

Punit Singh

I have dandruff from several years. I have consulted several doctors for this problem. I have also tried using several popular shampoos available in the market like Clinic All Clear, Pantene, Head & Shoulders etc. None of these shampoos are effective if you suffer from dandruff. They are only like a temporary solution to remove the dandruff. They will not only ~~not~~ not cure the dandruff but also spoil your hair texture. The quality of your hair deteriorates with regular use of these shampoos and the dandruff will be back to normal. Even the medicated shampoos do not benefit much as you need to keep using them regularly to get rid of the dandruff. They are even more strong in terms of chemicals and damage to the hair is greater than shampoos like Pantene etc.

After my problem did not get resolved even though I consulted many dermatologists, I came for treatment to Dr. Sunil Mehra. He gave me several tips to follow in my day to day routine. These tips are very easy to follow and EXTREMELY EFFECTIVE. The two tips I rigorously followed was wearing a CAP and applying mustard oil (STST). They improved the quality and texture of my hair. Along with doctor's medicines and the use of shampoo which was

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prescribed by the doctor. The condition of my hair has changed drastically. The amount of hair has increased; they are much better in texture now. The amount of white hair has also come down.

Dr. Mahua does not prescribe every expensive medicines, shampoos etc. but forces the patient to analyse his daily lifestyle and diet, which are the primary reason for the problems related to hair and skin. His advice regarding improvement of diet and the kind of food that we should eat not only results in curing of the disease but also improves your health and overall well being. It may be a RADICAL change from your existing diet & lifestyle but you will notice a lot of changes after following even a few things religiously. It will take ~~some~~ time and effort but you will be rewarded with a stronger immune system and a well nourished and lean body. Following his advice results in improvement in all areas of your health and nutrition and has extremely beneficial SIDE EFFECT.

Punit Singh (19th June 2010)