

Nivedita Pillai

Tel no [REDACTED]

We consulted Dr. Mehra in July 2014 first, for our then almost-two year old daughter Nivedita. She had cold, cough and fever, a fairly frequent occurring concern. We had recently moved to Mumbai and wanted to go with Homeopathy.

She had earlier also had homeopathic treatment and so did her brother. We believe that homeopathy is not as intrusive as the english stream of medicines.

We started off with an SOS approach for her with Dr. Mehra and then moved to a continuous evaluation system.

Over the course of the last six or so months we have been guided into an improved diet format, awareness created about various d's and d'ites and overall maintenance of health.

Through the various discussions had with the doctor, we realised that we were not all that deviated from the expected/ideal diet format. He helped focus on the minute details and make necessary corrections. He suggested maintaining an easy-to-jot-down diet chart and also ^{an} her progress/trend with the cold/cough. That has helped in our understanding of her body and how she reacts to certain items like cream buns/chocolates and overall management.

The doctor is always approachable. That is a big plus. Be it over phone or on Whatsapp, it is reassuring to know that queries will be responded to.

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in a timely manner. As young parents, that is a big boost.

Our daughter is largely well now. The recurrences of fever has dropped and the frequency of cold/cough reducing gradually. We are continuing the treatment, following the maintenance philosophy and are hopeful that she will be all well very shortly, under the able guidance of Dr. Sumit Mehra.

Nithya

NITHYA PILLAI
Mother of Nivedita