

SLIP DISC.

Ganjam Talpady Tel No [REDACTED]
Name of the Disease/Injury: Slip Disc.
Duration of Illness: 3 yrs.
Duration of treatment: 2 mths.
Percentage Recovery: 90%.

I have been suffering from frequent attacks due to slip disc for the past 3 yrs. During this period I have consulted different doctors and have even undergone different types of treatment like Chiropractic, Ayurveda, Acupuncture, etc. However to my disappointment every treatment had a short span of benefit. It was in ^{Feb-2010} March when I was struck by another severe attack, and this time I realised that I would not be able to attend office for ~~at least~~ a couple of months. My current treatment then was Ayurveda and my Dr. was ^{based} in Pune. As this attack was severe and as I could not travel to Pune, I thought I will consult Dr. Mehra. It was his confidence and ^{positive} ~~earlier~~ feedbacks from past patients that lead me to follow his treatment.

Initially, he visited me home and after a thorough inspection of my lifestyle and other habits instructed me in detail towards an improvement. Secondly he put me on medicines and total bed rest for 7 weeks. During this treatment
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he regularly visited me Home. Something that I had not experienced with other Treatments / Drs. I particularly liked the way he went about his treatment. Daily followups & weekly visits, were giving me all the confidence. He later after 3 weeks of rest he ~~st~~ started my exercises. I could slowly walk and sit which was not possible during the first 3 weeks. He now visited me and started giving me Acupuncture as well. This was like magic as his 10 minutes of the Acupuncture would give me great relief. Finally the 5th week, I was already feeling 80% better. I resumed work only after 50 days. ~~of~~ Even before I joined work Dr. personally ~~gave~~ a word of caution & advice ~~for~~ my bone. To this day, I feel much much better.

I would personally Thank Dr. Mehra for ^{helping me} regaining my confidence. ^{Though} I ~~am~~ fine now, I would still say 90% because Dr. has promised me that I will ^{be} able to carry my Daughter who is 4 yrs old. AND I BELIEVE HIM, I WILL BE ABLE TO DO IT. That would make it 100%.

My Advice to all "Believeⁱⁿ his Treatment"
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In continuation to my feedback ~~this~~ ^(Aug 3) ~~the~~ ^{earlier} page, Today, I am fine 100%. The intermittent pain that I used to suffer has not been there in the past 4 weeks. My exercises are on daily and I see to it that I never miss ~~any of the~~ my exercises. I have started lifting weights to the extent I can. I am able to lift my Daughter now (weighs 15 kgs), something that I always wanted to do.

~~Now, I feel I feel 100%~~
~~With this~~ I suggest that you follow ~~what~~ Dr's advice continuously. In case you wish, please feel free to call me on my cell anytime:

Gautam Talpady