get Well** is of prime importance. The author formulated a Synchronized path which involves all the existing system of cure.

Synchronopathy		
Treatment	Benefits	Limitations
Allopathy	Scientific basis	With adverse side effects esp. in chronic & nerve disease and not very helpful in diseases of endocrine and degenerating disease.
Homeopathy	No adverse side effects	Limited Application
Acupuncture, Reflexology, Magnet, Color therapy, Psychotronics, Flower Energy, Para psychology, Pyramid Power, Naturopathy	Convenient devoid of side effects marginally helpful can go along other systems of medicine	Marginal help in selected cases cannot cure diseases on its own esp. Cancer, Arthritis, Alzemeirs, Hepatitis etc.
Ayurveda	Traditional approach helpful in certain areas	Involves diet control, fasting etc not comfortable and not very practical. No scientific basis

The author's observation was, by this method many so called irreversible (incurable) diseases get cured, still it was felt it is not totally satisfactory, though it goes beyond the advantages derived by traveling a single lonely path, of one system of medicine, Also it is not always practical for e.g. to be on fruit or on wheat grass therapy. One has to chew fresh wheat grass every day, or if this is not possible to take fresh wheat grass juice everyday. This is not easy to procure, and growth of wheat grass is subject to weather conditions and one cannot be regular on this. And it can be very expensive. Secondly, initially severe reactions are noticed, as the wheatgrass intake starts the **cleansing process of body toxins**. And further more when cure is affected, after all these troubles, it is quite impossible to continue to stick to the diet regime regularly. With the result in a year or in a few months they revert back to sickness. So it was observed that even the right blend of all the systems as enunciated in Synchronopathy was lacking somewhere.

## 7. A System of Cure has to be Simple

The author felt that any cure system should be much simpler. Because God, or Nature, or Existence must Not have intended the sick man to go through all complex system or the expensive treatment now available. Except man all the creatures created by God on earth are living comfortably and when they fall sick, they have their own ways to get well. Dogs can be seen eating grass when they are sick. Which is easily available. Bees have their own medicine in their beehive. The bees make a substance called propolis which has medicinal properties. It is their medicine if the bees fall sick, or if the queen bee is not keeping fit. The other healing system e.g. Pyramid, acupuncture, reflexology, color puncture, Reiki and so on, were found to be only of marginal help. The basic question remained : To restore Health with an easy way. Nature must have a simple way to cure.

## II

# DISEASE FREE STATE

### 8. New Scientific Approach:

After years of dabbling in the synchnopathic way achieving cure and successfully restoring Health in spite of the inherent disadvantages associated with the system, like difficulty in sticking to the diet regime etc. and being always not practical, the author's inner being was continuously in search of a simpler method.

**Accumulated wastes toxins in the cells of the body cause disease.**

At this juncture, the author came across an interesting book by Whang where it is described, scientifically how diseases are caused with a new approach. The book, says on cover, "Reverse aging' Not Fiction, but a scientific fact". It discusses how the diseases are caused because of metabolic activity of the cells, which creates residue waste products, which the body has to get rid off. If for some reason, due to food habits, pollution etc, the waste products are not discarded completely from the body, they have to be stored some where within the body. And if not removed, in course of time they become toxic. A famous physiologist, Alexia Carrel, kept a chicken heart alive for about twenty-eight years. He incubated a chicken egg, the heart of developing young chick was taken out and transferred into a saline solution, containing minerals in the same proportion as

chicken blood. The solution was changed everyday, which contained the wastes discharged by the cells, and put in fresh solution and the heart –cells lived for 28 years. But by this he demonstrated that the accumulation of wastes in the cells affect its working, which ultimately cause the cells to deteriorate and die. And when he stopped changing the solution, the heart cells died. Because the waste gets accumulated to become toxins, and if wastes from the body cells are drained off regularly, the cell can go on living and disease free. So now the question is: how to detoxify the cells of the body: There are various ways; one of the natural ways is to take the right type of diet, vegetables and fruits. Watermelon is of immense help in getting rid of toxins. Dr. Ann Wigmore, who propound **Living Food Therapy** with the use of wheat grass juice and raw fruits, emphasized the watermelon juice as the best detoxifying agent. And it does help in removing toxins. But these diet methods cannot be followed regularly on a permanent basis. The moment we stop the diet regime, again toxins get accumulated. And disease sets in. Also where to get fruits that are toxins free and uncontaminated. And fresh fruit with toxins and chemicals will only introduce more toxins in your blood and the body cells.

### **Detoxify your body**

Water is universally acknowledged *as the best detoxifying agent*. It is a strong solvent, and carry s many substances, minerals, oxygen, nutrients, waste products, pollutants etc and the water in the blood (90% of which is water) circulates throughout the body continuously collecting wastes and carbon dioxide and distributing nutrients and oxygen as required by the body.

## **9. Living water**

What is living water?

The Water can also be alive or dead. It can die fast and can become alive very fast. The water gushing out from springs in the mountains is alive. So also is water flowing in the rivers. The water stored in a container is dead. So what is the difference? Every one knows that water molecule is  $H_2O$ , which is two atoms of Hydrogen and One atom of Oxygen. These two Hydrogen atoms are not attached to the Oxygen atom in 180 angle but at 104.5 angle and these angle create polarization affects on water molecules; the side with hydrogen is more positive than the side with oxygen.

