

ENDOMETRIOSIS & ACNE

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AGE: 44 yrs.

I was suffering from Endometriosis for several years. It entailed severe bleeding and excruciating pain during my monthly periods. I went through living hell for quite a several years.

Most of my gynecologists advised me to undergo hysterectomy, which I did in 2015. The gynecologist advised me against removing my ovaries on account of the risks associated. However within 2 months of undergoing hysterectomy, I was diagnosed with strictures in my ureter. This required re-construction of my ureter, which required me to undergo another surgery within 3 months of my earlier surgery.

The post surgical period was very painful since my stomach got upset and I had to be in the hospital for almost a month. I was on I.V. for most of the time during the hospitalisation period. Post the surgery my ordeal commenced from constipation to diarrhea, apart from the post operative problems associated with ureter re-construction.

Although the subsequent two years were not ^{very} painful, I had ^{continuous} constant bleeding or chocolate discharge on account of the cysts in my ovary. On the pain becoming

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unbearable. I underwent my third surgery after a period of 3 years in 2013. (for removal of ovaries and Appendix). While I was cured, I again started to bleed after about 3 months and to my horror a Cystic lesion had further developed. (favouring ~~recurrent~~ recurrent endometriotic cyst). This time I was totally depressed.

As a last resort, we decided to consult Dr. Sunil Mehta, who also happens to be my husband's close friend ^{in Feb 2014}. He was a great comfort for us, since he promised to cure me, provided I followed the diet changes that he specified. I found that the diet changes were not "restrictions" but changes in the habits of 'better' food ^{items}.

I never went hungry although the cravings for some items that we used to like sugar, tea, some of the processed food etc. took time to die down. I felt much better after a few weeks. These were complimented with homeopathic medicines which were easy to carry and take.

I persisted with the medication and the instructions from doctor regarding diet & food habits. After 3 months the cyst showed decrease in size on a consistent basis. After every 4 months I had to repeat my sonography. And to my greatest delight, the sonography during last week (Feb 2015) revealed that the cyst has completely

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disappeared.

During the same time (from June 2014) my teenage son started getting acne. We took him to Dr. Sunil Mehra and am happy that the acne has been cured.

I and my family cannot ~~that~~ thank Dr. Sunil Mehra enough for bringing the joy back ~~to~~ in our lives - it is beyond words.

Dr. Mehra used to explain many things with utmost sincerity. Compounders service is also excellent. Any time I could give a call to the clinic for fixing appointment or for any doubts regarding my medicine. Doctor used to revert back immediately if I send a message on his phone.

Message for other patients is follow his instructions completely and have a faith in him that he can cure your illness.

Fee structure is also very reasonable. Because I have spent lacs of rupees earlier and wasted my time even though I didn't get a result. Today I am completing exactly one year with homeopathic medicines and I can assure you that it works amazingly.

P. Chandrako