

Alopecia Areata

26/11/07

SUSHIL KUMAR

~~XXXXXXXXXX~~ - (mobile).

Myself Sushil Kumar, I was suffering from my hair disease Alopecia Areata last 10 months. First, I went to other medical / Hospital but I didn't get any results. My friend "Atul Dubey" who is stayed in "KANPUR" who told me about the "HOMEO-PATHY" treatment for Hair disease "Alopecia Areata". Then after I came to Dr. Sunil Mehra clinic. He is very friendly while talking like an elder brother. He asked me each and everything about my living standards/^{disease} i.e. eating (non-veg), working culture. First thing, Mr. Mehra told me to avoid non-veg food but it was very difficult task for me because I am working in 5 star hotel. I always seen non-vegetarian food with waterbury tongue.

The most important thing is patience during treatment. The very most important is "PERHER" i.e. don't onion, garlic, non-veg foods. It took time to avoid these non-veg food, after that during this time I got new changes in my health. Proper timing of food, extra care for body, making dietary chart, eating fruits and vegetables, avoid the food which is

Is not good for disease... i.e. not - veg / or
hotel foods. After $1\frac{1}{2}$ months I got
some results then I started proper
care for my health. After 5 months
got 85% results in my disease.
So, I always tell that
go for Mr. Mehra suggestions like "Perhez"
so that you will be cured early and
you can save your money as well.

SUSHIL KUMAR.

26/11/07.

