



OPTIMAL HEALTH THROUGH BIOPHOTONS

Dr. A. Sreekumar MBBS; DLO; FACNEM (Australia)

Founder – Soukhya Foundation

Optimal Health

- Personalized
- Cellular & Epigenetic
- Sustainable
- What's the requirement?

Modern Health Status

- Mental Imbalance
- Life Style Disease
- Auto-immune disease
- Communicable Disease
- Epidemics & Pandemic
- Advanced Technology
- Artificial Intelligence

Life & Risk

- Our lives are influenced in every ways like never before with science & technology
- We believe it's wonderful, comfortable & rich in rewards
- But, our risks cannot be easily analyzed. World crackles with imaginary & real hazards

E.g. GMO, EBOLA, CORONA

Need of Today?

- Pure Nature
- Nutrient-dense Food
- Living Food
- High quality Herbs
- Understanding You
- Balancing You

Life Means Balance

- Optimal Health – defined as the state of mental, physical, social & spiritual health that is sustainable in all types of conditions and geographical locations
- Metabolic balance is the KEY for better health
 - Hormonal Balance
 - Immunity Strengthening
- Preventive Medicine is this sustainable Balance
- Treatment should be sustaining of homoeostasis, the real integration of physiology & pathology

Role of Herbs, Spices & Nutrients

- Herbs, Spices & Nutrients – absolute necessity for sustainable and optimal health
- Why with abundance of these are not creating health today?
- Practice of modern & ancient systems of medicine almost in same standard today
- Why all these are happening in this modern world?
- Modern raw materials & products are not enough

HOPE TO BELIEF



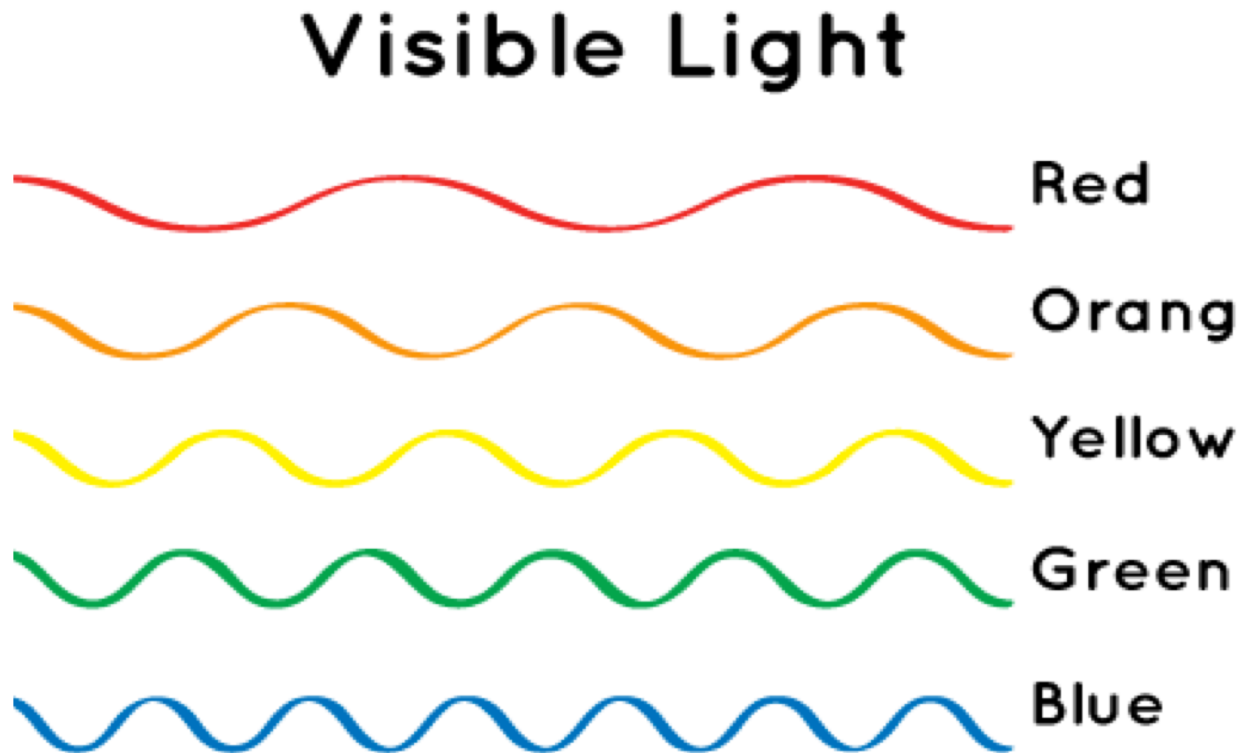
Living Light

- Biology – study of life
- Photons = quantum unit of light
- Photonics – science & technology focusing on generating, manipulating & detecting photons (light)
- Bio Photonics – A term that encompasses **Biology and Photonics**

