

Chronic Gastritis

SAKTHIKUMAR

Tel no [REDACTED]

Duration of Treatment: 4 months

Percentage of Recovery = 90%

I have approached Dr. Melma about 4 months for the issues I had for long time (maybe from 10 yrs onwards). I had severe constipation and gastric issues which was kind of very normal thing to me. This gets worse either I tend eat outside food often or drink tea & coffee. Generally I use to take 2-3 tea and once coffee every day and observe that this was severely affecting digestive system. Whenever I face very difficult times, I visit doctor to take allopathy medicine. But it was only temporary and doctor suggested go for complete check-up using endoscopy. Slowly then I realized that I am ~~not~~ looking for cure rather than prevention. I also felt that I am physically unhealthy and not able to lead normal life.

I thought homeopathy should help my chronic illness and approached Dr. Melma. Although initially I was little surprised with questions and asking for diet chart now I can understand it and appreciate as well. He was not looking to give medicine to cure my disease but showed me the way for permanent healthy way of leading the life. Taking his advice serious, (although initially I thought that they are ~~was~~ not practical) I change my food habits and continued taking his medicines regularly. Today I feel my health levels could have been even better ~~either~~ if I could have consulted him much early. Next page see below.

I thank from my bottom of heart for his advice and medicines, I feel I regained my health levels. The basic 'mantra' he thought me was,

1. Eat fruit twice a day
2. Eat Salad ,,
3. Have healthy breakfast
4. Avoid outside food, if you happen to take be careful & it should be occasional.

This changed my gastric issue dramatically and feel much happier.

Thanks to Dr. Mehra for all his help.

~~Dr. Mehra~~