

Hypercholesterolemia

Venkat Balan

Age - 44 yrs

I would like to share my experience of being substantially cured of my illnesses of Blood Pressure and high triglycerides. ^{about 2 yrs back} on knowing of these diseases, I was told by my Allopathy Doctor that there was no cure for this and I need to have regular medicines throughout my life. This put me off completely and I was not willing to accept it.

Fortunately, at that time I came to know of Dr Sunil through my office colleague and friend. My first meeting with him gave me the confidence that for sure I would be able to lead a medicine free life ahead. The efforts and interest taken by Doctor, to explain to me & my wife the reasons for these ailments and the changes in my lifestyle I needed to make, convinced me that 'Main Karkhe Di Kharcha' I was a habitual coffee drinker having about 6 to 8 cups per day with a couple of cups of tea also put in. Irregular eating habits and sleeping patterns was also part of my everyday life.

When I was told of the changes to be made like 'No Coffee/tea', No eating out, sleeping by 10-30 pm etc, I felt this was highly possible though my friends and relatives felt it was too extreme a step and we need to enjoy life.

Today 2 yrs down the line I can gladly say that I am living life to the fullest and have also made the changes in my lifestyle. The results are there for all to see - My Triglycerides have fallen from 343 to 173. BP Allopathy tablets are only taken 1/2 per week from once daily.

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This has all been possible to Doctor's guidance, support and valuable insights including explaining in simple terms the nuances. Thanks Doctor.

The Support system of Campaiders and their pleasant demeanor makes visits to the clinic more pleasant. They sure must be clearing a lot during their tenure here too.

~~Let~~ Lets abide and adhere to Doctor's guidelines and am sure we all will have a healthy life ahead.

Reeth