The water also splits into  $H^+$  ions and  $OH^-$  ions. This is known as ionization. This can be due to many reasons like the source of water, temperature etc. The water with more  $H^+$  ions is known as acidic and the more of  $OH^-$  ions is known as alkaline. Stored water has more of  $H_2O$  molecules.

Water treated with chemicals to destroy bacteria, also makes the water dead, meaning thereby, it contains  $H_2O$  molecules only. But water gushing out of springs in mountains also contains water molecules  $H_2O$ , split into  $H^+$  and  $OH^-$  ions. These split particles are changed and so they create energy field. This energy field created makes the water Living. Water containing split ions  $H^+$  and

OH<sup>-</sup> is Living and water containing only H<sub>2</sub>O is dead. Also water with more OH<sup>-</sup> is rich in oxygen. This water is not only nourishing for the human body but also very tasty and satisfying, and can be used as the detoxifying agent.

*Dr. Ann Wigmore of U.S.A recommends Living Food.* She says cooking kills most of the nutrients in the food, So eat only sprouted grains, products made from sprouts and fruits, Salads etc. But no cooking. In fact many nutritionists have different theories of eating. What to eat and What not to eat. *But they do not talk of water.* They say balanced food. Living food etc. but they lose sight of the fact that Right type of Water is equally important as Right type of food. In fact it is more important. Just emphasizing **Right food** is like putting cart before the horse. The right sequence will be **Right Water, Right Food, Right exercise, Right Yoga** and so on. Not the reverse way. Neglecting **Right Water** and advocating **Right food** is not the **Right way**.

One of the measures used for water is called pH value. Only water coming fresh from a spring is neutral value which is 7 otherwise it changes depending upon pollution + pesticides etc. Value less than 7 denotes acidic and more than 7 is alkaline. It is the ionized water, which has the capacity to carry more acidic waste to be thrown out of the body through various outlets e.g. skin, kidneys, bowels etc. So the water ionized is useful as a detoxifying agent. Mr. Sang Whang advocated water attained by ionization process. The ionized water contains both H<sup>+</sup> ions and OH<sup>-</sup> ions and more ionization means it has more of oxygen. The body needs not only O<sub>2</sub> but also oxygen from OH<sup>-</sup> is a charged particle of H<sub>2</sub>O molecules, which creates energy field.

Whang says when your body waste is cleansed, you get rid of diseases. But one is skeptical if the only alkaline ionized water can also deal with problems like cancer, arthritis, prostates etc. Though it is agreed that detoxification help to restore back the health, the question is, is just ionized water capable to eliminate all the toxins from the body. Because for this the water should also be absolutely free of all other contamination, apart from being just ionized. Is it possible to get to this pure water just by ionization method? Water should not only be ionized but Pure & Right. Only then it can successfully help detoxify your body cells.

### 10. Natural way to detoxify the body.

Then it so happened that the author came across a scientist, a highly qualified chemical Engineer, who had discovered and formulated a multiherbal concentrate derived from the roots of plants, and made available in the form of small crystals, using the **State of Art of Micro Technology**. It acts as a catalyst, initiating chemical reaction in the water whereby all waste products (harmful for man) are taken care of and in the process oxygen is also released. The water, which becomes pure can be used by the human beings as a detoxifying agent. The author calls this as *oxigener* because one of its

effects using it in water is that the oxygen is increased facilitating the eradication of all bad bacteria and pathogens. The *oxigener* also makes available the right balanced water, contamination free, **The Living water.**

## **11. How it works**

### **Relationship between man and the tress plants.**

A relationship exists between plants and human beings. A plant uses what man discharges as wastes from the body through lungs bowels, kidneys the excreta and urine. The man throws out carbon dioxide and the plants needs it. The plant gives back oxygen and proteins food which the man needs it. Again the man uses foods proteins and throws out wastes, he uses oxygen and gives out carbon dioxide, which the plants use, and the cycle is continuous. What the man throws out are **Non Protein Nitrogenous products** (NPN) mostly Nitrates formation, which if not removed from the body gets accumulated to become toxins – poisons, inviting all sorts of diseases including deteriorating diseases like arthritis, parkisons, alzemeirs etc. But the plants need these NPN as their food and they feed on it. NPN is food for plants. And they give us back Protein Nitrogen substances, which is food for us. Since Non-Protein Nitrogen products are the cause of toxins + diseases, they need to be taken care of. The Scientist Dr. Bhawalkar has used the plants to do the work of taking care of waste in human body. The essential ingredients the roots from plants are purified and available in the form of crystals. The crystals do the work. They process all Non-Protein Nitrogen Products back to Protein Nitrogen Products and our body can get rid off toxins, the Herbal way - the nature's way. So the water which is not only purified but set right with the help of essential ingredients of plants roots, can be used successfully to detoxify the body and get back to your Original State of Health. As Dr Hahnenmann said, suppression of symptoms of diseases is not cure' cure is when the body is **restored back to its original state of Health** and the Right Living Water can do it. It is very simple to use and no recurring costs are involved because you do not need power, gas etc. Leave it to Nature and Nature does the work.

