


Chronic Allergic Rhinitis

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I have had this allergy since my childhood days [almost 15 years] and have tried various medicinal streams but never have I felt so relieved from the symptoms as I do now. I came to the doctor on Dec' 2014 and within a month found considerable improvement in my symptoms. Doctor's advice of adhering to a strict dietary regime is paramount in the treatment. This helps in getting the desired results faster. After 6 months of continuous treatment I feel as if I am fully cured of the disease.

On a personal note, the doctor's advice on food habits was the best thing I liked about the treatment. No doctor has put so much stress on this before and this has proved to be the deciding factor in helping me get cured. The doctor is very particular about having proper food which suits the patient and this helps in the healing process.

The fee structure may seem a bit heavy on the pocket initially but it's totally worth the treatment. Also on a lighter note, apart from the treatment there is a lot to learn from the doctor as he has a varied knowledge on a lot of subjects. A meeting with him is always a learning experience.

I would like to thank Dr. Mehra for his precious time and advice. Just do as he says and you will surely feel better.

