

Chronic Abdominal pain.

Chronic Gastritis, Constipation

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DATE	17/12/13

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Problems: Acidity, constipation, and acute abdominal pain (since 3 years)

I was suffering from acute abdominal pain and constipation since last 3 years. I tried all kind of allopathy medication. It was hardly any result.

One of my friends who is regular visitor of Dr. Mehra suggested me to meet him. First time when I came here I came as visiting like other doctors. But when he called me inside and started asking questions in details I was bit surprised. No doctors ask you in detail about your problem.

But Dr. Mehra is very very different. His way of approach is very unique. He first established his faith in ~~you~~ me. I was totally moved by heart. Then he gave medicine and asked me to write diet chart.

On our next visit he went through my diet chart. Then he said, "you have to follow my instructions on diet".

The way he told me about food and food habits, was really amazing.

The first thing he cut down all my unhealthy habits like tea, coffee, cookies, bread etc. That a following week was very relaxing and enjoyable for me.

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The way Dr. Mehra counsell you is very enlightning. I totally changed my attitude towards food intake. I realised that I am responsible for all my problems.

We face problems for what we eat. We keep on doing mistakes and we won't get any body to guide us. Here Dr. is great guide and teacher for me. His selflessness guidance for his patients is very heart warming. We hardly get such doctors to guide in our life.

When we see his contribution towards our healthy life, we should realise that fact very early and start following his instructions. Our co-operation is more important, otherwise we are wasting his valuable time.

Following healthy food habits and all yoga asanas shown by Dr. are more and utmost important.

Thanks is very small word but following his instructions is honour to him.

My each visit was great and different experience and full of enlightenment.

(Rahul)

The most and very important thing that acted with my problem is

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Doctor's magical medicine. Though the medicine intake is very less as compared to other allopathy treatment, its action is very very powerful. That I felt from very beginning.

This difference I can make out very easily because of long chronic problem I was undergoing and tried with many other medication.

The day one when he started his medication, I could make out the slight improvement in me. Gradually the improvement went on increasing. Today I can say "I am feeling far better" with my problems. The only thing that I can say is his medicine and his guidance, that worked really magical. The treatment boosted my self-esteem and my faith in medication of homeopathy. His medicine, treatment and guidance made me to respect my life. I heartily agree that homeopathy treatment given by Dr. Mehra is very very helpful and he makes us to lead painfree life.

@ahul.