## **12. How it is used:**

It is very simple to use. Just put the product in water and let it remain there. Nothing else has to be done. Very less quantity is needed. Quantity depends upon the concentration of bacteria and other contamination in the water. But for drinking water purposes, in the tap water, which is treated at the source but gets contaminated by the time it reaches you, about 30mg is recommended. In 1 litre of water; it takes about 15 min. to purify and for 20 liters it takes about 2 hrs to get purified. The

product works as a catalyst (a catalyst is defined in chemistry as one which initiates chemical reaction but itself does not take part) And also this product can be used for a long time. And further there are no other expenses like electric power, etc to be incurred.

It is a very simple process and easy to use. The resultant water can be tested in a lab. The product works well in warm temperature. It slows down in very cold temperature.

### **13. Dealing with accumulated waste. The only way:**

Ayurveda says remove “dosha’s” impurities, as per their basic philosophy of diagnosis based on “TRIDOSHA” theory. They use different herbal and also inorganic products for cleansing the body. Water treated with the multiherbal root extract, where all the contamination is taken care of the nature’s way can be a very useful detoxifying medium. It is as if you are virtually having a plant rooted inside you which uses all the non protein Nitrates and carbon dioxide and in return gives you protein food and oxygen which the plants do not need. The water treated with multiherbal catalyst is helpful to detoxify your body totally.

### III

# TOTAL HEALTH

## 14. The Road to Total Health:

Your sickness is gone and now you are back to your Health. The next question should be: "Have I exploited all my potential to be totally Healthy? Have I used all my body capacity of the body to have full health?" May be not. In most cases we are just lukewarm healthy. We carry on because we have known only this state of health since the time we are born. Also once we are free of sickness and ill health, we are busy with in our usual activities, we do not think of getting healthier. But I think it is worth the effort. Scientists say we use only about 5% of our brain capacity. just so so. The lukewarm we have not tapped the full potential of our brain power. Even we do not use the capacity of lungs to breathe fully. We just do shallow breathing, minimum for our daily activities. We can breathe deeply. Deep breathing means more oxygen and we can exhale fully. Full exhalation means more of carbon dioxide going out. This makes our blood purer and purer blood means more health. With increased resistance to diseases. An experiment was conducted in South Africa for AID virus. Six prostitutes volunteers were infected with strong closes to AIDS-HIV virus. When listed for HIV virus it was found that only four showed presence of the HIV virus. The rest two show negative. What happened? The two had very strong resistance in the body and they could destroy the HIV virus. More healthy means more life. It is not how long you live that matters; it is how much big you

live that is important. Live life to the fullest. This is possible if you become healthiest, to the fullest capacity possible for your body.

Once the system is cleansed and body has gone back to its original **State of health**, you have to go to the next station of Total Health. For this, we again we look to nature. One of the amazing things I have come across is that the bees have a very much-organized lifestyle. In their bee hives, the bees do all the work of building the hive, collecting honey from the flowers, which is their food, and rearing the young ones etc. But the bees who do all this work are worker bees and they are all sterile. They have no reproduction capacity, So for this purpose they have a queen bee, only one for one beehive, which goes on laying eggs, about 2000 and more a day and lives up to 7 years. The ordinary worker bees live only up to 7 weeks. But the interesting fact is that the queen be is NOT born. **The bees make it.** When they need a queen bee for reproduction purposes, they select a healthy baby bee and feed it with Royal Jelly and not honey, Honey we all know Royal Jelly is food for Queen bee, bee pollen is the food for the baby bees, and propolis, also made by bees has natural medicinal properties.

### 15. Honey

Honey is a high Energy food. The sugars, especially glucose and fructose are easily absorbed in the body. Proteins and all amino acid are present viz.: Proline, phenylamine, aspartic acids, asparagine, leucine, valine, isoleucine etc. Besides it also has minerals such as Potassium calcium, Magnesium, Phosphorus, Sulphur, Nickel, Tin, Silver, gold etc. and vitamins B-1, B-2, B-4, Niacin, Pantothenic acid and vitamin C. ALL SYNTHESISED FROM FLOWERS & HERBS AND SO THEY ARE EASILY ABSORBED BY THE BODY WITH OPTIMUM ASSIMILATION DEVOID OF ADVERSE SIDE EFFECTS.

The natural honey also contains some quantity of Royal Jelly, the Super Food meant for the Queen bee and bee pollen in trace quantities. Bee pollen contains essential amino acids enzymes and co. enzymes and harmones and they help in reducing depression and normal sing blood pressure. Also the pollen is not removed from honey to give consistancy to honey in colour and density etc. The colour and consistency of honey varies depending upon the flowers. Also because of moisture content the changes in weather conditions can cause granulation. This is a natural process. The glucose content is responsible for granulation.

We believe in keeping products natural. And nature is not exactly repeatative and consistent and our products are natural.

## 16. Royal Jelly

It is a secretion from the pharyngeal glands of honey nurse bees. This super food is the food of the queen bee. Royal jelly is very complex and it has not been possible to fully analyse it. However many of the ingredients have been identified and they are all found to be extremely useful for restoring the health of the mankind.

Royal jelly contains

AMINO ACIDS :- arginine, histidine, thyrosin, alanine, glycine, proline, serine, taurine, cystine, aspartic acid, ^ aminoacid, glutamic acid,  $\beta$  alamine, hydroxyproline.

ESSENTIAL AMINO ACIDS :- lysine, phenol, alanine, leucine, isoleucine, methionine, veline, threonine, tryptopham

MINERALS :-phosphorous, iron, calcium, magnesium, copper, zinc, manganese.

