

Chronic Pharyngitis & Insomnia

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Age: 19 yrs

I was suffering from two conditions at two different times, ~~as~~ insomnia due to back pain and anxiety and chronic pharyngitis. I will talk about them separately, starting with insomnia/sleeplessness first.

I study in a college in Goa and stay there for around nine months in an year. Two months ago, when I left for college, I had a pulled back.

This problem stayed for over a month & prevented me from carrying on with studies and other daily activities with a proper frame of mind.

Because of all the stress I took for my back pain, I had a sudden onset of sleeplessness. After this

problem continued for three days, I was extremely worried as I had not been able to sleep

at all for this long. I took a flight to Mumbai and showed myself to a physician first

who recommended sleeping pills. I decided not to take them and went through another night without sleep.

Next day, I decided to consult Dr. Sunil Mehra, who had previously helped me with

chronic pharyngitis. At this point of time, I was extremely worried because I did not know

how long this insomnia was going to last for.

The first sitting with Dr. Mehra was very reassuring and convinced me that he would

definitely ~~&~~ relieve me of insomnia. I met doctor for two more days before leaving for

college and his motivation and the conviction with which he spoke ~~and~~ convinced me that

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I could get rid of this problem soon. I maintained contact with doctor for a week after going to college and today, ^{two} months from that day, I am sleeping perfectly again, all because of Dr. Mehra.

The second problem I had was before insomnia happened. It ~~was~~ was a chronic problem and therefore it needed strict discipline to remove the disease completely. In a couple of sittings, ~~to Dr. Mehra~~ ~~removed~~ I started following Dr. Mehra's instructions as much as I could. I could not follow it perfectly because I lived in Goa and I could not find all the necessary ~~foods~~ items but in ~~the~~ I had stopped eating junk food and ate lots of fruits at the instructed timings every day. There was a lot of progress in three months, therefore I continued to follow his instructions. It has been almost ten months now and the problem has ~~completely~~ disappeared.

I ~~so~~ whole heartedly thank Dr. Sunil Mehra for all the valuable advice and treatment that he has given to me. Have complete trust in Dr. Mehra and you will definitely see results.