Characteristics of Light

- **Exhibits wave – particle duality**
 - Wave – has frequency (cycles/sec), energy & information
 - Particles – photon
- **Light waves combine 2 waves**
 - Horizontal electric & Perpendicular magnetic wave
 - Both feed each other creating a self propagating light wave

- Denotes the energy content
- Visible light has wave length between 4000Å (violet) & 7000Å (red)
- Shorter the wave lengths, more the energy photon and vice versa



Life Mystery?

- Are diseases real?
- Can vaccines really stop diseases?
- Can Modern NCLSD be cured by
 - Life Style Modification [LSM]
 - Medicines
 - Surgery
 - Conventional or any alternate medical system

Types of Light

Visible Light – VIBGYOR

Invisible Light

- 1) Gamma Rays (like radiation from nuclear weapons).**
- 2) X-Rays.**
- 3) Ultra-Violet (Gives us a sunburn!).**
- 4) Infra-Red (What we feel as heat.)**
- 5) Microwaves (They're not just for breakfast).**
- 6) Radio Waves.**

Power of Light

- Speed is 299792 (3 Lac) km/sec
- Takes 8.3 minutes to travel from sun to our body
- Multiple Lights – Produce interference & can carry all the information
- This is the speed of Healing
- Principle behind the BAR CODE

Light is Different

- Carry information
- Light energy accounts for more than 85% of the mass of the universe and outside the range of visible & conscious perception.
- Amplitude & frequency can be changed to encode different, specific information
- Recipient should know code for decoding
 - E.g. e mail, net messages etc.

Human

- Literally blind to most radiation spectrum
- Perceive only very small % of what is emitted
- Invention – machines that convert inaccessible to accessible for our senses
 - E.g. TV, Radio, GPS, Mobile, Internet etc.
- E-M signals accompany us all the time

Cellular Effects of Light

- Every cell contain & emit light – **Fritz Albert Popp**
- Bio-photon Emission – Every living cell emit ultra weak radiation constantly. This equals to candle flame 20km away.
- Well established today in all life forms.
- DNA repair occurs with light frequency 310 – 400 nm
- Light with stronger frequency are light scrambling molecules that can cause DNA mutation and diseases

Biophotons in Plants & Herbs

- Light is present in plants, the source of energy used during photosynthesis. When we eat plant foods, we take up the photons and store them.
- When we digest it, it is metabolized into carbon dioxide (CO₂) and water, plus **the light** stored from the sun that was present due to photosynthesis.
- Only fresh un-processed stored food has the presence of this light – Living Food

DNA & Biophotons

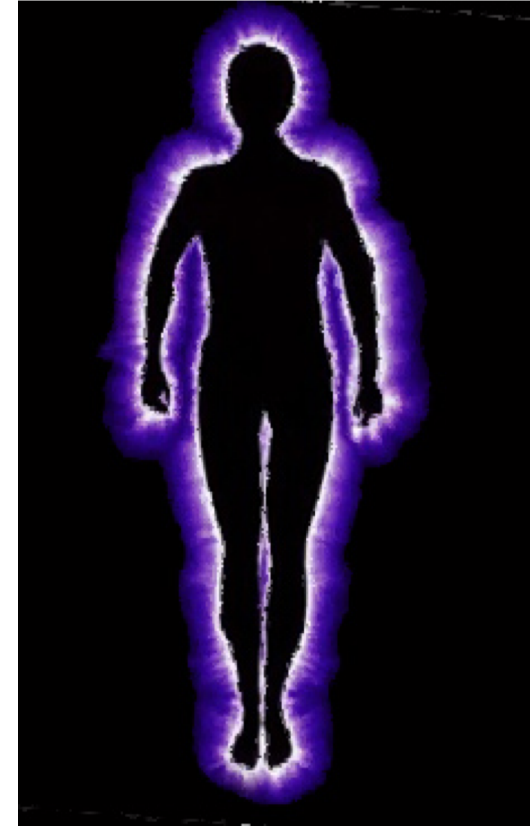
- Photons switch on the body's processes like a conductor launching each individual instrument into the collective sound.
- Bio-photon emissions could provide a perfect communication system, to transfer information to many cells across the organism.
- It has been proved that most bio-photon emissions was from DNA.

