

Polycystic Ovaries, Obesity

Rachna Bhutoria:-

Duration - 1 year (28th August 08)

Percentage of recovery - 85%

Hi all! My name is Rachna and a year back I was diagnosed with PCOS and wt gain. My height is 5ft 6 1/2 inches and the ideal wt should be around 68-70kgs but it increased to the maximum. First I was apprehensive about the mode of treatment i.e. whether to go for allopathy or homeopathy. By reading books and browsing sites I came to know that allopathy medicines are based on steroids and hormones and can be fatal in the long run. Then I made up my mind to consult Dr Sunil Mehra and started off with homeopathy treatment.

Day 1 only I was told by him that along with the medications I also need to co-operate with him to gain my health. He advised me to change my entire lifestyle and diet pattern. Initially I felt it quite difficult to abstain from having my favourite pastries and pizza but with the passage of time I got the mood to shed off all those kilos.

With mix of medicine and diet + exercise I started losing weight. By eating the right food and maintaining a healthy lifestyle became my habit.

Dr Sunil Mehra has said me that the food which caters to your taste buds and tastes yummy is generally unhealthy.

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food. This become my mantra. I started off my day with a bowl of fruits and then followed the other courses of meal. Along with my diet pattern I started exercising and today all this has become a part of my life.

Today when I look at the recent USG reports I found that my ovarian cysts are absent and I have lost 15kg of weight. To my utter surprise all my clothes looked like someone else's. I am so happy and all this has happened because of my doctor. Thanks Sir!

Now my periods are normal and I am very happy to see myself in the mirror. Dr. Sunil has just made me aware of my invaluable health and I am indebted to him. Following his advice results in overall improvement of your internal and external ~~we~~ health.

I owe my healthy life to Dr. Sunil Mehta. It is rightly said that we should pay to the doctor who talks about maintenance of health along with curing the disease and not to pay to the doctor who only talks about curing the disease.

Thanks & regards
Rashna