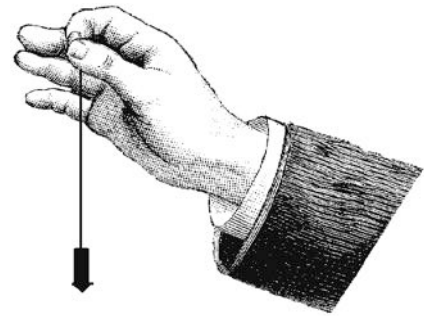


# NEWSLETTER

*of the Dowsing Society of Victoria Inc.*



---

**No. 122**

**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.

---

**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 don't know about you, but when I see masks, it instils fear in me. It's something I'm endeavouring to overcome As we know, fear activates the flight, fight and freeze responses which directly affects the adrenal glands. Reducing one's immunity like that is seriously not good, especially at this time with illness about. It felt really eerie everywhere I went during that walk.

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!

Meanwhile, we are supposed to be learning to create a wonderful new world. Some say those of a lower frequency will stay in it, while those who have higher frequencies will rise to a much better world. We can't actually know what's ahead of course, but clearly what's gone before hasn't been working on so many levels. For that reason, I'm keen to bring on these transformations!

Some Astrological wisdom: "As I write this, the sun crosses another sign boundary into proud and regal Leo. Leo is ruled by the sun, making our solar star happy and at home in the Lion's season. In this sign, the sun can be as potent and radiant as it can be, making this season an excellent time to observe solar rituals and set powerful intentions into motion.

This year has hosted some of the most difficult astrological configurations that have propelled forces of change into action, so we can enjoy the sun at its height, and celebrate in the ways that we are able. Leo season is sure to reconnect us with our courage, creativity, and will help charge up our hearts with optimism and goodwill."

From Debbie Stapleton at ASTROLOGY NEWS, JULY 22: LEO SEASON BEGINS!  
<https://www.astrology.com/horoscope/daily-astrology-news.html>

I sincerely hope that these astrology comments will bring you a sense of optimism for our future.

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.



It all depends on what develops with the virus, and government decisions. Fortunately, the Monash Halls committee is keeping me posted with regular updates to pass on to you.

At the moment all of their venues are closed, in line with the restriction guidelines. We'll keep you posted via Newsletters and the DSV site.

**Lyn Wood, President**

**THE AUGUST DSV MEETING IS CANCELLED**



**Gently Does It  
Lyn Wood**

Phone: 0409 839 581 or 8759 3182  
Email: lynwood@iprimus.com.au

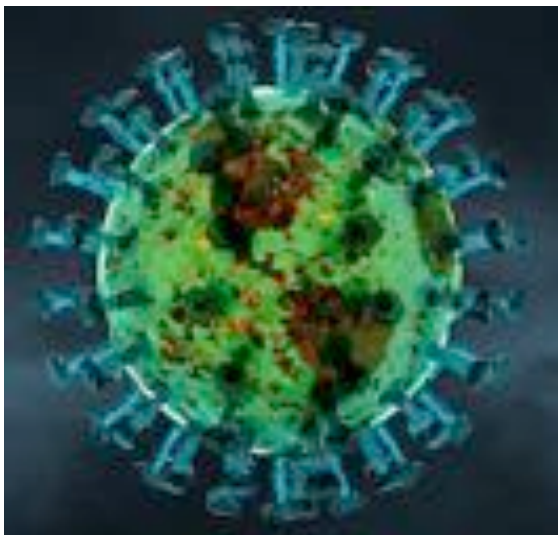
- Crystal Heart Reiki/ Sekh'm Healing
- Blue Moon Aromatherapy
- Ear Candling
- Property Dowsing
- Reiki Workshops
- Oh! Naturelle Skin & Haircare
- Pendulum Workshops
- Super Concentrates household products



## 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. Additionally, there were less patients that developed end-stage renal disease (ESRD) in the bicarbonate group compared to the control group. Overall, the researchers concluded, "This study demonstrates that bicarbonate supplementation slows the rate of progression of renal failure to ESRD and improves nutritional status among patients with CKD."