VITAMINS :-Vitamin B1, Vitamin B2, Vitamin B6, Vitamin B12, Naicin, pantothenic acid, folic acid, acetylcholine, biotin, inositol.

SPECIAL INGREDIENTS :-10-hydroxi - 2 decenoic acid, parotin biopterin, nucleic, RNA, DNA.

The ability of the Royal jelly to regenerate the cells was very surprising to the scientists. This is because bee when it is fed with royal jelly becomes the queen bee and this ordinary bee which has now become queen bee after taking royal jelly will live for seven years instead of seven weeks and will be able to reproduce and lay about 2000 eggs a day and the queen bee also becomes bigger in size. The scientist attribute this fact to the regenerating capacity of the royal jelly. Also the ability of royal jelly to stimulate and generate hormonal secretions of the glands is one of its exceptional beneficial property. This is due to its action on the adrenal cortex. Hence it is found helpful in degerative disesases like arthrites, Alzemeirs diseases etc.

## 7. BEE POLLEN

The bees gather pollen from flowers and it is fed to the infant bees for the first three days. Thereafter their food is honey like the other adult bees. Pollen from flowers is blended with enzymes and bee secretions and is found to be helpful for strengthening the nervous and endocrine systems of the human body. Because of this it is helpful in backache and nervous problems also. It also restores the activity of the various glands in the body. It is demonstrated to be of immense help in prostate and pancreas glands especially.

A prolonged use is found to be beneficial in case of diabetic problem.

Bee pollen is often referred to as nature's most perfect food containing all ingredients necessary for a balanced diet. With 22 amino acids it contains more proteins than beef and the biological activity of the protein content is 70 to 75% which is much higher as compared to other protein products including eggs, milk, meat, soya etc. Bee pollen has also lecithin which helps to break down fats.

Its primary role in weight control appears to be its ability to stabilize a faulty metabolism. By so doing abnormal food cravings, or unusually stimulated appetite can be controlled. Besides it has the special ingredient, choleic acid which cannot be manufactured by the human body and which is the super nourishment for the skin and the hairs. It should be noted that in some cases, raw pollen, can cause allergic reactions. It is best taken mixed with honey to avoid allergic reactions.

Here is a listing of the array of substances found in pollen:

Sample values obtained for the amino acid content of whole Honeybee Pollen are as follows:

Leucine	6.7 to 7.5%
Lysine	5.9 to 7.0%
Valine	5.5 to 6.0%
Isoleucine	4.5 to 6.0%
Arginine	4.5 to 5.7%
Phenylalanine	3.7 to 4.4%
Threonine	2.3 to 4.0%
Cystine	2.3 to 3.9%
Histidine	2.0 to 3.5%
Methionine	1.8 to 2.4%
Tryptophane	1.2 to 1.6%

Leucine is a homologue of glycocoll. It is necessary for the functioning of the pancreas, of the spleen, and is equally present in the salivary and

lymphatic glands. This amino acid has functions similar to those of glycocoll which exercise a tonic action of the muscles especially at the myocardial level and contributes to equalizing the energy of the organism.

Lysine favors the renovation of the red blood cells.

Valine fortifies the nervous cellular the cells of the viscera and of the muscles.

Isoleucine intervenes in the assimilation and dissimilation of proteins.

Arginine has an indispensable function in growth, its deficiency results in impotence or frigidity and sterility.

### VITAMINS

Provitamin A  
Vitamin B1  
Vitamin B2  
Niacin  
B6 group  
Pantothenic Acid  
Biotin  
Vitamin B12  
Folic Acid  
Choline  
Inositol  
Vitamin C  
Vitamin D  
Vitamin E  
Vitamin K  
Rutin

### MINERALS

Calcium  
Phosphorus  
Potassium  
Sulfur  
Sodium  
Chlorine  
Magnesium  
Iron  
Manganese  
Copper  
Iodine  
Zinc  
Silicon  
Molybdenum  
Boron  
Titanium

### ENZYMES & COENZYMES

Amylase  
Diastases  
Saccharase  
Pectase  
Phosphatase  
Catalase  
Diaphorase  
Cozymase  
Cytochrome System  
Lactic Dehydrogenase  
Succinic Dehydrogenase  
24 Oxidoreductases  
21 Transferases  
33 Hydrolases  
11 Lyases  
5 isomerases

### PROTEINS AND AMINO ACIDS

Isoleucine  
Methionine  
Tryptophan  
Arginine  
Alanine  
Hydroxyproline  
Proline

Leucine  
Phenylalanine  
Valine  
Cystine  
Aspartic Acid  
Serine

Lysine  
Threonine  
Histidine  
Tryptosine  
Glutamic Acid

(Continued)  
OTHER

Nucleic acids  
Tarpenses  
Auxins  
Brassins  
Vernine  
Hypoxanthine  
Xantophy II  
Lycopene  
Alpha-Amino-butyric Acid  
Pentosan

Flavonoid  
Nucleoside  
Fructose  
Gibberellin  
Xanthine  
Amine  
Croctin  
Hexodecanal  
Monoglycerides  
Triglycerides

Phenolic Acids  
Glucose  
Kinin  
Nuclein  
Lecithin  
Zeaxanthin  
Pentosana  
Diglycerides  
Guanine

and other ingredients still unclassified!

