

24/11/21

Slip disc

Sarla Rao

"Health" was a word which had seemed out of reach, since last several years; till the time I was referred by a friend to Dr. Sunil Mehra.

Since last several years life's priorities & focus had changed at the cost of my health.

I had visited Doctor for the 1st time 2 months ago with plenty of following complaints:

- 1] Obesity
- 2] Hyper Acidity
- 3] Hormonal Imbalance
- 4] Body Aches & Fatigue
- 5] Lack of Energy level
- 6] Lack of Sleep
- 7] Back Pain/slip Disc
- 8] High B.P.
- 9] Diabetes.

I must say, I was highly impressed with the orderly disciplined way his Clinic is being operated. The transparency of treatment line & consultation. The Unique approach of Mind Training is most appreciated. I have never come across a Doctor who is as very concerned for his patient's well being. As also, his assistant Rupali has been very caring, concerned & highly prof in explaining medicines. Once when needed; instead of giving medicines thru my friend, she came to my car to personally explain re medicine dosage.

P.T.O.

110 The very 1st visit, my life's focus changed. Learned better way of living thru Dr's suggestive Diet.. Good habits & rest pattern. The very 1st day I was advised to give up on my H.R.T. which I was taking for last 5 years.

Suddenly, 3 month ago my Slip Disc Problem came to the surface with severity. I was put on Total BED REST for 10 to 15 days. Then I was allowed to move around in the house. During the period Doctor was kind enough to pay a couple of home visits & rest of the time I was receiving total guidance on Telephonic Consultation. Timely I was introduced to Acupressure & physiotherapist for my exercises considering the distance bet. Clinic & my residence. His instructions being followed thoroughly got me out of my Slip Disc Problem within approx 1/2 months. Now occasionally if I get back pain; my mind is so well trained that I know how to manage the situation.

So as with my all initial complaints! I am totally out of all these complaints.. which were so frequent. Have learned to balance with Dr's amazing counselling.

My Sincere Thanks ^{to} Dr. Mehra.
I shall ever be grateful to him for giving me a simplified way of leading a Healthy Life.

Wish everyone is as Lucky as me
to get Dr. Mehra's miraculously
supportive treatment.

Had never imagined the Homeopathy
would be as effective But I must
say, as I strongly feel ... It is not
just Homeopathy; but it's DR SUNIL
MEHRA's holistic approach & his
total dedication, Care & Concern for
Patient, which is most IMPORTANT.

Doctor, Thanks a lot for all the
Care & contributing in my
Life's Living Vision with Ease &
Health.

Very Best wishes...

