

# DIABETES MELLITUS

## Shammi Anand.

I am a 46 year old housewife suffering from diabetes since the age of 32. It is a hereditary problem and I never thought it was curable or could be well controlled with just a few changes in life style.

I had been on allopathic medicines for nearly 10 yrs and had been taking insulin morning and night, since the last one year. In spite of all my medications I was losing health. (ie loss of appetite, weakness etc, etc). I started treatment with Dr. Mehra a few months ago and I am very surprised at the results. I am now taking insulin only once in the morning (8 units). Also I am eating well.

There is a general myth that diabetics cannot eat fruits, potatoes, rice etc, but it is not true. I start my day with fruits and also have them during the day and also in a satisfying quantity. I am also eating rice and other foods as any normal person. As per Dr's advice I eat salad (carrots, cucumber, radish etc) twice a day. Diet and Dr's medicine have helped me reduce my insulin and allopathic medicine and I am sure I will be off insulin in some more days.

Dr. Mehra is an honest person and will never misguide his patients. He has always been available in times of need, also at odd

Insulin 18 units to 8 units.



hours. He may seem a bit rude at times but it is to the benefit of the patient. His compounders too are very helpful.

I completely agree with the fees structure as it is a commitment on the part of the patient that he will take his medicines regularly to achieve quick results.

I would advise all his patients to completely follow his advice as every cured patient is the only reward he expects.

Setman