

# Compendium of Pranic Healing Reference Information

Version 1c    Ed Ferrero    November 05, 2006    Reformat tables, add header/footers/pages

Disclaimer: These are personal notes that you may find helpful also.  
This is not an official GMCKS approved document at this time.

## Overview

- This is an index of information and topics from the Pranic Healing reference books listed in Table 1.
- Many of the table entries are cross-indexed (ex: Legs, how to strengthen <> Weak legs)
- If a symptom is not found in this document, then please search the Yahoo PH Group: <http://health.groups.yahoo.com/group/phqanda>  
See Appendix A for details.
- Please send requests for corrections or updates to: [edfcenter-temp@yahoo.com](mailto:edfcenter-temp@yahoo.com)

## Pranic Healing Reference Information

- Table 1: Index of reference book abbreviations used in Tables 2 and 3
- Table 2: Index of symptoms to reference book information
- Table 3: Index of general healing topics to reference book information
- Appendix A: How To Access Online PH Forum for Questions/Answers

Table 1: Index of reference book abbreviations used in Tables 2 and 3

**Table 1: Index of reference book abbreviations used in Tables 2 and 3**

<b>Book or Source</b>	<b>Based on Version</b>	<b>Abbreviation</b>
Advanced Pranic Healing	Copyright 1992	Adv PH
Miracles Through Pranic Healing	3 <sup>rd</sup> edition 1998	Miracle TPH
Possible Miracles	Copyright 2004	P Miracles
Practical Psychic Self Defense	Not stated in book	Psy Self Def
Pranic Crystal Healing	5 <sup>th</sup> printing 2000	P Crystal
Pranic Psychotherapy	2 <sup>nd</sup> edition 2000	P Psycho
SuperBrain Yoga	2 <sup>nd</sup> printing 2006	SB Yoga
Your Hands Can Heal You	Copyright 2002	YHCHY

Table 2: Index of symptoms to reference book information

**Table 2: Index of symptoms to reference book information**

<b>Symptom</b>	<b>Adv PH</b>	<b>Miracle TPH</b>	<b>P Miracles</b>	<b>Psy Self Def</b>	<b>P Crystal</b>	<b>P Psycho</b>	<b>SB Yoga</b>	<b>YHCHY</b>
Abdominal pain	188				68			
ADD, attention deficit disorder							40	
Addiction, drug						115		
Addictions, meditation on twin hearts						123		
ADHD, attention deficit hyperactive disorder							40	
Aging, reducing the effect of		201						
Alcoholism						115		
Allergy, acute	251							
Allergy, skin	149							
Anemia, blood	250							
Anesthesia, pranic								257
Anger, teaching patient to regulate their						165		
Anxiety, at others						57		
Anxiety, at self						60		
Appendicitis, acute	194							
Appendicitis, chronic		178						
Appetite, poor		106						
Arms, how to strengthen	80							
Arteriosclerosis or atherosclerosis	163							
Arthritis and rheumatism	236	186						
Arthritis, degenerative arthritis-osteoarthritis	241							
Arthritis, minor		115 188			73			249
Arthritis, osteoarthritis		188						
Arthritis, rheumatoid	242	190						
Assimilation, problems	199							
Asthma	181	173						250
Astigmatism	128	160						
Auditory hallucination						122		
Autism (email USA center for protocol)							40	
Autoimmune, ailment	253							
Back, injury	83							
Back, lower pain		111						
Back, sciatica and herniated disk	234							
Back, scoliosis	235	192						
Backache		111						250
Bad dreams, children				95				
Bedwetting		180						
Bell's palsy	260							
Bell's palsy	260							
Birth process, facilitating	223							
Birth, at home	224							
Birth, hastening recovery after	224							
Bites, bug or insect		120						