Biophoton Effects

- Everything inside cell is in constant flux & exchange
- This happens in 50 – 60 trillion cells of an individual in well co ordinated fashion
- Everything is in motion as a response to light
- This excite atoms at certain wave lengths
- This is “vibration”.
- Thus communication happens

Biophotons in Food

- The higher the level of biophoton emissions in any given food, the greater will be their vitality and capacity to transfer those sun nutrients to the human body.
- Human health obviously depends on the physical aspects of the body, including food, sleep, exercise, and so forth that is radiated through light.



Dr. Popp Findings

- Dr. Popp revealed that the DNA is an importance source of biophoton emission, which he was able to measure with a device called a biophoton meter.
- He found that 97 percent of DNA is associated with biophoton transmission and only 3 percent is filled with genetic information.
- The healthiest people had the highest amount of biophoton emission and the sickest people had the lowest amount

Research

- Dr. Joanna Budwig--who has degrees in physics, biochemistry, medicine and pharmacology, as well as in-depth knowledge of quantum mechanics—has concluded from her extensive research that the energy we absorb from biophotons acts as an anti-aging factor.
- Budwig states that live foods act as solar-resonant fields in the body to attract, store and conduct the sun's energy in our bodies.

Herbs for Brain Support

- Saffron.
- Ginkgo.
- Spearmint.
- Lemon Balm.
- Bacopa.

Neuroprotective Herbs for the Management of Alzheimer's Disease

Medicinal plants have great potential as part of an overall program in the prevention and treatment of cognitive decline associated with AD. It is hoped that these medicinal plants can be used in drug discovery programs for identifying safe and efficacious small molecules for AD.

Remarks on Food

- In general, eating plant-based whole fresh foods will provide the most biophotons. Significantly higher levels of biophotons have been found in organically grown and wild-harvested food, but also differences have been found in relation to location, ripeness and freshness of the food.
- Sunlight nutrition is essential for human health. In fact, light is the essential element from which all life originates and is energized.

3 Dimensional Light

- Every cell serves as potential light source & through the receptors of each cell – 3 D light fields throughout the whole body
- We can resonate ourselves with other people, places, food, ideas & real feeling of well being & love.
- This is the real 3D health & life

Sunlight Nutrition

- We can utilize the most benefits of sunlight nutrition by eating an abundance of fresh fruits and vegetables, raw nuts and seeds, and sprouted or soaked grains.
- Sun exposure to the skin is essential for optimal vitamin D production and utilization in the body.
- Sun-charged water may also be useful for anti-bacterial, anti-fungal, or anti-viral purposes and can be ingested or applied topically to the skin.

Herbs

- Biophotons bring healing coherent information to our bodies, are wild herbs such as nettles and dandelions.
- This must be what the herbs are transmitting to us. Herbs have an affinity for certain parts of our bodies, for instance Hawthorn supports the heart and Elecampane supports the lungs.
- They have a vibrational rate which perfectly matches that of the healthy tissue cells in our bodies, and thus when we ingest them, they are able to transfer the biophoton healing coherence to us and restore our health.

Spices & Biophotons

- Spices have bio-active compounds due to presence of biophotons
- Examples are flavonoids, phenolic compounds, sulfur-containing compounds, tannins, alkaloids, phenolic diterpenes, and vitamins
- Essential oils (EOs) obtained from these plants have been also used as therapeutic agents and have shown supportive uses in remedial practices.

Conclusion

- We may be consuming foods, herbs and spices, but they were cultivated, stored and processed in such a way we lose the biophotons in them.
- It should be fresh, cultivated in sunny surroundings, stored and prepared in natural surroundings if you want to get the real power of these bio-active compounds.
- Without biophotons exercise, yoga, meditation, prayers, treatment will be useless.

Now, You Know the Answer



THANK YOU

Dr. A. Sreekumar

www.thewellnessolutions.com

www.soukhyafoundation.com

Phone +91 9847062016