

Acne Principles

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It was in the month of June that I visited Dr. Sunil Mehra's clinic, concerned highly about my acne. Before that, I underwent all possible treatment for acne, also I took up Allopathic & ayurvedic treatment, which did heal me for from acne, but only for the time limit I was on medication.

Dr. Mehra's mode of treatment seemed to be quite strange & unique, at my first visit. But now I realised it as a constructive & admirable treatment. Dr. Mehra considers a range of activities as a part of his treatment. I was asked to make a diary which included my food intake. I was also asked to perform certain exercises. Earlier I used to consider it as a waste of time, but Dr. Mehra proved it to be of great significance as he related my food consumption to the rate of acne. I must say, along with treating my acne, Dr. Mehra has inculcated a healthier lifestyle. It has been around 6-7 months that I am under Dr. Mehra's treatment & by now I am 70% cured & hope to get perfectly well soon.

Rauba