

Shraelha. Rambia

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Name of disease :- Bronchial Asthama

Duration of illness :- Cold since I was a child
I developed asthma since last
2 years in a particular season.

Duration of treatment :- almost - 10 - 11 months

Percentage of recovery :- 80%

Hi! I tried allopathy but didn't
wanted to take inhalers so I turned towards
homeopathy at last, as I also tried ayurved also.

First~~the~~ day I came in read all book & charts

I was shocked, terrified "How is this possible."

कुछ गरी निराह है, before doing it I was like ज़रा ही
नहीं होता. I'll not do it I had a negative

approach. but as I met doctor, he explained
everything. I was lil ok.

Co-operation given here is too good but it is
give and take. As the whole team is co-operating
with you, you also have to show some. I followed
everything what he said because that was for
myself. If I eat wrong I am going to feel
sick not he. so you have to cure your own
self you have to put your foot down for your
own life & health as nobody on this earth
can take your pain or disease.

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Try reducing the wrong things bit by bit & one day you'll not want it. Everything is possible but we give up before we start.

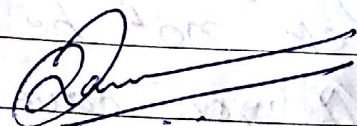
Doctor is too good. listen when he explain, he may sound bad as he may tell you to leave your fav. things but he is always right & he drains his energy just to explain you how harmful it is.

He will give you a small gift. i.e. "Art of living & Eating healthy" and if you get it you are healthy for your whole life. Get ~~wright~~ routine & right eating and you got the best gift for your life. and your family.

If I write it will go on just Trust the doctor follow what he is saying and maintain it for rest of your life.

I followed it & got all right, Happy and Healthy.

now it's your turn....



1st July 2011