

Deep Healing For Troublesome Skin

Vikas was fussy about the way he looked and put himself through a punishing routine at the gym. A few weeks later, the teenager walked into my clinic after being diagnosed with cervical spondulosis. He also suffered occasional rashes and fungal infections on his skin which would disappear with the application of topical ointments.

My advice to Vikas was simple – stop using deodorants and ointments, and bathe twice a day. I also gave the youngster a remedy to improve his immunity. The lad followed my advice reluctantly – how he loved using deos! – And in a few days, his spondulosis began to ease!

What's the connection between bathing and curing cervical spondulosis? The answer is – the skin, which is the largest organ of the body. Among other organs of elimination, the skin allows the body to do its 'house-cleaning' by allowing toxins to exit through its pores via perspiration. It is thus even more important to keep your skin clean when you're unwell as illness invariably leads to toxic build-up.

When toxins are held back and symptoms are suppressed with allopathic medication, the disease process shifts to another organ and you may end up with something more severe a few months or years later.

On the other hand, MindHeal Homeopathy, founded by Chembur-based Dr Anita Salunkhe, roots out disease at its source, eliminating the possibility of the disease 'travelling'.

Here's another reason deodorants, perfumes, powders and ointments are not recommended, especially for individuals with respiratory weakness. There is a strong link between suppressing skin eruptions and asthma, and I have repeatedly observed asthmatic patients immediately improve once they allow their skin to breathe. Of course, after the immediate 'house cleaning', homeopathy works on altogether sweeping away the disease process that is buried deep inside the body.

So if you think urticaria, allergies, pimples, acne, psoriasis and eczema are superfi-



cial skin problems, you are wrong. These conditions are merely external expressions of a much deeper, destructive process at work.

Take leucoderma, for instance. Often considered a disfiguring but 'innocuous' skin condition, leucoderma is actually caused by the destruction of melanocytes which produce pigment. The 'absence' of pigment is therefore not as 'harmless' as it seems. MindHeal Homeopathy reverses the destructive mode your body is in.

Similarly, viral warts or molluscum, which are usually referred to homeopaths, are cured by deep healing, not to mention chronic and 'untreatable' conditions like lichen planus and atopic eczema that conventional medicine simply cannot address.

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