

www.chronicreat.com

Infertility and chronic diseases cured through combined approach of all alternative medicine – homeopathy / ayurvedic / naturopathy / hypnotherapy / biochemic / batch flower remedies / rackii...



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TOPIC 1

Why Complimentary Alternative Medicines for Infertility and Chronic Diseases? - FAQ

NOTE :- Many common questions are asked for infertility and chronic diseases. The answer is same for infertility and chronic diseases so I have clubbed them. I am sure visitors will get knowledge and insight in diseases

1. How for infertility and chronic diseases alternative medicine differs from conventional allopathic treatment?
2. For infertility and chronic diseases does alternative medicine give good results or total cure?
3. You are allopathic modern science post graduate and you are alternative medicine specialist for infertility and chronic disease – how that both opposite specialty go to-gather in you?
4. How alternative medicine treatment for infertility and chronic disease differ from conventional allopathic treatment?
5. For infertility and chronic diseases treatment which has surety of results?
6. Which are the chronic diseases which can be effectively treated and cured by alternative medicines?
7. For infertility and chronic diseases treatment which are the different kinds alternative medicines available?
8. For infertility and chronic diseases treatment why the people do not think of alternative medicines first? For infertility and chronic diseases treatment why alternative medicines is not so popular?
9. What is recent trend world over for infertility and chronic diseases treatment by alternative medicines?

10. Infertility and chronic diseases treatment by alternative medicines how – what is the reason that - it gives best results?

11. For infertility and chronic diseases treatment by alternative medicines what we can expect? Whether this will work for me? What is time limit?

12. I can still not decide to submit for alternative medicine treatment. How I can be sure? And how I can have advantage in your treatment?

ANSWERS

1) How for infertility and chronic diseases alternative medicine differs from conventional allopathic treatment ?

Conventional allopathic treatment is organ specific, hence there are various specialties medical practitioners like... ophthalmologists, nephrologists, cardiologists... In modern medicine treatment most disorders are traced to chemical imbalances and are treated with powerful chemicals (drugs).

Alternative medicine covers a broad range of healing philosophies, approaches, and therapies. It stimulates life energy and corrects bodies' internal homeostasis. This can be applied to any disease. Very common alternative medicines are Homeopathy, ayurveda, naturopathy, rackii, acupuncture, hypnotherapy etc. Each system has their own characteristics and benefits to give healing and cure so combine approach can give

best result as per one's expectations, in infertility and chronic diseases

2.) For infertility and chronic diseases does alternative medicine give good results or total cure?

When illnesses are not infectious, but due to body degeneration or dysfunction like heart disease, diabetes, arthritis, osteoporosis, etc most of conventional medicines don't correct the underlying pathology. And long-term uses of drugs slowly deteriorate the conditions.

Infertility and Chronic diseases can be cured through combined approach of various systems of medicine like ayurvedic, homeopathy, naturopathy ...etc. it can make organs dysfunctions normal and give permanent cure, alternative medicine can avoid many surgeries.

3.) You are allopathic modern science post graduate and you are alternative medicine specialist for infertility and chronic disease – how that both opposite specialty go to-gather in you?

All through these years after my post graduate days in medical college, in my quest of knowledge, I have been constantly finding new and new solutions and approach for making easy solutions to the problems of chronic disease and infertility. At present also I am making constant dialogues with many renowned professionals all over world. As well I have also learned various scientific methods from the many Practioners who claimed to be having good result in management of chronic diseases. I also met numerous various experts in other disciplines of medicine- alternative medicine like homeopathy, ayurveda, naturopathy, and recently in hypnotherapy, etc... knowing what they practice for chronic diseases and infertility. That is how, now I approach, problems of chronic diseases and infertility with all other systems of medicine. I have found that other systems of medicine can be very fruitful over and above conventional system of medicine.

Based on my longstanding experience with all aspects of chronic diseases, and as I have adopted best means from many experts world over, I now offer good scope for satisfactory solution to give final result, at almost very low cost and that too in less time in all chronic diseases and infertility.

That is the answer of your question that with my allopathic qualification now I offer management through all combined all complementary alternative medicine.

In fact only allopathic medical practitioners will be able to understand and practice alternative medicine because he has thorough knowledge of all and various medical sciences. Perhaps all over the world you may not find a medical practitioner who has knowledge of so many various alternative medicines and offering management by all systems of medicines.

4.) How alternative medicine treatment for infertility and chronic disease differ from conventional allopathic treatment?

In allopathic medicine final end result of disease is targeted and so relief is assured but disease process is not reversed. The original disease process remains as it is in the body. Alternative medicine tries to correct the root of the disease. And so makes disease free.

Body has inbuilt capacity to heal. Alternative medicine utilizes these bodies healing power. If we know how to cooperate with the body's restorative powers, tremendous suffering could be avoided, but people don't know the right method. People often miss out effective therapies, and lack the information and support they need.

5.) For infertility and chronic diseases treatment which has surety of results?

The healing forces are present within the body. Body is constantly reacting amongst its internal environment and between its internal and external environment. It should be the physician's role to assist the body's natural state of homeostasis by cooperating with body's efforts to heal so that body gets cure from disease and its root cause is removed. Alternative medicine makes body in absolutely natural condition – physically and spiritually. Alternative medicine as it stimulates life energy within the body, complete cure from chronic diseases is possible and in cases of infertility results can be obtained soon.

6.) How does alternative medicine differ from present medical care system (Conventional medicine)?

