

Osteoarthritis & Urticaria

Geeta Raman. [REDACTED] 27/10/06.

I was suffering from knee pain (osteoarthritis) since 5-6 months. Then I developed skin allergy. I tried allopathy medicines but only got temporary relief. It recurred after some days. I was advised to do some allergy tests. Then I approached Dr. Mehra for the various suffering I was undergoing. He reassured me that I can be cured and gave this gave me the moral boost. He suggested some dietary changes, exercises which brought me instant relief ~~together~~ along with the medicines. I was asked to keep a diary and maintain it where I noted the extent of knee pain and rashes on the skin everyday. As the days went by my problems reduced and finally both the problems vanished and my diary showed 0.

Now I follow the diet strictly as suggested by my Doctor. I believe that key to my cure is Doctor's advice, carrots & exercise. Thanks to my Doctor.

Geeta Raman

(Geeta)

(Contd)

Homeopathy & medicines were known to me for many years. I used to read various articles on homeopathy but I had not tried. This was the first time I approached Dr. Mehra for my problems (homeopathic cure). I am always under the impression that it takes longer to cure in homeopathy. But my experience suggests otherwise. And I am surprised by my speedy recovery. Homeopathy medicine has done wonders to me.

Another example is I was slipping into depression, menopause symptoms etc. By 2 doses of a homeopathic medicine I was completely alright - and started feeling good again.

Thanks to my Doctor

Pooja
Aruna Karmali
27/10/06