

Hairfall -

Sudarshan Shetty

Age = 20

Sex: male

I am Sudarshan Shetty & I went to thank Dr. Suniel Mehra for the best treatment he has given me.

I had severe hair fall problems for 3-4 months. This was a continuous thing which was quite stressful. So my mother suggested me to visit a Homeopath. And knowing it would be a long term treatment I started with the treatment without any hesitation.

First thing that the Doctor told me is to change my dietary habits. So I stopped eating junk foods (maybe once or twice in a month). "8 hours of sleep & Rest" was put immediately in effect in my time table i.e (10pm - 6am). I started eating fruits & Dry fruits in ample quantity. The Duration of my treatment was about '4 months' & I had a speedy recovery (90%). and had my medicines from time to time without skipping any doses.

Homeopathy takes some time compared to some other methods but it is important to be Patient & Sincere.

The Doctor is quite trustworthy, reliable & knowledgeable & will always give you tips on what to do & how to do

[Personal care]

NEXT PAGE

The Compounder will always remain in touch with respect to the appointments & medications (Doseage).

My fee structure is Rs 1000.

If you want recover as soon as possible try & follow the Do's & Don'ts.

Fast foods, processed food will only worsen the your health. So please avoid it.

Thankyou Dr. Suniel Mehra

~~Shetty~~

SUDARSHAN SHETTY

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