

## We Just Want Our Good Ol Mommio Back



This is a book on Practical Vendanta or Applied Spirituality. It has been said that when one gains jnana (knowledge), one must share so that others are helped. I believe that Baba brought me back from the dead so I may share my understanding of iodized salt and its adverse health effects. My children almost lost their mother to its destructive forces. This is a true story of how, after my heart failure, upon request from my children, I managed to hold on to my spirit, and proceeded to give them their Good Ol Mommio Back. Had it not been for Babas Grace, Satsangs (spiritually uplifting company) at our Sai Center, the seva bhava (service mindedness) of HIS Instruments, my determination to hold on to my Faith in HIM, and my blessed ability to practice HIS teachings, I might have been history a very long time ago, and several times over. I am a M.S. in environmental engineering and a M.Sc. in Nuclear Physics. I was a successful environmental business woman before iodized salt stopped me in my tracks. Baba says that ailments stem from what we eat. I learned the hard way to not eat iodized salt. Is Iodized Salt Right for You? Is it a satwic (calming) condiment? Such a mundane subject matter on the surface! However, based on my experience it is a huge threat to ones mental, physical and spiritual well being. I firmly believe that Baba concurs. Or else, HE would not have blessed me with the ability to write this book even after my brains were nearly fried from the stroke that followed the heart failure in 2007. My health problems started at age 28 a few years after I persistently exposed myself to iodized salt. Thought I was making a healthy choice. Upon enduring numerous A-typical and life threatening ailments for 33 years, thanks to HIS Grace, they ended at age 61. The only difference in my diet, medications or life style since the heart failure is that, I was guided by HIM to not

use iodized salt anymore. Since then and only then did my health related ailments start to go away - just like that. Now, my tomorrows are not guaranteed, but my todays seem a lot more certain than ever before. Symptoms return full force when I become occasionally exposed to even small quantities of iodized salt. I bear my soul because this is the age of genome and epigenome research, and genetic and epigenetic engineering. The race for designing the Perfect Man is on. For the insecure and the greedy, God Given is not adequate anymore. I was a perfectly healthy, unwitting, inadvertent, and involuntary contender that got trampled along the way. Dont know how many others are as well. I believe that it was HIS Will to make the arrest of such victimization, one of the objectives of this book.

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