

Chronic Bronchitis, cold cough.

3/11/06,

Asthma

Sharanya

Mother → Sindhu

My daughter Sharanya now aged 6 years used to suffer continuously from cold throat pain, cough and fever from age $1\frac{1}{2}$ onwards. We had gone to several well known Paediatricians but all could give me only temporary relief. Meanwhile I was given reference of Dr. Mehra by my friend and I remember on the very first appointment with him, he (Dr. Mehra) gave us a powerful talk. The reason ~~of~~ was - my daughter was sucking a lollipop. The very first important lesson we learned from him was though we know Chocolates/Candies are bad for a child's health but we nevertheless give the same to the child. The important aspect of Dr. Mehra is that he takes great pains to explain you the pros and cons of your food intake, your lifestyle and the basic do's and don'ts. If we religiously follow his methods there is definitely an improvement of health. We continued his treatment for my daughter and at the same time to myself for Asthma. We religiously followed his methods of taking proper diet and his medications. My husband who

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 developed Psoriasis also underwent his treatment. During the course of the treatment we found his staff were co-operative and also providing us additional support/care making us feel more comfortable.

My daughter and myself discontinued his treatment as we both improved and benefitted tremendously. We do have some common ailment for which we still refer to Dr. Mehra. My Mother (Mrs. Mani - aged 72 years) also undergoes treatment for chronic cold and frozen shoulders. She could also find good improvement for her decade old cold.

The basic aim of Dr. Mehra, I find is that he not only eliminates your sickness but also enhances your life style by his advice. He has tremendous knowledge on other systems of medicines such as allopathy, ayurveda & accupressure. Though initially we found it very difficult to digest the bare facts ~~of~~ ~~from~~ ~~usage~~ of his explanations but now once adopted the correct way we are more comfortable and lead a healthy life. It is only a matter of following the right advice from the right person at the right time. I wish all the readers a very healthy life.

Mrs. Sindhu K

03/11/06

25/7/07

My daughter now aged $6\frac{1}{2}$ yrs is so much got tolerance power that she is able to have ice-creams/Cadbury (once a while) without causing any health problems. Indeed this treatment has proved so effective that I am now tension free about any health hazards.

Kudos to Dr. Mehra for maintaining ~~the~~ & making it compulsory for parents to follow diet regimen.

Mrs. Sinhu.