

More power to the 'inner warrior'

So you're all stressed out! Yes, modern lifestyles have made stress an escapable fact of our daily lives and it's taking a toll on our health, whether we realise it or not. So even if you're 'feeling fit', remember, stress has a way of creeping up on the body, slowly and subtly chipping away at it. That's why some people are often assailed by vague symptoms that just don't go away. Till one fine day, you end up in a doctor's clinic or a hospital emergency room, says veteran homeopath Dr Anita Salunkhe.

Did you know that your thoughts, feelings, attitudes and emotions are basically

protein molecules? As radical as this may sound, the fact is that proteins – chains of amino acids or the building blocks of cells – are the basic template of the human species.

In other words, everything we experience with our mind eventually translates into a series of complex biochemical reactions at the cellular level. And your tireless inner warrior – your immune system – depends largely on your body's protein balance.

The connection to disease



or ill-health is only the next step. A weakened immune system is more receptive to disease than one that is robust. Thus, powerful and chronically negative emotions – even 'happy stress' – disturb this delicate

protein balance. That's precisely how the much-talked about mind-body, stress-illness connection works.

Doctors today are grappling with diseases they have never encountered before, diabetes is seeing an early onset and heart problems are striking at an early age. But allopathy

uses what Dr Salunkhe calls a "control and delete" approach, either 'controlling' and suppressing symptoms with antibiotics and other drugs or 'deleting' them, that is, surgically removing, organs and tissues that don't respond.

According to Dr Salunkhe, a more sensible approach is to strengthen the body's own defences so that they can resist all disease – permanently. She says the body is a 'whole' entity, not the sum of individual parts. This holistic approach along with homeopathy, she says, can reverse the body's destructive processes, normalise metabolism and return the immune system to its optimal

level of functioning.

"When used the right way, homeopathy can alter your genetic expression and can reverse diseases like Thyroid, Diabetes, Polycystic ovaries

and many more," she explains. "In a matter of months, there's a total transformation in my patients, whose personalities also return to a state of balance." Through homeopathy,

it is possible to achieve complete inner strength – both physical and mental – to take life's blows and still live happily and healthily after.

For details on the MindHeal Homeopathy way, call 022-2523 0530, +91-99303 63981. Or write to crm@mindheal.com, Website: www.mindheal.org