

JVAAN. LAKHANI

AGE:- 2 yrs.

LONICA LAKHANI

AGE :- 2 Fys (Jvaans Mother)

I heard of Dr. Sunil Mehra from my mother who was treating herself successfully from him for "osteoporosis". I went to the doctor for general tips on health and to have a healthy lifestyle. Also Doctor Mehra is an excellent guide on "psychological problems", and emotional troubles. Following his diet and routine made me more energetic and happier.

When I conceived Jvaan I knew that I had to take complete guidance from doctor. He is an excellent and very knowledgeable anti-natal guide as well. He guided me what to eat during pregnancy and what care and exercise is required especially to give birth naturally. I followed him completely and with regular walks & active lifestyle and diet was blessed with a healthy baby boy "Jvaan".

With Jvaan I was so extra careful and scared for every little thing but doctor Mehra guided me so well right from breast feeding Jvaan till his weaning stages & till today. Thanks to doctor's diet specifications for Jvaan. I had no trouble keeping him away from allopathy medicines for over a year. Infact Jvaan took no allopathy or any kind of medicine cause he hardly ever got a cold or even fever. He had not consumed any anti-biotics also ever. When my pediatrician once asked me what anti-biotic suits, Jvaan when he was 1 1/2 yrs old he was surprised to know that Jvaan had never had any anti-biotics ever. This is only and only thanks to doctor Mehra.

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I never had any problem with his weight or growth cause doctor has always given and suggested a good and well balanced diet for him.. In fact Ivaan is the tallest kid his age without giving him any calcium or Iron substitutes that my pediatrician had advised. For Cold and cough too only and only Dr. Mehra's medicine have worked for Ivaan.

Altho I have come to realise that allopathy has no cure whatsoever for common cold or cough or to boost a persons immunity while being treated for viral fever or common colds.

Recently Ivaan had the hand-foot and mouth disease which was a viral epidemic amongst kids below the age of 5. My pediatrician said it will take atleast 12 days to cure plus gave me a list of anti-biotics to be administered. But with doctor medicine i.e. homeopathy his boils and scars and fever vanished within 48 hours which is miraculous.

I would advise everyone with small children to pls pls pls pls only and only follow Dr. Mehra for everything. Because thanks to him my son Ivaan hardly falls sick and lives a normal & healthy lifestyle and both me and doctor Mehra have been successful and keeping harmful medicines away from Ivaan. He is truly blessed.

Thank You Doctor! You truly are the "BEST". And now my second child is also on the way and I know all I should about bringing up a healthy child both physically and mentally only because of YOU!! God bless You.

