

## Polycystic ovaries

Anshu Lalni

I acquired the problem of PCOS a year back with irregular menstrual cycle, ~~to~~ and excessive weight gain. It's been almost 7 months since I am taking Dr. Nehra's treatment. My report dated today says that I have normal ovaries. With the help of Dr. Nehra's medicines, ~~to~~ I have got rid of the disease but now I am working on my weight & I am trying to follow religiously Dr. Nehra's advice & suggestions for food & lifestyle.

There are very few doctors who are not commercial in their approach & treating patients. Dr. Nehra is one of them. His passion for the right food & lifestyle has inspired me & my husband to a great extent & I am sure if I religiously follow Dr.'s advice, I will lose weight too very soon.

There is only one golden rule →  
Pls. follow Dr. Nehra's advice RELIGIOUSLY.

Thanks & regards

Anshu

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