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My children have been facing severe Cold & Cough problems since they were one year old. We were taking treatment from a very renowned pediatrician which gave them temporary relief but there was many relapses when we faced the same thing. The problem gradually increased over one year. Then through a friend we got Dr. Mehra's reference and we started the treatment in March 2009 when my kids were two years old. After our first meet with Dr. Mehra we were little confused on the method of treatment as there were many rules & eating restrictions which were to be followed. We started seeing improvement within one year. ~~There was no~~ There was no Breathlessness and Asthma attacks after one year. Today after 3 years of treatment I can say that my children are 80% better than before. Today we have learnt from the doctor how to live a healthy life. The treatment has not only benefitted my children but also helped a lot to improve everybody's health at home. After all these years we have developed a faith in the doctor that he will never give wrong advice or improper guidance. The Doctor is very strict in his treatment and he expects the patient to follow all the guidelines given at time of treatment. The treatment technique is very surprising cause I met first doctor in my life who talks about health ^{not only} about the disease in particular. Initially we had to come weekly to the doctor but when the children became stable it was relaxed to fortnight or monthly visits. The doctor has always helped over telephone and provided further guidance for treatment. Even when the doctor is out of Mumbai he always takes calls.

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I reply to our messages. Today I can say that after coming to Dr. Mehra I have saved my children from the steroids. I was giving them earlier. I developed a faith in homeopathy. The treatment is a little slower than allopathy but you are saved from facing the steroids which affect our body at a later stage.

I don't know really what to say about the doctor. I can just say that he is one of the best guys I have met in my life who has changed our lifestyle a lot. The doctor never gives wrong advice. If you religiously follow doctor's advice you can always remain healthy.

During the treatment, the doctor is also very alert about the patients. If you forget to provide a feedback on the patient's health, the doctor himself sends a SMS to remind you about it. The doctor is also concerned about the patient. The doctor has vast knowledge about medicines.

The doctor sometimes tells to give allopathy medicines when the temporary control is not achieved through homeopathy. This happens very rarely but I really honour the doctor that he takes the decisions very wisely & sincerely. The

Compounders are also very helpful. They give all messages to the doctor & even help in giving medicines when the doctor is out of station. The doctor has a very systematic fee structure which is on a monthly payment basis. The very important thing is to follow the doctor's advice on the do's & don'ts. The doctor's medicines show their ^{best} results when you follow all the guidelines of the doctor. My message to other patients is don't get deterred by the process & procedure of the treatment. Just follow the doctor's advice. It will definitely help you to achieve a good health & cure from the disease. I forgot to mention that...

Sometimes when my children were not getting cured when

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Their cough & cold increased he himself use to advise us to visit to a pediatric doctor. The he would himself speak to the pediatrician and then would advise us the further treatment. If required he would allow us to take the allopathy medicines.

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This is the first monsoon which I have spent normally with my kids. They only had normal cold and cough that too very rarely and only because now the kids have started eating pizzas/Pastries/Biscuits at school on which we do not have control as they are sharing their tiffins occasionally with their friends. They are having their regular medicines hence the climate & food factors are not affecting them much. I hope to see a day soon when they will eat everything and stay fit without taking the medicines.