## 18. PROPOLIS

It is a resinous substance, which is gathered by the bees from tree barks and leaves. Nineteen substances of different chemical structure have been identified in propolis so far, mostly of the flavonoids family including p-coumaric acid and isovanillin. It is also rich in Vit A (carotene) Vit B 1 B-2 B-3 biotin, calcium, magnesium, zinc, silica, potassium, phosphorous manganese, cobalt, and copper. The bioflavonoids content (VIT. P) is 500 times more than in oranges. Except for Vit. K, all vitamins are found existing and of the 14 minerals required by the body propolis has all of them except sulphur.

Propolis is found to be effective in fighting infection. What the scientists have found interesting that it is effective in almost all types of infection, antibacterial, antiviral and antifungal.

The action of propolis against viruses is remarkable especially against upper respiratory infections such as those caused by the common cold and influenza viruses. Propolis can be termed as a broad-band antibiotic with wide spectrum, devoid of any adverse side effects.

It can also go along with antibiotic drugs. The bee hive products contain the nutrients needed by the body, and these are easily assimilated by the body. A glaring example is that of iron. Iron available in tonic etc is not easily and fully absorbed by the body. So also many inorganic substances. But iron from the plants can easily be assimilated by the blood and the absorption is optimum. The bee hive products supply almost all nutrients & supplements need by the body.

### CONSTITUENTS OF PROPOLIS

No.	Common Name
1. Cinnamyl alcohol	Chemical name or formula
2. Cinnamic acid	$C_6H_5CH=CHCH_2OH$
3. Vanillin	$C_6H_5CH=CHCO_2H$
4. Isovanillin	4-hydroxy-3-methoxybenzaldehyde
5. Caffeic acid	3-hydroxy-4-methoxybenzaldehyde
6. Ferulic acid	3,4-dihydroxycinnamic acid
7. Chrysin	4-hydroxy-3-methoxycinnamic acid
8. Tectochrysin	5,7-dihydroxyflavone
9. Acacetin	5-hydroxy-7-methoxyflavone
10. Quercetin	5,7-dihydroxy-4-methoxyflavone
11. Kaempferide	3,3',4',5,7-pentahydroxyflavone
12. Rhamnocitrin	3,5,7-trihydroxy-4-methoxyflavo.
13. Galangin	3,4',5-trihydroxy-7-methoxyflavo.
14. Isalpin	3,5,7-trihydroxyflavone
15. Pectolinarigenin	3,5-dihydroxy-7-methoxyflavone
16. Pinostrbin	5,7-dihydroxy-4',6-dimethoxyflav.
17. Pinocebrin	5-hydroxy-7-methoxyflavanone
18. Sakuranctin	5,7-dihydroxyflavanone
19. Isosakuranetin	4,5-dihydroxy-7-methoxyflavanone
20. Quercetin-3, 3d. et	5,7-dihydroxy-4'-methoxyflavanone
21. Pinobanskin	4',5,7-trihydroxy-3,3'-dimethoxy.
22. 3-acetyl pinoban	3,5,7-trihydroxyflavanone
23. Pterostilbene	5,7-dihydroxy-3-acetylflavanone
24. Xanthorrhoeol	$(CH_3O)_2C_6H_3CH=CH.C_6H_4OH$
25. Myristic acid	tetra decanoic acid
26. Benzoic acid	benzoic acid
27. Benzyl alcohol	benzyl alcohol
28. Sorbic acid	hexa-2,4-dienoic acid

The bee products are now available in the West. In India, the author has made available all the beehive products viz: Royal jelly, bee-pollen and propolis. Available at akbarallys, Mumbai ph 22616361, and at all MAGNA nutrition centers at Mumbai, Pune, & Bangalore.

# IV

## WELLNESS

### 19. Road to wellness

After reaching to the **State of Total Health**, we have to travel to Wellness.

### 20. Mind & Body

On The Road to Wellness, one has to take care of the Mind also. Without the mind cooperating, your body cannot reach to Wellness. Exercise Builds up your body. But yoga takes care of the Mind also. Exercise can give you a good Physical Health, but methods like yoga can give you healthy body and healthy Mind. And it is not possible to be totally well without the Mind also well. This is the **State of Wellness**. At peace with your body and Mind.

The medical school calls certain diseases as psychosomatic diseases, where the Mind contributes significantly to cause the diseases. Arthrites is one such disease. It would be interesting to narrate a factual incident in this regard; where the Mind causes the disease. Norman Cousins, a journalist, editing. The British Medical Journal, has written a book from his own experience. He was employed as an editor of the British Medical Journal, and because of this constant work, he gathered a lot of knowledge about the medical science. It so happened he was afflicted with the dreaded disease, arthritis. It was but natural that he consulted his doctor friends who prescribed medicines for him. But then he knew that these have

adverse side effects. When he told the Doctor about this, they said there is no other way. Otherwise the crippling disease will go no advancing. O.K. he said. Then he asked them, Why this disease is caused? They said that the adrenal gland in the body is affected. The gland normally produces sufficient quantities of adrenaline secretions. When it is affected because of negative thoughts and emotions, arthritis is the result. He said then I have another question. What happens if I am joyous happy and with positive thoughts. Is the gland affected positively? The reply was yes; theoretically this is possible, because the gland is affected both ways, positive and negative. But there is no case on record that this has actually happened. O.K. he said. I give it a try, I stop all medicines and try to be happy joyous. telling jokes to the people. playing with children, finding pleasure in doing small things, singing, etc. He tried every means to be joyous. The result was amazing. In course of time, few months he got rid of the dreaded disease of arthritis. And he wrote a series of article in the British Medical journal, which was later, compiled and made available in the form of one book. I was immensely impressed with this book. I think this book is worth its weight in gold. Because this book clearly sends the message that the mind contributes significantly to the most of the diseases especially the degenerating diseases what we call as aging diseases or wasting diseases, because they appear as we grow old, as the body is slowly wasting away.

