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Migrainous Headache

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I had a headache problem from Dec 2006 till June 2007. My head used to ~~be~~ hurt a lot.

Till when my mother found out about Dr. Sunil.

I thought the reason of my pain was stress or some kind of disturbance. But I found that it was not due to my stress.

He asked me to prepare a diet chart of what I eat daily, and that when I realised that it was all the health problems were due to my eating habits. He told me that I must avoid red meat cause that was my main weakness. I am a catholic girl and ~~for me~~ hard core non-veg. It was very tough in the beginning but then as he started explain it to me at every appoint "how it affects me", I woke up and like a good patient started concentrating or say gave a second thought to what he used to say. All his words were true and affected me. By the end of May I almost lessened my intake of red meat and by June I stopped. And trust me on this my headache stopped as well. I was surprised on how I did it. All thanks to Dr. Sunil.

He one of a kind doctor I might have come across. His treatment is so precise and healthy as unlike other doctors. ~~who~~ He not only concentrates on the disease but bring about a change in your health as well. He make you aware of what you are eating and how you must eat. He helps you understand the ~~dis~~ problem and get you out of it. I must say he is one

Kind of a doctors. His method of taking the fees is also good. He does not take it for his benefit but for our. He is one ^[doctor] person whoes not selfish. Rupali his assistant is also a good helper. He reminds you of the time to come, calls when you are late and most of all gives ~~the~~ you medicines. Thanks to here too.

I believe its only when the doctor and patient have a mutual understanding ^{is} when a patient is cured. And ^{with} a doctor like doctor Sunil you have to get cured.