

# Calcaneum Spur.

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I had this problem. A spur for 2-3 months back but I thought that it is a problem of leg pain or Arthritis so I neglect it. Afterward I can't walk. Then I come to Dr. Mehra for treatment and he told me that it is calcaneum spur. He gave me medicine and suggest about the footwear I want to make for this, he gave me the address as well as phone number. Within 15 days my pain reduces 10-20%, but when I made that footwear and used it, it became more effective. Then he advice me about the exercise for the legs and within 2 months I became alright. Now I had no problem about my legs.

My suggestion for other patient is to obey the Dr. Mehra's instruction and give proper feedback. Definitely you will get proper response.

Homeopathy gives you slow response but it cure totally, it is my previous experience also.

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