

Viraj Nagarkar

I was suffering from Migraine since 2006. Earlier the pain was bearable but as time progressed the intensity of the pain was unbearable. The pain was so sharp that without injection, it wouldn't stop.

I have heard about homeopathy since a long time, but have never undergone the treatment. I started ^{the} treatment from 26th Dec. 2013. The treatment methodology is very unique. Dr. Mehra targets the root cause from day - 1 i.e. your diet. Since healthy & nutritious food is extremely vital for a healthy life, the 1st thing he asked me to do is maintain a diet chart. Once he learned my diet pattern, he gradually asked me to reduce and then stop unhealthy food like - non veg, junk, outside food and tea/coffee. Since I was a strict non vegetarian, it was very difficult for me to abide to it, but as I started following the diet, I did feel a difference. I started to feel more light and healthy from within. I am still maintaining the diet chart along with the frequency of migraine attacks. My migraine reduced by almost 70-75% in a period of 6 months. Doctor not

Next page

only recommends diet change but
also helps with yoga asanas. The
asanas are initially difficult, but later
it makes you more flexible. Dr. Mehra
timely provided inputs for leading a healthy life.
I truly appreciate the efforts and
support provided by Dr. Mehra in
helping me get through migraine.
I am sure I will soon be 100% free
from migraine.

Thank you, god bless & take care.

Mrs. Viraj Gaurav Nagarkar.