

Urticaria & Asthma

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ARUN KRISHNAMURTHY

I have been suffering from Allergy & Asthma for more than 15 years. Though the diseases were under control using allopathic medicines, there had lots of side effects & constantly more heavier doses of medicines were required.

I came to DR. Mehra around Oct 2010. He did a detailed analysis of my past history. He also focussed a lot on my diet. He made me write two charts. The first was a daily diet chart & the second was a chart showing what medicines I ate & the severity of the disease on a daily basis.

Over the next few months, thanks to the medicines and the diet, the symptoms of the diseases improved. I reduced the number of allopathic medicines dramatically. Where I used to take 2 inhalers of a strong dosage & 1 nasal inhaler ^(twice a day) along with an allergy tablet, now I take only 1 inhaler of a low dose (4 that too maybe once a day) & one allergy tablet.

I would consider myself around 80% better than before the treatment.

My experience thus has been excellent. DR. Mehra has strong views on diet & it has been my effort to follow the instructions diligently though it is quite difficult at times.

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He spends quite a lot of time with each patient & is always cheerful & positive.

I am continuing my treatment with him to further control my condition. I am hopeful that with the continued efforts of Dr. Mehra I would be able to gain complete control over my disease & be able to eliminate the allopathic medicines that I take presently.

Arachal C.

Arav K R Channamurthy

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