

Calcaneum Spur

Shruti Banka;

I had this problem of spur for a couple of months (2-3 months) but I ignored it just feeling like it might be because I am obese (overweight). My husband & mom-in-law constantly kept telling me to see Dr. Sunil Mehra; since we generally contacted him for any health problems. I was also cured by Dr. S.M. for sinus and had faith in his treatment. One day I finally landed up in his clinic & then my treatment began. Firstly, X-ray was done, then the spur detected & then the treatment began. Dr. told me to write my diet chart which I was quite reluctant to do. But yet against some force by the doctor I began writing my diet chart religiously. I was then told about my wrong diet, the changes I had to make etc. I was told by the Dr. about my wrong habit of consuming tea especially in the mornings. I gave him false promises that I would reduce the dose of my tea. Finally, I don't know somehow I really reduced my tea to just $\frac{1}{2}$ cup a day. I would really thank Dr. Saab for this. Because this habit of 25 yrs.

of mine, I was able to overcome.
I never had fruits or salad.
But thanks to Dr. Mehra for
awakening me for this.

I really am very grateful to
him for enlightening me & my
entire family for the right diet
and the right thing to be eaten
at right time.

Thanks Dr. Sab for changing our
food habits & helping us to maintain
our health.

(I am cured for my spur over
80%). & hope to be alright very soon)

S. S. Baniya

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