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Our son Siddhraj was 1.5 yrs old and till then we had kept giving allopathic medicines. We started giving allopathic medicines as the doctor giving vaccination to our kid was an allopathic doctor. We knew how harmful was allopathy in terms of side effects and suppressing the symptoms and not providing treatment to the root cause. Sub consciously we continued that and in 1.5 yrs. we realised that doses and the frequency of our visits to doctor only increased. There was huge suffering to our child. In this process we were suffering and also experiencing trauma.

We then realised something else needs to be done and a new approach needs to be taken. ~~At first~~ Then we thought of ayurvedic & homoeopathy. Ayurvedic was a long and tedious medicine process so we didn't select it. ~~It~~ Luckily we got a homoeopathy doctor close to our own allopathy doctor.

When we started off the best part was the doctor didn't give us piecemeal advices but he gave long term solutions. ~~He also~~ He approached

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the doctor to cure the teething problems but doctor told us that this is not the main problem. He made us realise that frequent temperature and teething are not related. So, in the first meeting we got convinced and started the cough, cold & bronchitis treatment.

My husband ~~was~~ is an asthmatic patient and he didn't want his son to go through similar problem. So, it ~~seems~~ that there was also a history of asthma in my in laws side. This scenario scared both of us.

In the first two months of treatment the diet of our kid got changed from 2 chapatis, 1 litre of milk to 1 apple, 1 slice papaya, 2 chapatis, 1 bowl oatmeal with dry fruits, ~~less~~ milk, 1/2 biscuits a day. The doctor was clearly a great mentor in changing our kid's food habit and in the process our entire families food habits. This had a great effect on our health and lifestyle. Now our kid has all the fruits, vegetables you can think of. He is fond of it and that makes both of us happy.

Now in 4-6 months of treatment we have found the cough, cold has reduced by 70-90% in strength and

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frequency.

There were one or two more instances which I would like to highlight are mentioned in the pages (115-117).

We look forward to improve our diet and lead a better life. Even if we maintain our present diet and lifestyle then also most of our health problems will get solved. So, listen to doctor and trust him in all situations.

Prinij