*The McKenzie's brand is commonly found in Australia.*



### 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.

A scientific study published in 2017 looked at the effects of baking soda on female patients with lower urinary tract symptoms who also had acidic urine pH levels lower than six. After four weeks of taking it orally, the researchers found the urine of the subjects was alkalised and there was "significant level of positive effects on symptoms and symptom scores."

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

A scientific article published in 2013, titled "Practical considerations for bicarbonate loading and sports performance," points out that studies to date had demonstrated that taking sodium bicarbonate before exercise (also known as bicarbonate loading) may have "a moderate positive effect" on athletic performance that includes one to seven minutes of sustained strenuous exercise. In addition, sodium bicarbonate may also be helpful for prolonged physical activity involving intermittent or sustained periods of high intensity training.

In line with this article, is there a benefit to using baking soda as a training aid? According to the author of the article, 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."

Another small clinical study of eight healthy male subjects found consuming baking soda before intermittent cycling improved their sprint performance.

## **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. 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.

These are just some of the many possible health benefits of baking soda!

## **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 shown 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 relieve ulcer symptoms.

### Exercise Enhancer

Baking soda benefits can carry over to your exercise routine too. Soaking in a warm bath with a half cup of baking soda added is said to help neutralise lactic acid build up in the muscles after a workout.

Some studies, mentioned earlier, also point towards its internal use to reduce fatigue post-workout. It also may enhance athletic performance when consumed prior to physical activity.

## Home Cleanser Uses

**Natural Kitchen Scrub** - Sprinkle baking soda on the surfaces in your kitchen and use a sponge or rag to scrub. You can even add a few drops of lemon, lavender or peppermint essential oil to add a natural fragrance to this DIY cleaning product.

### Pots and Pans Cleaner

Baking soda can be used to hand wash pots and pans, and it won't hurt these either. Just let them soak in baking soda for 15 – 20 minutes. The grease, grime or food will come right off! Or if you have burnt food in your pot and it won't come off put some water in the pot and sprinkle in a couple tablespoons of bicarbonate and bring to the boil and it should remove most of the cooked on food then scrub well after.

### Carpet Cleaner

Many carpet cleaners include chemicals that can be harmful to your pets or children, so use baking soda to give your carpet a good cleaning and neutralise odours. Sprinkle your carpet with it, let it sit for 15 to 20 minutes and then vacuum.

### Gentle Baby Clothes Cleanser

Baking soda can be used as a natural cleanser, detergent booster and even as a fabric softener. It's seems to be the perfect way to clean baby clothes - just add one cup to your load of laundry.

### Fruit and Vegetable Scrub

Make your own natural scrub by adding a teaspoon to water. The paste mixture is a great way to remove bacteria from your fruits and vegetables.



#### **Silverware Cleaner**

Create a paste that is three parts baking soda and one part water. Rub the paste onto your silverware and let it sit in a large tray or bowl. After 15 to 20 minutes, rinse the silverware.

#### **Oven Cleaner**

Instead of harmful chemicals, simply add one teaspoon of baking soda to a damp sponge or rag. This can wipe away food and grease easily.

#### **Drain Cleaner**

Mix baking soda and vinegar to create your own drain cleaner. A vinegar and baking soda mixture is a much safer option than the harmful chemicals that are typically used to clear drains. Let the combination bubble for 15 minutes, then rinse with hot water.

#### **Dish Washer**

Add it to your regular dish washing cycle. This can help to eliminate unwanted grease and grime that builds up on your dishes.

#### **Fire Extinguisher**

If you experience a minor grease fire in your kitchen, you can use baking soda to extinguish it. Pour it on a small pan fire to stifle flames quickly.

#### **Coffee and Tea Pot Cleaner**

To remove coffee stains and unwelcome tastes from your coffee or tea pot, mix bicarbonate with warm water to make a paste and rub the mixture on and in your pots. For tough stains, let it sit for a few hours first and then rinse.

#### **Shower-Curtain Cleaner**

To remove stains on shower curtains, rub baking soda onto them. After adding a little water, any grime will soon be removed.

#### **Closet Freshener**

To freshen your closet, place a box or cup of baking soda inside. Periodically change it to keep your closet smelling fresh and clean.

