

# Chronic Gastritis

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Please forgive me for my spelling mistakes  
Hi Reader, these are due to MNC word.

first few words to describe Myself, I work  
for a MNC in a very hectic schedule. I came to  
doctor Mehra by having a look on Clinic Board.  
No one told me or referred me to Doctor.

My problem was Gastritis and every  
month I visited at least once per allopathic  
Medicine like

Now if you are here then believe me you are  
at the right place. I will share my experience with  
you.

Before coming to doctor Mehra my health is not  
so good due to gastritis. I started on 1/Jan/10  
with a hope that this (Gas) problem will be rectified  
permanently. One thing I learned from Doctor  
is ~~self~~ Patience is important.

I followed the direction about eating  
(healthy eatings) from doctor with medicine.  
I had a lot of discussions on how to achieve  
health without medicines. Slowly slowly I came  
to know My Bad eating habits and as per  
recommendations from doctor I started leaving  
them one by one. From my experience I was  
taking lots of bad things which should be  
avoided. I changed my eating habits as per  
doctor and believe me my health is now much better  
than previous health.

Medicines only can cure you once  
you have faith in doctor and follow his direction  
you will self recognize what bad you are  
eating & what good you can eat. Next page

Few things which are really important is your self motivation to attain or get good health. Believe me it is not very difficult. I learned here the directions for my whole life regarding eating.

The main difference is regarding Dr. Mehra is he talks about "HOW TO REACH OR ATTAIN GOOD HEALTH". HE DISCUSS your habits and how to ~~leave~~ leave bad habits. His motivational power is good as he motivated me to leave TEA, Coffee, PEPSI and a lot of things which are bad for my health. Now after 5 months if I try Pepsi believe me the taste is so bad that I can self determine it or you can also say that it is my experience. Thanks to doc for saving my money.

Dr. Mehra's treatment & technique is really good and his approach is "you should remain in good health". This is the first time I went under homeopathic treatment so long (approx 5 months) and might be few more months to go but when I look back and do self realization I found what I was doing daily good & bad. One thing I really wanted to say is homeopathic treatment wants few things to be avoided, please avoid them. It is from my experience that there are pre-requisite for health while treatment.

I work in a WORK OFFICE environment where I have to work with lots of foreign  
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visitors. Outside eating is very common. Which I avoided for 5 months and Now I have learned from my experience that what to eat, what to order and all this is possible because of my diet chart & directions given by doctor on my diet. I lost 4Kg of weight without exercise.

My experience of other medicines are good like allopathy but I found homeopathy is really great as it is easy to take and it starts and cure you from the grass root level. (उत्सर्ग रूढि करे देना)!

Now I will give the same treatment to my ~~for~~ family.

I wish you a good health. If you want to have a chat with me then please do not hesitate to call me and <sup>I will</sup> share my experience. At present I am 80% relief of my problem.

— Hilish Bhardwaj