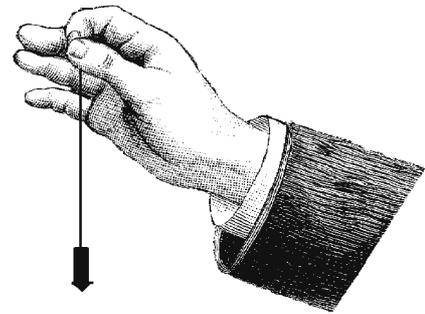


# NEWSLETTER

*of the Dowsing Society of Victoria Inc.*



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**No. 122**

**EXTRACT**

**August 2020**

**PO Box 154, Glenhuntly, Victoria, 3163**

**Web address:** [www.dsv.org.au](http://www.dsv.org.au) **Registration:** A0035189A

DSV philosophy: Through awakening consciousness, we are empowered with knowledge and skills to unconditionally serve others.

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**MEETING HAS BEEN CANCELLED**  
**August 2020**

## PRESIDENT'S REPORT

How are you personally coping with life at the moment? I went to the shops and for a walk in the park on the last day before mandatory mask wearing took affect in Melbourne recently. There weren't many people around and those who were, were mostly wearing masks already.

I know the Earth itself and all of human life are undergoing mammoth changes. With the anticipation of the raising of consciousness, we'd more or less been expecting some upheaval. However I doubt any of us expected to be so difficult and that life would become so fraught.

I had a visualisation recently that a "space ship", for want of a better word, with benevolent spiritual beings were spraying down on us, a substance / white light / something that was evaporating covid-19 from the Earth and our bodies without the need for vaccinations. I'm holding onto this concept because it would be truly brilliant for something so miraculous to happen!

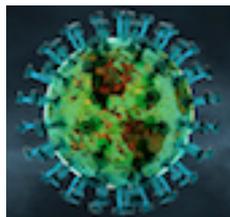
At this stage we have no idea when we'll be allowed to hold meetings. August is out of the question, but hopefully we'll be able to get together in October or November. We'll keep you posted.

**Lyn Wood, *President***

## MIND POWER

Research shows that the mind and body can't tell the difference between what's real and what's vividly imagined.

What if ... what if we imagine the world fully recovered! Let's picture transforming those other images - by vividly imagining the world as one healthy, happy smiley face. Who knows what we can jointly achieve by individually picturing that each time we think of it, throughout each day. We are more powerful than we realise! (*Editor*)



## BENEFITS OF BICARBONATE OF SODA FOR HEALTH ... continued

We ran an article in the June DSV Newsletter which was well received. The details kindly provided by DSV Committee member, Bev Ellison, were too many to include there, so this is a continuation.

Most people are familiar with bicarbonate soda (baking soda, not to be confused with baking powder). It has so many far-reaching benefits beyond what we're familiar with.

### Anti-Fungal and Antibacterial

Baking soda has been shown to kill off bacteria including **streptococcus mutans**, which is a type of bacteria associated with tooth decay. It is also effective against various fungal groups including yeasts, dermatophytes and moulds that cause skin and nail infections in humans.

### Boosts Kidney Health

Research reveals that baking soda uses include the promotion of kidney health. A clinical study published in the Journal of the American Society of Nephrology looked at the effects of sodium bicarbonate on 134 patients with chronic kidney disease (CKD) and low-blood bicarbonate levels. The subjects who supplemented with bicarbonate tolerated it well and were significantly less likely to experience rapid progression of their kidney disease.



### Gently Does It Lyn Wood

Phone: 0409 839 581 or 8759 3182  
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- Pendulum Workshops
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### Alleviates Urinary Tract Infections

According to the Centers for Disease Control and Prevention (CDC), urinary tract infections (UTIs) are one of the most common infections and Mayo Clinic suggests that women have a higher risk of developing a UTI than men.

Overall, baking soda appears to be an easy, inexpensive way to improve UTI symptoms accompanied by acidic urine with little to no unwanted side effects.

### Reduces Muscle Pain and Fatigue

Is there a benefit to using baking soda as a training aid? According to the author Dr Louise Mary Burke, "It could be useful to try and support the training session to allow the athlete to train harder, but also to reduce some of the negative side effects of having a high acidity in the muscle so you may get less damage to the muscle and a better training outcome in the long term."

### Helps Alleviate Chemotherapy Side Effects

Chemotherapy side effects make the list of baking soda uses for health. If you or someone you know has gone through chemotherapy, then you probably already know how bad the side effects of this cancer treatment can be. For example, undesirable changes to the mouth and throat can occur in some patients.

