

# Chronic Gastritis

## Manu Singh

It all started in Chennai. I had never had any problem related to gastritis but since Jan 2008 I have been suffering from the same. Then I shifted my base back to Mumbai and through internet came across Dr Mehra. Well, I thought there was no harm in trying. I started the treatment ~~of~~ on 6<sup>th</sup> August and it has been 2½ months since then. I'm not cured 100%, at least not yet, but I'm sure that day is not far away.

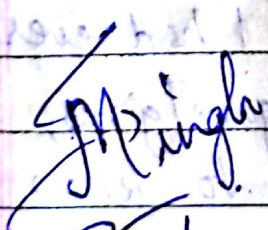
For a patient, first interaction with Dr Mehra can be a different kind of an experience. At least it was for me. He is nothing like any other doctor I had ever met before. For eg, the amount of time he gave/gives, the way he explains the problem (helps ~~one~~ one to know where you stand), his teachings, advice, understanding of your problem and <sup>not</sup> but not the least the root cause of the disease. To tell you the truth, the first experience can be quite uncomfortable. But given your attitude, trust, faith and humility, you can learn a lot and <sup>over</sup> a period of time you would look forward to such meetings. To me he is more like a coach and the gap between the appointment is like practice time and <sup>on</sup> Saturday I get my marks from him. What I mean is that whatever he advises has direct relation to the illness (even if the patient doesn't realize it) and if you have faith in him, have the right attitude and have the will power to amend and correct <sup>your</sup> ~~ones~~ life style, you'll surely benefit. You also need to be patient and results will show over time.

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In the beginning you might feel that whatever he says is not practical. At least I thought the same. But ~~but~~ with a little bit of will power most of things he advises are doable. He will advise based on your situation. Also even if you are able to inculcate and apply 70-80% of the things, you have done well and it would reflect on your health.

I can go on writing about lot of other things and my experience. But, I would like to wait until I get 200% better. Why 200%, well 100% related to the my illness and another 100% to a healthy and ~~the~~ fitter life.

All the best to whoever reads this.

 "More to come"

20/09/2008