

Saroja Ravishankar.

Mob. [REDACTED]

I am Saroja Ravishankar and I am 56 years old. I generally lead a healthy life. My problems started around four years back. I had severe gas formation in my stomach then I started developing fear of it. My mind was constantly thinking about this problem. I developed the fear of eating thinking that it will cause gas. I avoided going to doctors as I don't want any medication. Ultimately I had to make a decision so I thought of homeopathy.

Dr. Sunil Mehra is known to our family. He has cured my husband's itching problem. I met him in June 2014 and in six months time I am very happy to say that my gas problem and anxiety, both are cured.

He made me to write down the food items I take every day. From that list we could identify the food which was causing me problems. I have given up consumption of coffee and tea completely. Even green tea is out of my list. I learned the importance of fruits and raw vegetables after coming here for treatment. I have stopped taking curd in the night.

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As per doctor's advice, I take Delgad in oils and herbal tea. I strictly follow doctor's advice in food and ~~or~~ I enjoy good health.

Apart from diet, doctor advised me to do Pranayam in the morning. Healthy diet + Pranayam + Doctor's medicine did wonders to my body. Now I am out of anxiety. If I had gone to an allopath, I would have ended up taking tablets with lots of side effects and I would have hooked to it through out my life.

Dr. Sunil Mehra's holistic way of treatment is a boon to patients. My point to all patients is listen to Doctor and follow his instructions without fail.

The service of doctor and his staff is excellent. Thank you doctor once again for helping me to regain my health.

Sargishankar

20/12/2014