

Pallavi Vaidya - Tel no ()

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Before entering Dr. Sunil Mehra's clinic, I expected him to be like any other doctor. I was suffering from a terrible cold which seemed to find renewed vigour during the night, giving me sleepless nights and dark circles. I used allopathic medicines to get rid of it, sooner I realised it was only a temporary effect. What I had also not noticed or rather ignored, but constantly reminded by my mother was the increasing number of acne (pimples) on my face. It followed me since my teenage. At that point my acne was more prominent than ever before.

However, it was the cold which brought me to the Doctor's clinic. Waiting for my chance to see the doctor, I noticed the wall was dilled with tips on what to eat and how to live. Seeing my round tummy, I decided I'd follow those tips.

When I met doctor Mehra he not only took upon himself to rid me of my cold but also to cure me of my acne and make me look fit and fine. He emphasized on giving up milk products and non vegetarian food (I'm a regular carnivore) as these were the causes of my problems. He asked me to maintain a regular record of my diet and also the severity of my cold, regularity in menses and the frequency with which new boils came up or disappeared. Thus unlike other doctors who only bother about the illness they are told, Dr. Mehra went about transforming me into better looking person, simultaneously dealing with my cold.

During the course of next seven months which included frequent visits to Dr. Mehra's clinic, I realised how helpful it has been to take his medicines. The compounders have been helpful too! The examination of my records (diet, cold & acne)

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his suggestions and medicines, I gradually recovered from the cold. My skin~~s~~ glows like a foreigner, I guess the diet suggested by Doctor (including eating a fruit every morning, eating a carrot or a cucumber just $\frac{1}{2}$ hr before lunch, reducing milk & milk products, and almost giving up non veg) has had a significant role in my recovery along with his medicines.

The big difference between Dr Mehra and other doctors is that Dr. Mehra takes special interest in all of his patients. He is very approachable and if need be he would come and make a visit. He is friendly and that is the reason I have built a close rapport with him. Dr. Mehra's case was never commercially driven. He made sure I gave up on my wayward eating habits and made me a lot more disciplined.

Dr. Mehra's principle weapon when it comes to tackling most of illness is Panch. To me, a teenager, it seemed unreasonable and impractical at first. However, Dr. made me realise that if I have to rid myself of all my problems, I had to understand the importance of refraining. Giving up some of my favourite foods has helped me come a long way.

Finally, I shall be shifting to Canada. However, when I go meet my friends they ask me just one question, 'How come you look like a Canadian even before going to Canada?', 'How come your skin glows so much??'

And with a wide smile on my face I reply, 'You can thank Dr. Sunil Mehra for that!!!'