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I would like to start by saying that I am still undergoing treatment.

I have this problem for last 10 years and had undergone surgery for the same eight years back. I started this problem again which was a big push to think about the permanent cure.

I have always believed in homeopathy but here in Dr. MEHRA'S CLINIC, it is not only the cure which happens rather you are taught how you can move towards getting cured permanently.

We all know benefits of healthy food habits but how many of us follow it on a daily basis rather than only during the time we are not healthy.

This is what I learned from the doctor here. Be compassionate to

yourself. We need to eat not to get healthy but to stay healthy.

His feelings and attitude towards the patient is very positive and motivating and stays with you even if when you are home.

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Writing diary is a good habit I learned here as it gives you a feedback where you went wrong throughout the day. It moves you towards a healthy lifestyle.

The doctor and the compounds is always available on phone so connectivity is there which is really helpful.

The doctor's strictness about diet is helpful in a long run. Initially I used to feel it as a punishment but now once I follow, I feel how badly I ~~eat~~ eat and how important it is to write and monitor your diet.

Although I am completely fine now I am continuing with the medicines for the permanent cure.

I got cured in two weeks which is a sign that doctor's medicine and his knowledge and expertise about the illness is excellent.

I appreciate and thanks the doctor for his presence in my life to move it towards a positive lifestyle. I have now understood the real meaning of illness and cure.

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