### **Wash Your Car**

Baking soda easily removes grease and dirt. Create a paste with one-fourth cup of baking soda and one cup of warm water. With a sponge or cloth, rub the paste onto your car (tires and windows). Then rinse with water to remove dirt and grime off your paint as well - just make sure to thoroughly dissolve as baking soda is abrasive in its powdered state.

### **Kitty Litter Deodoriser**

To naturally deodorise your cat box, cover the bottom of the box with baking soda first, and then fill it in with kitty litter as usual. After cleaning out the litter, give the box some extra deodorisation by sprinkling baking soda on top.

### **Shoe Deodoriser**

Sprinkle it inside your shoes to deodorise them. Odours can clean up within minutes.



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

Dr Mark Circus suggests that the maximum dosage is apparently right on the Arm and Hammer Box, which is 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.

“The proven value of Arm & Hammer Bicarbonate of Soda as a therapeutic agent was further encouraged by a prominent physician named **Dr. Volney S. Cheney**, in a letter to the Church & Dwight Company:

“In 1918 and 1919 while fighting the 'Flu' with the U.S. Public Health Service it was brought to my attention that rarely anyone who had been thoroughly alkalisied with bicarbonate of soda contracted the disease, and those who did contract it, if alkalisied early, would invariably have mild attacks.

I have since that time treated all cases of 'cold,' influenza and La Grip by first giving generous doses of Bicarbonate of Soda and in many, many instances, within 36 hours the symptoms have entirely abated. Further, within my own household, before Woman's Clubs and Parent-Teachers' Associations, I have advocated the use of Bicarbonate of Soda as a preventive for “Colds,” with the result that now many reports are coming in stating that **those who took “soda” were not affected, while nearly everyone around them had the “flu.”**



The brand commonly found in the US.



Recommended dosages from the Arm and Hammer Company for colds and influenza back in 1925 were:

During the **first day take six doses of half teaspoonful** of Bicarbonate of Soda in a glass of cool water, at about two hour intervals. Completely dissolve before drinking.

During the **second day take four doses of half teaspoonful** of Bicarbonate of Soda in a glass of cool water, at the same intervals. Completely dissolve before drinking.

During the **third day take two doses of half teaspoonful** of Bicarbonate of Soda in a glass of cool water morning and evening, and **thereafter half teaspoonful** in glass of cool water each morning until cold is cure. Completely dissolve before drinking.

#### **Precautions and Potential Side Effects**

Baking soda uses for skin or body are generally considered safe and nontoxic. Consuming it orally is also safe, but don't exceed the recommended dose. Too much baking soda can upset the body's acid-base balance leading to nausea, vomiting and/or abdominal pain. Rare

cases of baking soda overdose lead to seizures, coma and death.

It is high in sodium – 1,259 milligrams in one teaspoon – so high doses are not considered safe. High doses can raise blood pressure and cause swelling. In severe cases, it can overload circulation and lead to heart failure. People who consume too much baking soda have reportedly developed blood chemistry imbalances and heart malfunction (ineffective pumping).

Another sound reason not to overdo your consumption is to avoid increasing potassium excretion which can lead to potassium deficiency.

If you have edema, liver disease, kidney disease or high blood pressure, you should avoid taking it internally. It's also best to refrain from consuming it if you are pregnant or breastfeeding.

If you are on prescription drugs, consult your doctor before consuming it, and make sure you speak to your doctor about drinking bicarbonate soda if you are on a sodium-restricted diet. You should not take it within two hours of taking other medications. It's also not recommended to children under six years of age unless directed by a paediatrician.

If you are using baking soda to treat a medical condition for longer than two weeks, it's a good idea to check with your doctor about continuing with this self-medicating.

Some products that may interact with bicarbonate soda include aspirin and other salicylates, barbiturates, calcium supplements, corticosteroids, plus medications with a special coating to protect the stomach, lithium, quinidine, and diuretics.

Speak with your doctor before using sodium bicarbonate if you are currently taking any medications or have ongoing health concerns.

#### **Final Thoughts**

For such a low cost, this is one really affordable natural remedy with a seemingly endless list of baking soda uses. Whether you use it to clean your bathroom, your kitchen - or to cleanse your face, hair and teeth, calm your digestion or help with a physical workout, the many baking soda uses are pretty amazing.

