

Ever wondered why do we fall sick, despite being health-conscious and taking ample precautions? Dr. Anita Salunkhe, Director, MindHeal Homeopathy, practising in Chembur since the past twenty one years, answers this

Q. In a family, there is same food and environment, but some fall sick while others are healthy. Why?

A. Every individual's immune system has different protein balance. As this protein balance protects the body, any disturbance in it causes illness. Such disturbance happens mainly due to negative thoughts like anger, frustration and worry. Thoughts occur due to neuro-transmitters which are proteins. Since every individual thinks differently, immunity varies. Despite this, we find the same medicine being given to lakhs of people having same health problem with different immunities for e.g. headache, fever etc. Whereas, individualized medicines should be given as the cause of health problem may differ and the immunity varies from person to person. For instance, in case of beauty treatments, the solution is provided based on skin type. Hence, at MindHeal Homeopathy, we prescribe suitable remedies after a complete analysis of physical and emotional factors of the patient.

Q. What is the correct way to treat diseases?

A. Health issues like cold, cough,

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skin problems and aches signal alarm in the immune system. When we "suppress" them with regular medicines, they shift from one organ to another resulting in aggravated forms of sickness because the cause is not treated. For instance, suppressed

cough may lead to asthma; suppressed acidity causes backaches etc. Therefore, the cause should be treated; whereas, it is seen that regular treatments do not attempt to understand the root cause - "the mind" - and because of which, even after consulting multiple doctors, one remains uncured and continuously depends on drugs without getting the final solution.

At MindHeal Homeopathy, research has proven that by giving individualized (customized) medicines, we rebuild immunity and make the mind-set positive, thus preventing one from falling sick often. It is a rejuvenation of personality and life.

Homeopathy restores health and vitality because it treats the cause of every health and emotional problem. It not just cures the disease; it also heals the person...

For enquiries and appointments at MindHeal Homeopathy, call 9930363981, 25230530 or write in to crm@mindheal.org. URL: www.mindheal.org.