Table 2: Index of symptoms to reference book information

Symptom	Adv PH	Miracle TPH	P Miracles	Psy Self Def	P Crystal	P Psycho	SB Yoga	YHCHY
Bladder and kidney infections		181						
Bladder weakness, urinary urgency & frequency								251
Bladder, infections of urinary tube and bladder	126 201	180						251
Bleeding, how to stop	85							
Blood, anemia	250							
Blood, cleansing	97							
Blood, leukemia	254							
Blood, overview	249							
Blood, purifying	121							
Boils, skin	148	120						
Bone marrow, stimulating and strengthening	118							
Bones, broken	81	185						
Bowel, irritable syndrome								256
Brain, cancer	286							
Brain, energize and activate							29	
Brain, overview	259							
Breast cancer	285							
Broken bones	81	185						
Bronchitis								252
Burns, flesh, green and blue pranas	83							
Burns, minor, fresh		116			63			251
Burns, old minor	84							
Burns, old sever	85							
Bursitis	246							
Cancer	272							
Cancer, brain	286							
Cancer, breast	285							
Cancer, general procedure overview	279							
Cancer, relieving cancer patients		199						
Cancer, tumor benign	271							
Cancer; colon	286							
Cancer; eye	287							
Cancer; law of forgiveness and law or mercy	279							
Cancer; liver	286							
Cancer; lung	284							
Cancer; proper diet	277							
Cancer; proper emotion	277							
Cancer; proper pranic treatment	276							
Carpal tunnel								252
Cataract	134							
Cervicitis	213							
Chakras, ailments overview	28							
Chicken pox		155						
Child molesting						96		
Cholesterol, high level	192							
Circulatory system, overview	153							

Table 2: Index of symptoms to reference book information

Symptom	Adv PH	Miracle TPH	P Miracles	Psy Self Def	P Crystal	P Psycho	SB Yoga	YHCHY
Cleansing, blood	97							
Cleansing, delicate organs	69							
Cleansing, internal organs	95							
Cleansing, solar plexus chakra	96							
Cognitive delays							40	
Cold with cough and stuffy nose		99						
Cold, general								252
Colon, cancer	286							
Complementary self treatment						139		
Compulsion, eating						95		
Compulsions & obsessions						95		
Compulsions, uncontrollable						95		
Compulsive eating						95		
Concussion	82	117						
Constipation	187	108						253
Contusion	82	117						
Cough	177							
Cramps, menstrual					65			256
Cramps, muscle	116 246							
Create positive image / thought entity for patient						209		
Cross-eyes	128	161						
Cuts		118						
Cuts, old	85							
Cyst, ovarian	215							
Cysts	94							
Deafness	137							
Deafness, nerve	140							
Degenerative arthritis-osteoarthritis	241							
Deposits, disintegrating	93							
Depression						136		
Depression, complementary self-treatment						139		
Depression, degrees of						139		
Depression, due to physical factors						136		
Depression, due to psychological factors						137		
Depression, mild								253
Depression, severe						140		
Dermatitis	146							
Developmental delays							40	
Diabetes	227							
Diabetes, inability to make use of insulin	227							
Diabetes, pancreatic due to insufficient insulin	228							
Diarrhea	186							
Diet and appetite control								254
Digestive, assimilative & elimination system overview	185							
Disc (see Back, lower)	234							

Table 2: Index of symptoms to reference book information

Symptom	Adv PH	Miracle TPH	P Miracles	Psy Self Def	P Crystal	P Psycho	SB Yoga	YHCHY
Disintegrating deposits	93							
Dislocation	248							
Down syndrome							40	
Dreams, bad, children				95				
Drug addiction						115		
Drugs, classifying using color prana properties	314							
Duodenal ulcer	189	176						259
Dyslexia						189		
Dysmenorrhea	212							
Ear, deafness	137							
Ear, deafness, nerve	140							
Ear, glued	138							
Ear, infections	124							
Ear, infections, middle and inner	136							
Ear, infections, outer ear	135							
Ear, noise, ringing, tinnitus	141							
Ear, overview	127							
Ear, ruptured ear drum	138							
Earache		96						254
Eardrum, ruptured	138							
Eating, compulsive						95		
Eczema	146	119				137		
Elimination system overview	185							
Emotions, anger, how to regulate						165		
Emotions, anxiety						57		
Emotions, anxiety, self healing						60		
Emotions, child molesting						96		
Emotions, creating positive self image						101		
Emotions, depression						136		
Emotions, paranoid						167		
Emotions, suicidal tendencies						142		
Emphysema	183	170						
Encephalitis	267							
Endocrine glands, ailments of	232	194						
Endocrine system, overview	225							
Enhancing the immunity and defense system	121							
Enlarged prostate	217				66			
Epilepsy	263							
Etheric beings	315							
Exhibitionism					96			
Eye, astigmatism	128	160						
Eye, cancer	287							
Eye, cataract	134							
Eye, crossed, lazy, wandering, wall-eyes	128	161						
Eye, farsightedness	128	160						
Eye, floater	123							
	130							
Eye, glaucoma	132							

