

FISTULA.

Name

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Fistula, a disease which I had with for over a year before I met Dr Sonil Mehra. These days with the internet age, I found out the symptoms and causes to finally conclude at the illness called fistula [never trust the internet] where it mentioned that the only way the disease is curable is through 'SURGERY'.

Now, anyone who hears this word 'SURGERY' could get a little frightened. Other ways of curing this disease were through Ayurvedic & a very little weightage was on 'HOMEOPATHY', as I've said earlier, never trust the internet.

My family was ~~strictly~~ against surgery and it was our last resort out of fistula.

Till we met Dr Sonil Mehra, I've heard of him as a very strict man who always 'FIRES' at you for doing any mistake and also makes you follow one of India's strictest 'DIETS'.

We met Dr Sonil Mehra in the month of December 2013, where my parents were convinced the only way out is through homeopathy [ofcourse keeping surgery in mind] when they first met him, his confidence and faith in his practice not only convinced my parents but it passed on to me [since I always wanted the Fast way out of things]

There is a famous saying that 'Good things come to those who wait', and indeed it does work.

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My diet plan started off slow, adapting to veg food from being a Non veg person, makes things uneasy especially being a teenager. When your friends eat "delicious" food while you envy them. But it was worth it. This diet not only helps your diseases cure better, but it is honestly one of the healthiest tips I have ever encountered.

For all those who want to loose weight and get slim and thin.... This diet helps!!!

But enough of the extra talk. Fistula at it's minor stage posed a major threat. The discharge of pus and blood along with pain made me feel weird to the fact that something so small can create and harm so much.

Following his method for the past 7 months, changed my diet, had my medicines on time, and of course there were times I did eat the wrong thing which the Dr convinced me that the effects were due to this. Diet is important.

"You are what you eat", keep this in mind and it'll work wonders.

The Dr's ability to understand and have years of experience is the reason why I haven't lost faith in him. You might have a stand where you will think the medicine isn't working or the disease/illness isn't curing, but as I said 'good things come to those who wait'.

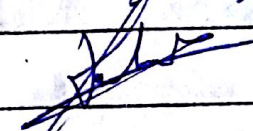
we, as parents always have a thing for maintaining vehicles. The more you maintain, the longer it'll last. Respect your body and follow his teachings.

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For those who are scared of him, don't be. A man who removes time to help you stay healthier is a man worth respecting. He will be strict only because you don't realize your discipline in nature and towards life. "Believe in him for a while like how you believe in prayers".

Lastly to summarize, any illness/disease is curable at any stage. I've ~~truly~~ ~~been~~ encountered many changes in my life and my health [even my family] it's July 2014 and I could say my disease ~~am~~ ^{is} in its final stage of cure. Homeopathy as my mother always says - "This medicine cures from the roots!!" Keep faith and trust him always.

Yours faithfully.



KOSHANT KOTHARI