



## We Just Want Our Good Ol Mommio Back

By Meena Nupur

Outskirts Press. Paperback. Book Condition: New. Paperback. 192 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. 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...

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