Table 2: Index of symptoms to reference book information

Symptom	Adv PH	Miracle TPH	P Miracles	Psy Self Def	P Crystal	P Psycho	SB Yoga	YHCHY
Eye, glaucoma, chronic or acute		161						
Eye, infections		123 130						
Eye, nearsightedness	128	160						
Eye, overview	127							
Eye, red, chronic	131							
Eye, sore		95						
Eye, strain		94						254
Facial, tics	262							
Fainting		159						
Farsightedness	128	160						
Fever, general	98	101			75			
Fever, pneumonia								252
Flesh burns, green and blue pranas	83							
Flu								252
Food poisoning	92							
Frozen shoulder		113						
Gallstones	197							
Gas, pain		105						
Gastrointestinal infections	125 193							
Gastrointestinal ulcer	189	176						259
Glands, endocrine ailments	232							
Glaucoma	132	161						
Glaucoma	132							
Glued ear	138							
Gout	240	189						
Grief, others						57		
Grief, self						60		
Growth, rapid	90							
Gums, bleeding		158						
Gums, Pyorrhea	79	158						
Hair, thinning	151							
Hallucination, auditory						122		
Hallucination, visual						121		
Haunted house				95				
Headache, due to eyestrain					73			
Headache, general	77							
Headache, migraine/stress	77	93			71	53		256
Health problems encountered by psychotherapists						206		
Heart, ailments		163			83			
Heart, congenital ailment	162							
Heart, enlarged (defective valve)	161							
Heart, inflammation	160							
Heart, irregular heartbeat or arrhythmias	158							
Heart, partial block	155							
Heart, problems		163			83			

Table 2: Index of symptoms to reference book information

Symptom	Adv PH	Miracle TPH	P Miracles	Psy Self Def	P Crystal	P Psycho	SB Yoga	YHCHY
Heart, rheumatic	160							
Hemorrhoids	190	177						
Hepatitis		198	175					
Hernia	191 247							
Herniated disc	134							
Hiccup		105						
High cholesterol	192	166						
Hypertension	165	167			82			255
Hyperthyroidism	230							
Hypotension	167							
Hysteria						57		
Hysteria, self healing						60		
Immune system, enhancing	121	154						
Immune system, overview	113							
Impotence, sexual	218	182				61		
Indigestion	188							
Infection and inflammation, green, blue, and violet	117 123							
Infection, bladder	126 201	180						251
Infection, ear	124							
Infection, eye	123 130							
Infection, gastrointestinal	125 193							
Infection, kidney and bladder		181						
Infection, liver	125							
Infection, lung (bronchitis, influenza & pneumonia)	178							252
Infection, minor and severe	123							
Infection, respiratory	124							
Infection, skin	123							
Infection, urinary tract	126 201	180						251
Infertility		184						
Inflammation and infection, green, blue, and violet	117 123							
Inflammation, muscles and tendons	238							
Influenza								252
Injuries, sports	245							258
Insomnia	93	122				169		255
Irritability, others						57		
Irritability, self						60		
Irritable bowel syndrome								256
Itch, skin	146							
Joint, dislocation	248							
Joint, inflammation								249

Table 2: Index of symptoms to reference book information

Symptom	Adv PH	Miracle TPH	P Miracles	Psy Self Def	P Crystal	P Psycho	SB Yoga	YHCHY
Joint, sprains and sports injuries								258
Karma, neutralizing		238		26				
Karma, overview						49		
Kidney, infections and inflammation	202	181						
Kidney, regenerating	207							
Kidney, stones	204							
Laryngitis	142							
Lazy eye	128	161						
Legs, how to strengthen	79							
Leukemia	254							
Liver cancer	286							
Liver infections	125							
Loose bowel movement					68			
Loss of smell		168						
Lung, asthma	181	173						
Lung, bronchitis								252
Lung, cancer	284							
Lung, emphysema	183	170						
Lung, infection								252
Lung, influenza	178							
Lung, pneumonia	178							
Lung, tuberculosis	181							
Lupus, systemic lupus erythmatosus	243							
Lymphatic system, overview	116							
Major surgery	91							
Marriage, improve and save						56		
Measles		155						
Meningitis	267							
Menstrual cramps and discomfort					65			256
Menstruation, irregular or absence of	212	111						
Mental, processes, enhancing by transforming sex energy						191		
Mental, retardation	187 268					187		
Migraine, headache	77	93				53		256
Minor surgery	91							
Miscarriage, avoiding	222	179						
Miscarriage, preventing	223							
Molesting, child						96		
Mononucleosis (glandular fever) PH QandA message #12								
Multiple personalities						202		
Multiple sclerosis					85			
Mumps	124 142	157						
Muscle system overview	233							
Muscle, cramps	116 246	116						