Another physician, a homeopath and bacteriologist, from U.K. Dr. Edward Bach, many years after Dr. Hahnemann, ( the founder of homeopathy) slightly deviated from the path of homeopathy find a system called Bach flower therapy. In fact he improved upon homeopathy. He formulated his whole curative theory only on the basis of the fact, that it is the mind, **which causes diseases**. He says take care of the mind and the disease is taken care of. An example is illness caused as a result of deep shock and grief on the body. Anything, which gives a negative deep shock affects the body. A woman in India becomes a widow; her husband dies in an accident. In India the woman cannot marry again, she has no money; only lots of children and responsibility to grow them up. No other support and she is young and has a long life. Because of the sudden deep impact and the dark valley of grief before, her body reacts and usually starts with excessive bleeding. The doctors advised her operation to remove the uterus. But a small dose of Bach flower, Star of Bethlehem cured her. The author himself has administered this magical remedy in a case which improved in just 3 days and cured the patient of this problem. Another example can be cited. A man loses all his fortune in stock exchange and has no money; this deep shock can result in heart attack or paralysis or epilepsy fits . The deep impact of negative emotion can manifest at the weakest part of the body. So the location where the manifestation is felt, where the disturbance happens and where the diseases seem to affect are not of basic importance to treat the disease. The cause has to be treated. Dr Edward Bach's theory says, neutralize these emotions with suitable flower energy infusions. In this case Star of Bethlehem was used. This flower star of Bethlehem, blooms once a year for one night only. And in morning it is gone. The process a rare phenomenon of blooming seems to be in line with rare phenomenon of deep grief and shock. Dr Edward Bach has 38 classification of **Mind States** with

different flower for each state. For example for **Known Fear** he has the mimulus flower, and for unknown and vague fear, another flower, for anxiety & tension because of impending change, like change of house, traveling he recommends the flower of "Walnut" and so on. So take the help of mind also so that it co-operates fully to reach the state of Wellness. The Bach Flower Remedies can be used successfully. They are easily available with all homeopathic pharmacies and they have no adverse side reactions. Though homeopathy also takes the mind factor into consideration, while prescribing the medicine for any physical ailment it is a very cumbersome method to fix the remedy from many remedies available with similar overlapping symptoms. Then there is the problem of arriving at the right potency, and then the repeatism problem. The cardinal principle of homeopathy as enunciated by the founder: One single remedy, Minimum dose, Infrequent repetition makes the system complicated and impractical in many severe and acute diseases, where the patient's energy is at a very low ebb. Seeing this Dr. Edward, after successfully practicing homeopathy, looked for simple ways and he successfully founded a system; he called it **Flower Therapy** using flower Energy infusions. He successfully used it to cure many ailments. He had fewer remedies; only 38 has compared to homeopathy, which runs in few hundreds; he did away with potency problem, and his medicine can be repeated frequently at short interval, unlike homeopathy. Also there is no aggravation necessary before a cure is affected as it happens in homeopathy to kindle your vital force. And finally Dr Bach states take care of the **Mind Factor ONLY** and diseases get cured. Body symptoms are not very relevant. Thus if a deep shock is there the mind reacts and affects various glands in the body, and possible the manifestation express themselves by way of uncomfortable symptoms like pain etc. at different parts in person depending upon where he is weak and which parts give way to the anguish. So the treatment says find out the **State of Mind** and the disease can be cured.

## 21. Yoga

Yoga as postulated by Maharashi Patanjli is well known. He has illustrated various asnas or postures of the body. Yoga is a complete code. It is the science of health and which leads you to Wellness and beyond. The purpose of the Science of Yoga was to take you to the Ultimate Destination, what Patanjli calls as "samadhi." But before attaining the ultimate you need to be healthy. And so the various asnas or posture. But now yoga is mostly used for attaining good health and people generally stop there. Similar system have been used by chinese mystics. Their ways naturally differ from Patanjali's but lead you the same stations **first Health, then Health Total** and with onward spiritual journey. Even in India apart from yoga, other system for the spiritual path have been advocated by different mystics, but less known as compared to the yoga by Patanjali,

For example in India, another mystic advocates just dancing. His name is Chatanya from Bengal. Dancing is the way to & God. via good health, Still another mystic in India Swami Haridas, only sings his way to God and naturally he encounters good health. In fact all the classical dance forms eg: Bharat Natyam, Kathakali, Mohani Attam, Odissi, etc are born as the codified version of various dance postures

of these mystics. Even the various ragas of the Indian classical music as codified are as sung by the mystics when they were over joyous and in ecstasy. There is another school of Yoga asanas and probably the easiest as compared to the difficult yoga Asanas ( postures). This is the Taoist (Chinese) form of yoga. This method is very simple and it has been used in Japan with tremendous success. The origin is from Taoism, the Chinese mysticism school founded by Laotse. It is called Swaisso, which virtually means to throw out unnecessary accumulated waste from the body.

