

Calcaneum Spur, FROZEN SHOULDER. DATE 30/8/08.

Chronic Bronchitis

Viclet Fernandez

I was suffering from calcaneized spur since last 15 years. I even took injections on both the heels but again after six months the pain reoccured.

I started Dr. Mehra's treatment since October 2007. He not only looked into the treatment of pain in my heels but tried to improve me on overall basis starting from whatever I eat. I was really taken aback when I read all the instructions about eating, exercising and sleeping rules as put up on the walls in his clinic. I was a regular eater of fish & meat. But today Dr. Mehra made me realize that Vegetables and fruits are the only healthy diet for a good functioning of body. I strictly obeyed all the rules set before me and today I feel on top the world taking his advice including medicine. Today I begin my day fresh with fruits, Vegetarian diet and going to bed at 10 PM everyday.

Dr. Mehra is very honest, truthful and strives hard to see that his patient strictly follows his advice and instructions. I even learnt the art of cooking food in Mustard oil. Dr. Mehra's Knowledge on Medicines (homeopathy & Allopathy) is immense. He knows the deep and root cause each sickness. I got good service and treatment from Kopal, his assistant. He is also very polite and concerned over the telephone. Dr. Mehra's fee structure is not high but affordable. Dr. Mehra takes personal interest to call me up if I do not turn up for medicines for more than 2 weeks. I am still undergoing his treatment and

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I feel much relieved for at last having found such a good Doctor from all my life.

I sincerely believe that all those patients who have been taking his treatment are very lucky indeed.

Hernandez