Table 2: Index of symptoms to reference book information

Symptom	Adv PH	Miracle TPH	P Miracles	Psy Self Def	P Crystal	P Psycho	SB Yoga	YHCHY
Muscle, inflammation	238							
Muscle, pain & sprain	247	111						258
Muscle, strain	246							
Myoma	215							
Nearsightedness	128							
Neck, stiff		114						
Negative elementals, cleansing one's self						100		
Negative thought entities & elementals						25 98		
Negative thought entities, externalizing and disintegrating						98		
Negative thoughts, persistent								257
Nerve Deafness	140							
Nervous system, overview	259							
Nose, bleeding		97						
Nose, loss of smell		168						
Numbness	263							
Nymphomania						96		
Obsessions						95		
Organ, transplant, reducing risk	90							
Osteoarthritis		188						
Ovarian cyst	215							
Over-energized healer						208		
Pabcreatitis, acute	196							
Pain relief (general), pranic anesthesia	76							257
Pain, abdominal	188				68			
Pain, shoulder	239							
Pain, stomach		105						
Palsy, Bell's	260							
Pancreatitis, acute	196							
Paralysis, due to stroke		193						
Paranoid						167		
Parasites, worms		109						
Parkinson's disease	264							
Phobias						92		
Pimples mild	147							
Pimples severe	148							
Pneumonia		170						
Pneumonia, fever								252
Poisoning, food	92							
Poisoning, food, vomiting or diarrhea								255
Positive self-image, creating						101		
Pregnancy, avoiding miscarriage	222	197						
Pregnancy, birthing at home	224							
Pregnancy, difficulty giving birth		195						
Pregnancy, facilitating the process	223							
Pregnancy, hasten recovery after giving birth		196						
Pregnancy, patients with a history of		198						

Table 2: Index of symptoms to reference book information

Symptom	Adv PH	Miracle TPH	P Miracles	Psy Self Def	P Crystal	P Psycho	SB Yoga	YHCHY
miscarriage								
Pregnancy, unborn baby affected by mother's thoughts						205		
Pregnant women	221							
Prolapsed	217							
Prostrate, enlarged	217				66			
Psoriasis, skin	150							
Psychological ailments, prevention						203		
Psychotherapists, health problems encountered by						206		
Purifying the blood	121							
Pyorrhea, gums	79	158						
Rapid growth	90							
Red eyes, chronic	131							
Regeneration	88							
Relationship, anger/negative, healing by blessing				35 37				
Repetitive motion injuries								252
Reproductive system overview	211							
Respiratory ailments (pneumonia, tuberculosis, emphysema)		170						
Respiratory infections	124							
Respiratory system overview	175							
Restlessness						119 167		
Retardation	187 268					187		
Rheumatism	236	186						
Rheumatoid arthritis	242	190						
Ringing in the ears	141							
Ruptured eardrum	138							
Sciatica	234							
Scoliosis	192 235	192						
Sex energy, transmuting for children						193		
Sexual diseases	126 219							
Sexual, impotence	218	182				61		
Sexual, nymphomania						96		
Sexual, sterility	219							
Sexual, violence	96							
Shoulder, frozen		113						
Shoulder, pain	239							
Sinusitis	176	169						
Skeletal system overview	233							
Skin, allergy	149							
Skin, boils	148	120						
Skin, burns, minor, fresh		116			63			251

