

Migraine

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I was suffering severe headache. I never could understand why & when it would trigger. Once it triggered it was very uneasy & I used have severe headache sometimes upto 5-8 hrs. I had met few other doctors earlier and had also underwent endoscopy. After 3-4 months of my endoscopy this triggered again. Then I knew that the problem is something else, which other doctors had not mentioned. I had been suffering for more than 4 yrs. Then I thought of switching to Homeopathy. With my gut feeling I came and met Dr. Sunil Mehra. No references, it was all intuition.

Dr. Sunil Mehra explained me the process of his analysis/diagnosis and the discipline I had to follow. I gave a thought and said I have to get cured, so let me follow the process. The treatment was started.

First thing I followed is to keep track of food and stopped Tea, coffee, junk food. Strictly and very consciously followed ~~my~~^{the} diet as suggested by Doctor. There were few corrections during the process, which I made note of it. Once I started eating natural foods such as fresh fruits, vegetables I used to feel lighter, energized. I no longer required Tea / coffee to keep me fresh. I was active for longer hours and never felt tired.

Once I experienced this, I just followed this mantra. Every disease starts from your stomach due to our eating habits. Once we take control of eating

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habits, your body and health is under control. I used to crave for non-veg, Tea, Coffee etc., I stopped everything. Today I don't even feel like thinking about them.

When I travelled outside also, I followed the diet. When I visited anyone's house, I told them not to offer Tea/Coffee.

I thank Dr. Sunil Mehra for giving me his valuable advice and treating me.

Just follow the guidelines you can see the results for yourself.

Thanks

Deepak Ghadge