On the surface, these Taoist exercises look like child's play, but its importance for healing and cure is very significant.

If you have observed, when you are strolling leisurely, suddenly if you become joyous, or say some happy moments come to your mind, then immediately you swing your both hand together instead of swinging them alternatively as is generally done while walking. This simultaneous swinging happens **WHEN YOU ARE JOYOUS.**

*So when you are NOT JOYOUS AND WANT TO BE JOYOUS try this posture. Just start to swing both hands together for a few times and you will be joyous and happy instantly. This is because the converse is equally true.*

## **22. Swaisso**

In fact this method has been successfully used by Japanese Doctor. Masao Hayashima at 79, Kayade, Shimokawa Izumi-machi, Iwaki-shi, Fukushima ken, Japan. He claims to have cured even complicated Health problems successfully with this method. The author also advocates these swings daily morning to be happy and the saved energy goes towards curative process. Your body needs Energy to maintain itself free from diseases. About 10 min, twice a day will do wonders for your Health.

## **23. How To Do Swaisso**

The word "Swai" has many and varied usages. Literally it means to "swing" or to "throw away".

So Swaisso means to swing the arm back and forth with feeling **OF THROWING SOMETHING OUT.**

A Simple – just Swinging Arms

Swaisso exercise is very easy. It can be described in this way:

1. Firstly, stand firmly on the ground with legs and torso straight. Spread the feet to shoulder width and feel the toes slightly gripping the earth.
2. Swing both arms backward and forward together. Use force only on the backswing and allow them to come forward by their own inertia. Keep the elbows straight ahead. Allow the mind to empty and begin counting silently.
3. Being the first session by swinging two or three hundred times and gradually increase the number, finally reaching one thousand or two thousand. If measured by minutes, 10 min. is O.K.

### **Changing The Constitution From Upper-full Lower-empty To Upper-empty Lower-full**

Within the human body all of the vital organs are in the upper half, i.e. brains, heart, reproductive organs. Etc. The lower half consists merely of legs and buttocks. As a result, the upper half is inclined to be overactive, and we tend to focus our energy and awareness more in the upper. Our bodies, because of the way we live, are always in a condition referred to as "upper-full, lower-empty." To understand it more clearly, you can picture yourself having a "heavy head". Imagine that you have been reading intensely for seven or eight hours; you feel drained, your head is heavy and your eyes are red. You do not able to feel to continue. In this state it could be said that your head is abnormally "full". In this condition the body is more prone to fatigue and disease.

Upper-full refers not only to the head but also to the entire upper half of the body. When the upper is full the lower is empty, and when the condition persists, fatigue builds and causes various diseases.

The most important point of Swaiso exercise is the transformation of upper-full, lower - empty in to upper-empty in to upper-empty, lower-full. The exercise can be explained in this way. Stand with legs spread to shoulder width; and while making soft movements, concentrate on finger tips and allow both arms to swing like the pendulum of a clock. Repeat one thousand times in a session. Be careful that 70 percent of the energy is in lower half. "Upper" three, lower-seven is the key in transformation upper-full, lower-empty into upper-empty, lower-full. In this way, the upper relaxes and the lower is strengthened and a dramatic change occurs in the condition of the "upper-active" and "lower-fragile" And then even the most chronic diseases are eliminated.

## 24. Fifteen point to remember

The term "upper-3, and "lower-7" is more complicated than one would imagine. The following sixteen points may be helpful.

1. Relax completely the upper body. Be careful not to hold the shoulder tight and allow the arms to swing naturally.
2. Feel the gravitational pull in the lower body, and at the same time relax the upper body. Stand with your soles firmly on the earth and feel a strong pull from beneath. Barefoot is more conducive.
3. Feel as though your head is hanging – as if a rope is attached to the top of the head and the whole body is hanging loose. In this way the shoulders relax.
4. Allow the jaw to drop slightly by loosening the muscles in the mouth.
5. Allow your mind to become still. Do not let your thoughts wander. Make the upper half of your body completely empty.
6. Keep your back straight.
7. Make your pelvis the center of movement-like the hub of a wheel.
8. Do not swing the elbows too high.
9. Keep your arms loose.
10. Imagine that your arms are like two oars and swing them as though you are rowing the air.
11. Your focus should be on the "Seika-tanden" (lower abdomen – "field of energy under the navel") Ordinarily the "Seika-tanden" is about 2 ½ "to 3" inches below the navel, but in inside. Some concentration should be on the abdomen at this point.

12. Keep the inner thighs from becoming tense.
13. Try to contract the anus and let it be drawn in while swinging backwards.
14. Keep your heels on the ground as if they are heavy stones.
15. Remember to grip the earth as if your toes are digging into it.

### **Upper-three, Lower – seven, Essential Factor**

Some of the sixteen points mentioned referred to finding the knack of reaching upper-three lower-seven in order to realise upper-empty lower-full. Try to feel, when swinging your arms back, that the center of the movement is in your feet. Imagine yourself to be an old tree with roots growing deep into the earth or standing firm like a peg, which has been driven into the ground. There are meridians running from the soles of the feet upwards and by a firm stance the energy in the soles is stimulated. That stimulation then reaches to the muscles, skin, bones and joints and revitalises the entire constitution. Upper-three lower seven means the proportion and degree of fullness and emptiness is difficult – but concisely it means just to relax the upper half and concentrate the energy in the lower.