Table 2: Index of symptoms to reference book information

Symptom	Adv PH	Miracle TPH	P Miracles	Psy Self Def	P Crystal	P Psycho	SB Yoga	YHCHY
Skin, burns, old minor	84							
Skin, burns, old severe	85							
Skin, chicken pox		155						
Skin, cyst	94							
Skin, dermatitis	146	119				137		
Skin, eczema and other skin allergies	146	119				137		
Skin, infections	123							
Skin, itch	146							
Skin, measles, German		155						
Skin, minor		116						
Skin, overview	145							
Skin, pimples		121						
Skin, pimples mild	147							
Skin, pimples severe	148							
Skin, psoriasis	150							
Skin, sunburn		118						
Skin, wounds, fresh, instantaneous healing	86				62			
Skin, wounds, inflamed and cuts		118			62			
Skin, wounds, old	85							
Smell, loss of nose sensitivity		168						
Smoking						112		
Sore throat	142	98						258
Spine, back Injury	83							
Spine, lower back pain		111						
Spine, sciatica and herniated disk	234							
Spine, scoliosis	192	192						
Spleen, stimulating and strengthening	119							
Sports injuries	245							258
Sprain	247							258
STDs (Sexually Transmitted Diseases)	126 219							
Sterility, sexual	219							
Stiff neck	238	114						
Stimulating and strengthening the bone marrow	118							
Stimulating and strengthening the spleen	119							
Stimulating and strengthening the thymus	120							
Stomach pain		105						
Stomach pain	239							
Stomach ulcer (see Ulcer)	189	176						250
Strain	246							
Strengthen, arms	80							
Strengthen, leg	79							
Strengthening	74							
Stress, others		203				51 52 53	52	60
Stress, self								60

Table 2: Index of symptoms to reference book information

Symptom	Adv PH	Miracle TPH	P Miracles	Psy Self Def	P Crystal	P Psycho	SB Yoga	YHCHY
Stroke	168							
Stroke, paralysis		193						
Stuttering						94		
Suicide tendencies						142		
Sunburn, skin		118						
Surgery, before								259
Surgery, before and after		198						
Surgery, host								260
Surgery, major	91							
Surgery, minor	91							
Swallowing, difficulties	186							
Systemic lupus erythmatosus	243							
Tendon, inflammation	238							
Tendons, torn	247							
Tension		203						
Thinking, enhancing						191		
Thinning hair	151							
Thoughts, negative, persistent								257
Throat, laryngitis	142	98						
Throat, sore	142	98						258
Throat, swallowing difficulties	186							
Thymus, stimulating and strengthening	120							
Ticks, facial	262							
Tinnitus, ringing in the ears	141							
Tiredness, relieving		124						
Tonsillitis		124 142	157					
Toothache		78	98			64		
Torn tendons	247							
Transmuting sex energy for children						193		
Transplants (organs) reducing risk of rejection	90							
Traumas						92		
Traumatic psychic energy & thought entities						16		
Tuberculosis	181							
Tumors (see Cancers)								
Turn tendons	247							
Ulcer, gastrointestinal	189	176						259
Uninvited invisible guests, discouraging				95				
Urinary system overview	201							
Urinary tract infections	126 201	180						251
Urination, not frequent enough	206							
Urination, too frequent		179						251
Uterus, prolapsed	217							
Vaginitis	213							
Varicose veins	164							
Veins, varicose	164							
Venereal disease	126							

Table 2: Index of symptoms to reference book information

Symptom	Adv PH	Miracle TPH	P Miracles	Psy Self Def	P Crystal	P Psycho	SB Yoga	YHCHY
	219							
Vertigo	141							
Violence, sexual	96							
Violent patients						161		
Visual hallucination						121		
Vomiting	186				68			
Vulvitis	213							
Walleyes	128	161						
Wandering eye	128	161						
Weak arms	80							
Weak legs	79							
Weakness, general		123						
Worms		109						
Wounds, fresh, instantaneous healing	86							
Wounds, inflamed and cuts		118			62			
Wounds, old	85							