Rinsing with a baking soda mixture daily can help to improve these unwanted side effects of chemo. Combine a fourth of a teaspoon of baking soda, an eighth of a teaspoon of sea salt with one cup of warm water and rinse your mouth three times per day. Each time, follow the baking soda salt mixture with a rinse of just plain warm water.

### Hair and Teeth

**Hair cleanser** - Add a teaspoon to your shampoo, rub it into your hair and rinse as usual. Baking soda shampoo is ultra clarifying so it's a great way to remove dirt and oil as well as residue that is left over from hair products.

#### Brush and Comb Cleaner

Create a paste by combining two teaspoons of baking soda with one cup of water. Coat your brushes and combs with this paste and then rinse thoroughly.

#### Homemade Toothpaste

Baking soda toothpaste is a great way to improve dental health. It is known to increase plaque removal that is why it's commonly used in both conventional and natural toothpaste. Straight baking soda has abrasive qualities and over time it may wear away enamel. Instead, to keep fresh breath, you can add it to your toothpaste, make your own homemade toothpaste, or just dip your toothbrush in baking soda a few times a week.

#### Teeth Whitener

Baking soda uses for dental health continue! To keep your teeth looking pearly white, you can create your own paste with a teaspoon of baking soda and water. Once a week, rub the paste onto your teeth, let it sit for five minutes, and then rinse your mouth. This is such a great natural way to whiten your teeth and kill bacteria without any harsh and questionable chemicals.

### Overall Health

**Heartburn and Indigestion Relief** – To calm an episode of indigestion, a common dosage recommendation is adding a fourth of a teaspoon of baking soda to a glass of water. This can help to reduce stomach acid, but it's important to remember that not all indigestion is caused by an overproduction of acid so if you still have symptoms two weeks later, speak to your doctor. It is always best to slowly sip baking soda and water mixture when taking it internally.

### Cancer Prevention

When you have a pH imbalance, unhealthy organisms are able to flourish, which damages tissues and organs and compromises the immune system. Baking soda is known to increase the pH of acidic tumours without affecting the pH balance of healthy tissues and the blood. Scientific research has demonstrated that oral doses of sodium bicarbonate can raise tumour pH and inhibit spontaneous metastases in animal models of metastatic breast cancer.

### Improve Kidney Function

As an alkaline substance, baking soda buffers acids in the body and helps to keep pH levels balanced. Low functioning kidneys have a hard time removing acid from the body, so consuming baking soda can help with just that and some research has show it may slow the progress of chronic kidney disease.

### Reduce Ulcer Pain

Because baking soda neutralises stomach acid, it can be helpful for ulcers. Speak with your doctor first, but taking it in water internally may help relive ulcer symptoms.

### Recommended Dosages for Using Baking Soda for Cold and Flu Relief

Dr Mark Sircus suggests a maximum dosage of seven half-teaspoons a day for a fully-grown adult under the age 60 and **three half-teaspoons for people over the age of 60**. Do not give to children under the age on 6. Sources:

- Dr Mark Sircus: <https://drsircus.com/> • AlkaWay: <https://www.alkaway.com.au/>
- Minnesota Oncology: <https://mnoncology.com/> • Walter Last: <https://www.heal-yourself.com.au/> (Alkalisising with sodium bicarbonate) • Cancerandmetabolism.biomedcentral.com



## Integrated effective healing

- Dowsing • Tapping
- Hypnotherapy

Heather Wilks  
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## DSV MEMBERSHIP RENEWALS

If you've renewed your Membership for 2020, we would like to thank you most especially. We're now pleased to let you know that in view of these constricted times, your membership will be carried over for 2021.

If you'd like to renew for this year (to help us with expenses), it will carry over for 2021. You can pay by cheque or money order to the DSV and send to our NEW post box: DSV, P O Box 154, Glenhuntly Vic 3163. Alternatively, please pay

online and mark your name clearly. Westpac Bank BSB 033372 A/c DSV 212021 Then, please email our Treasurer, Malcolm Davies to provide all your details: [maldav1151@me.com](mailto:maldav1151@me.com) To become a new member please download the Membership Form from our site: [www.dsv.org.au](http://www.dsv.org.au)

**This is an Extract of the August 2020 DSV Newsletter. By becoming a DSV member, you'll receive six full copies a year. You can download a Membership form on the Home Page of this site.**

**Please write the 'possible' DSV Meeting Dates in your diary today:**

**2020 – Hopefully: 4 October & 29 November**