Of course, as with all good things, you don't want to overdo it topically or internally. While many people struggle with being too acidic, not all have that problem and overdoing it can increase acidity. If you are not sure if the doses are correct then do a dose for it, to check what's best for you.

Sodium carbonate is highly alkalisng substance that when used correctly has been shown to help kidney, urinary and digestive health concerns. Even if you are not interested in internal or topical baking soda uses, it seems to be one of the best things to have around your home for really effective, yet non-toxic cleaning benefits.





## Integrated effective healing

- Dowsing • Tapping
- Hypnotherapy

Heather Wilks  
heather@ohnaturale.com  
0414 836 654

### 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/>  
(Alkalisating with sodium bicarbonate)
- Cancerandmetabolism.biomedcentral.com



### DSV MEMBERSHIP RENEWALS

If you've renewed your Membership for 2020, we would like to thank you most especially. We're now very pleased to let you know that in view of these constricted times, your membership will be carried over for 2021. This seems a good solution when we're experiencing so much uncertainty.



Your membership means a great deal to us because it is helping us to continue to meet many ongoing and often hidden costs.

If you'd like to renew for this year and have it 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)

### ARE YOU OUR NEXT DSV NEWSLETTER EDITOR?

We are still actively seeking a new Editor to take over my role for the DSV Newsletter.



I am grateful that DSV Committee Member Bev Ellison has been helping by sourcing articles to lighten the load. If you can help source some others that would be wonderful.

And, I invite you to share something of your own dowsing experiences for the DSV Newsletter. You can remain anonymous if you prefer. Please email it to me: [heather@ohnaturale.com](mailto:heather@ohnaturale.com) (Ed.)

### DSV RECORDINGS NOW ON DVD

**We have many earlier speakers available on CD. From 2016 we have provided DVDs instead.**

These will be available again for purchase at meetings and by post, when we're able to access the facilities at our venue in Mount Waverley. Thanks for your patience.

### NEWSLETTERS BY EMAIL

Receiving our Newsletters by email saves not only the trees, it also saves the pressure of finding an outlet to be able to print in this time of crisis.

Overall, emailed Newsletters save DSV volunteers the extra work, plus the costs involved to print and post (when that option is even available).

**You'll usually receive a valuable covering email with the very latest in links, sometimes including things not in the printed Newsletter.**

To request the changeover, simply email [heather@ohnaturale.com](mailto:heather@ohnaturale.com)

### THE DSV SHOP

When we're able to hold meetings again, rest assured we're well stocked with many different dowsing books and dowsing instruments, including Mick Moran's stunning, hand-made dowsing rods.

And, for the first time at the DSV, we'll have Raymon Grace's bobbars for sale.

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

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

**The Committee of the Dowsing Society of Victoria for the current year:**

President:	Lyn Wood	☎ (03) 8759 3182 or 0409 839 581
Vice President	Heather Wilks	0414 836 654 heather@ohnaturale.com
Treasurer:	Malcolm Davies	maldav1151@me.com
Secretary	Monica Subai	
Newsletter Editor	Heather Wilks	☎ 0414 836 654
Website Updates:	Heather Wilks	heather@ohnaturale.com
Sound/Video	Stefan Bock	
Librarian:	Robert Griffiths	☎ (03) 9369 5362
Committee Members:	Lynne Fitzgerald	
	Lolita Gunning	
	<u>Bev Ellison</u>	
	<u>Sasha Gallie</u>	
	<u>Joan Stanton</u>	

**Dowsing Society of Vic. membership is \$40 single or \$45 family annually. Associate membership of \$10 is available for those unable to attend meetings (or \$15 if you choose to have our Newsletters posted to you in Australia). Please note that contact details for Members are strictly confidential and cannot be provided to others.**

*Membership is pro-rata for new members joining after the AGM, until the end of the calendar year (not applicable to Associate Members).*

**Entrance to meetings is \$10 members and \$15 non-members. Concession entrance of \$8 available for pensioners and health care card holders who produce a current card.**

*We have a range of items for sale at our meetings –*

*Dowsing rods, pendulums, dowsing books & booklets, DVDs, CDs and some back copies of newsletters.*

**Views expressed in our Newsletters and by Guest Speakers are presented for interest, education and entertainment. Committee Members do not necessarily hold these views.**