Table 3: Index of general healing topics to reference book information

**Table 3: Index of general healing topics to reference book information**

<b>Topic</b>	<b>Adv PH</b>	<b>Miracle TPH</b>	<b>P Miracles</b>	<b>Psy Self Def</b>	<b>P Crystal</b>	<b>P Psycho</b>	<b>SB Yoga</b>	<b>YHCHY</b>
Activate, heart and crown chakras						133		
Activate, the chakra	72							
Advanced general self-sweeping with colors								167
Advanced general sweeping	68							
Advanced localized sweeping	68							
Assigning healing angels		247						
Aura, closing				27				
Aura, closing and strengthening								183
Aura, strengthening, by exercising				39				
Aura, strengthening, by meditation				42				
Aura, strengthening, by pose				42				
Aura, strengthening, by using crystals				47				
Avoid, five things to		87	61		26			
Basic laws of energy self-healing								27
Basic laws of pranic healing, two			1					
Basic techniques						24		
Basic-hand chakras technique for lower chakras						34		
Basic-hand chakras techniques	54							
Basics of pranic healing	47							
Being relaxed or smiling increases flow of energy	66							
Bioplasmic waste disposal unit		65						
Blessings						35		
Chakra, ajna	26	28				11	58	
Chakra, basic	17	19				2	65	
Chakra, crown	27	29				12	57	
Chakra, forehead	27	29				12	58	
Chakra, heart	25	25				7	60	
Chakra, meng mein	21	21				5	64	
Chakra, navel	22	23				4	63	
Chakra, rotation		147						
Chakra, sex	20	21					64	
Chakra, solar plexus	24	24				6	61	
Chakra, spleen	23	23				6	62	
Chakra, throat	26	28				10	59	
Chakras & ailments	28							
Chakras & Auric shields						37		
Chakras, color illustrations		42 43+						
Chakras, functions of each			18				10	15
Chakras, hands and fingers		53						
Chakras, protective web & negative elementals						18		

Table 3: Index of general healing topics to reference book information

Topic	Adv PH	Miracle TPH	P Miracles	Psy Self Def	P Crystal	P Psycho	SB Yoga	YHCHY
Chakras, protective web and negative elementals						18		
Chakras, sizes	29							
Clamping down								37
Cleansing a place with incense				93				
Cleansing and energizing			58					
Cleansing delicate organs	69							
Cleansing the blood technique	97							
Cleansing the internal organs technique	95							
Cleansing the solar plexus chakra technique	96							
Cleansing with salt								194
Clockwise energizing technique	63							
Color prana pictures of colors	12							
Color prana, blue	8		90					
Color prana, description and how to use	2							
Color prana, electric violet	10		92					
Color prana, four things to avoid					102			
Color prana, golden	12		93					
Color prana, green	6		88					
Color prana, how to use	3				101			
Color prana, orange	5		87					
Color prana, red	4							
Color prana, table, descriptions of colors								157
Color prana, violet	9		91					
Color prana, yellow	7		89					
Color pranas, checklists for using								173
Color pranas, exercises								161
Color pranas, guidelines for safe use								159
Color pranas, projecting correct color								160
Complementary pranic self-treatment						139		
Connecting tongue to palate							28	
Cords, cutting				10 3				180
Cords, overview and cutting			64					
Counterclockwise sweeping technique	68							
Critical factors in healing		92						
Crown-hand chakras technique	59					30		
Crystals, basic-hand technique					94			
Crystals, charging with pranic breathing					109			
Crystals, charging with prayer				54				
Crystals, charging with solar, air and earth pranas					110			
Crystals, cleansing a dirty chakra					46			
Crystals, cleansing overview				50	10			
Crystals, cleansing with electric violet light					17			
Crystals, cleansing with incense					15			
Crystals, cleansing with prayer					19			
Crystals, cleansing with water and salt					12			
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## **Appendix A: How To Access the Yahoo Groups PH Forum for Questions/Answers**

Welcome to Pranic Healers Questions and Answers! The purpose of this group is to Answer your Questions regarding the Application of Pranic Healing Treatments and deepen the awareness of proper practice.

Please DO NOT send inspirational messages, announcements or other types of news to this address.... The sole purpose is to provide you with Answers to Questions about Pranic Healing...

To start sending messages to members of this group, simply send email to:  
[phqanda@yahoogroups.com](mailto:phqanda@yahoogroups.com)

If you want your questions answered privately, please send to:  
[phqanda@yahoo.com](mailto:phqanda@yahoo.com) marked "Private" or "Confidential"

If you do not wish to belong to phqanda, you may unsubscribe by sending an email to:  
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You may also visit the eGroups web site to modify your subscriptions:  
<http://www.egroups.com/mygroups>

Please remember to Unsubscribe yourself when you are ready to leave this group!!!

Love and Blessings, Charlotte and Marilette

To access the group's archived messages:

1. Open a YAHOO email address.
2. Join PHQANDA Yahoo group using the YAHOO email address.
3. Go to  
<http://health.groups.yahoo.com/group/phqanda/>
3. On this page, on the left side of the screen, click on "Messages". This brings you to the recent messages of the group.
4. On the top right of the screen you will see a window where you can type out the key words of the message you are searching for. This will scan the archives for older messages with the words you typed out.
5. If the message is not found and you have reached the very first archived message, email the group for your specific query.

Love,

Marilette