While swinging you either use force or swing lightly, but in both cases the proportion of force in hands and feet should always remain three to seven. So if you can use force you must balance it with equal energy in the feet. This is the meaning of upper-three lower-seven. Also it is important to remember that if the legs become loose the balance will remain upper-full lower-empty and the exercise is of no use.

The important thing is when the mind is OK at ease and not agitated or disturbed, the body can do its work of repairing the body more effectively. Because now it has not to use its energy in doing other activities. This is what the various “asnas” (postures) do. In fact “Asna” in Sanskrit ‘asna’ means comfortable resting posture, and this is the time when mind is also comfortable at Rest, and the natural process of repairing the body cells can be done more efficiently. Listening to music and repairing or dancing does the same thing in a more natural way, because while dancing the body and mind achieve the most comfortable, resting point of mind and the body simultaneously. That is way dancer will have a perfect body. Because dancing takes care of with the body and mind simultaneously.

## *Easy steps to travel from Disease state to Wellness*

### **I . DISEASE STATE**

- 1) Why diseases are caused: The cells of the body, because of metabolism activity, create waste. This waste if not removed in time become toxic & poisons, and the disease results.

### **II . DISEASE FREE STATE - To return to Original State of Health**

- 2) Water, which is Living, rich in oxygen, contamination free, is the best agent to take care of the removal of toxins from the cell of the body.

Living water, means water which is ionized, has H<sub>2</sub>O and also H<sup>+</sup> and OH<sup>-</sup> ions, is most suitable for taking care of acidic wastes and leaving free alkaline, minerals like calcium, potassium, magnesium etc. which the body needs for its survival.

- 2) One of the easiest ways to correct water and make it Living is to use the "*Oxigener*" which acts as catalytic agent when put in water, and it removes contamination and also does the ionization work.
- 3) Water correcting agent the "*Oxigener*" works as a catalyst. A catalyst is defined in chemistry as a substance which is needed to initiate chemical reaction in other substances with its presence but itself is not involved and does not become a part of new substance that is formed after reaction so it can remain in use for long. The "*Oxigener*" does not dissolve in water even at very high temperatures.

### III . TOTAL HEALTH

- 4) The cells of the body with nutrients they can easily absorb eg: Beehive Products: Royal Jelly  
Bee pollen, Propolis & Honey.

### IV . WELLNESS

- 5) Travel to Wellness with Swaisso and Bach Flower Energy infusion.

### LATEST FROM THE AUTHOR

If you feel you also want to travel **The Path to Wellness**, you can always share your views with the author or some one who is conversant with the therapies and methods suggested in this write up. The author is also available for consultation in Pune at PH No. 26124906 at 13A, Amol Heights, Koregaon Park South, Pune. You are welcome.

For serious Health problems eg. cancer, including advanced cases of cancer, and other diseases eg ; arthritis, alzemeirs or chronic ailments like asthmas etc, the author has produced a multiherbal product specially formulated which has proved very helpful for resolving disease problems. The detoxifying properties are very strong and the body cells are restored back to its original **State of Purity**. If diseases cells get well, your body gets well. The details are available with the author at Pune, India. Thank you and enjoy good health.

**NOT THE END  
BUT THE BEGINING**

Dr. SONI'S  
HEALTH CARE PRODUCTS

**NATURAL WATER PURIFIER**

Sujala Biosanitizer

**THE PRODUCT** Discovered and formulated by a scientist with special State-of -Art of Microtechnology, using the essential ingredients from the roots & bark of various plants, Rose and tender neem, all grown organically.

**AVAILABILITY** 30 mg of bio-sanitizer enclosed in a capsule silver container, with holes to interact with water, all packaged in a pyramid box.

**HOW TO USE** Just put the capsule, (the silver container) in one liter water filled bottle, shake to let it sink to the bottom. Wait for about 30 min. And the water is purified and hygienic ready as a healthy drink. You can fill up the bottle with water as many times as you want.

**HOW IT WORKS** It works the nature's way. Just like the plants which absorb water from the earth and detoxify them to make it pure and hygienic and in the process also releases oxygen.

**WATER SOURCES** Please fill up the water supplied by local govt. authorities (tap water) or water supplied by private organization treated at the source. Though treated at the source, by the time water reaches you through pipes etc. it can get contaminated. The natural purifier will make it pure and totally hygienic & safe for drinking. Avoid water that smells strongly of too much chemicals used because then the purifier needs much longer time.

**THE TECHNIQUE OF WORKING** Acts as a catalytic agent. The harmful nitrates and toxins are rectified and stand corrected making water hygienic & pure  
*Catalyst is defined as a substance that helps chemical reaction while itself remaining unchanged.* The product does not dissolve in water and it can work safely for up to six months. The product is not for eating.

**HOW TO KNOW THE WATER IS PURIFIED: -**

1. Lab tests prove that water becomes hygienic, free of contamination & bacteria free.
2. The oxygen level increases in water.
3. Water tastes better, fresh like spring water.

**CAUTION**

1. Once the capsule is in water it should always remain in water. It can only be stored by keeping it in a water container.
2. It works best in warm temperatures. In cold temperature it slows down its activity and in freeze its activity is arrested.