- Conventional medicine believes in specifically targeting the organ. Conventional medicine is organ specific; hence specialists and super specialists like ophthalmologists, cardiologists, nephrologists, neurologists... etc. Alternative medicine considers each person as a one body. Conventional medicine understands organ and cellular chemical changes.
- The philosophy behind Alternative medicine is that Nature includes all human bodies and nature has all the ingredients to treat any disharmony.
- Alternative medicine utilizes life energy for cure, Corrects imbalances of life and strengthening of this life energy is the ultimate goal of alternative medicine.
- Alternative medicine believes in gentle, long-term support to enable the body's own innate powers to do the healing so there is harmless approach. Conventional medicine believes in aggressive approach so the drugs can have toxic reactions.
- In modern medical care system focus is often on treating the disease and not the person. Alternative medicine goes to the depth of diseases, mental and physical matters are taken into considerations.
- Unnecessary investigation and procedures, surgery, chemotherapy, radiation, and powerful pharmaceutical drugs of conventional medicine can be avoided by alternative medicine. Even many major and minor surgeries can also be avoided.
- For alternative medicine pharmaceutical and other allied medical industrial complex is no concern so it is much economical.

Alternative medicine is devoid of propaganda budget for hospital and doctors, so again it is much economical.

- Multinational business giants are connected with conventional medicine – making multi-specialty hospitals and pharmaceutical companies. Manipulations at any level are possible. There is no such in alternative medicines.
- Hospital infections, surgery complications, adverse drug reactions cause iatrogenic diseases and are cause of death. While in alternative medicines there is no death due to its practice. It is harmless - Many alternative medicinal substances do not come with-in the preview of FDA
- Conventional medicine is preferred in the treatment of trauma and emergencies while alternative medicine excels in the treatment of chronic disease
- Allopathic drug provides symptomatic relief while natural remedy is intended to remove root cause of the disease. - We must have eye to see it, see each system with respect and do not consider this as fake.

7.) Which are the chronic diseases which can be effectively treated by alternative medicine?

Herewith I am giving you in table form some of the common disease that can be treated completely by alternative medicine, though any bodily disease can be treated by combined alternative medicine. For your further knowledge I am also giving you time in which total cure is possible. This is just not only writing but I can prove this in total curing number of times for many of my patients.

Cure in short time (3 to 4 months)	Flatulence -Dysentery -Constipation-Acidity Stress - Depression - Headache Throat - Allergy - Chronic Cold - Cough Pregnancy Related Problems Old Age Problems - Premature Senility Acne - Boil -Abscess Skin-Itching - Urticaria
Cure in moderate time (6 to 9 months)	Liver Diseases -Gall Stone - Fissure -Piles- Ulcer Neuralgia -Insomnia -Twitching Heart Function - Hypertension Infertility- Male Problem -Menopause- Prostate Back Ache- Spondilitis -Gout -Joint Pain KIDNEY-Calculi Hair-Fall / Dandruff -Skin Warts
Cure in long time (12 to 18 months)	Child Growth And Behavior Problems Vertigo Arthritis -Osteoarthritis -Spinal Affection Diabetes -Obesity -Eczema

8.) For infertility and chronic diseases treatment which are the different kinds alternative medicines available?

There are more than 400 alternative medicines all over the world but out of the following have been very common in use: - (details of how it works and what are strategies are beyond inclusion of this write up).

- Ayurveda
- Homeopathy
- Chiropractics
- Hypnotherapy
- Acupuncture
- Reiki
- Osteopathy
- Yoga
- Meditation
- Aromatherapy

9.) For infertility and chronic diseases treatment why the people do not think of alternative medicines first? For infertility and chronic diseases treatment why alternative medicines is not so popular?

Whenever any bodily ailment is there, more commonly people think on modern medical – allopathic – aspects only. Because we are filled with information of modern medicine only and hardly we have knowledge of alternative medicine. In all medical colleges only modern medical science (allopathy) is being taught. In modern medical sciences college alternative medicine is not being taught. Also in many countries all alternative medicine are not recognized. As well, guidance and treatment with alternative medicine is not available so easily. So for their bodily ailments, very few people think on the line of alternative medicines. Few do not have any idea about existence of alternative medicines!

It is embarked (detailed literatures of diseases suffered are given for education) to believe that the system of modern medicine- allopathy is the only valid one and that all other natural medicine or pathies are more or less just quackery.

Alternative medicine covers a broad range of healing philosophies, approaches, and therapies. History of alternative medicine is long for many many years and has sustained time's testing. So it is easy to understand that combine approach can give best result as per one's expectations. It is very important to know the opinion of experts all over the world that allopathic medicine will not offer to have complete cure from chronic diseases while alternative medicine as it stimulates life energy within the body, complete cure from chronic diseases is possible.

One of the reasons why alternative medicine is not more popular with the medical profession and the public is that it is too simple. The average mind is more impressed by the involved, mysterious and complex management. But one thing is certain that those who one time takes help of alternative medicine will always employ alternative medicine systems only. Now Alternative medicine is not "alternative" at all, but rather the basis of the health care system.

10.) What is recent trend world over for infertility and chronic diseases treatment by alternative medicines?

Patients in Western countries are becoming more receptive to trying alternative techniques and Satisfaction expressed by many patients with alternative medicine is increasing. Some hospitals and doctors are supplementing their regular medical care with alternative technique So the inquiry was mounted because there is a widespread perception that CAM (complementary and alternative medicine) use is increasing, not only in the United Kingdom, USA but across the developed world. Many of these "alternative" techniques come from all over the globe and have been around for thousands of years. The following govt sponsored organizations made the survey for CAM (complementary and alternative medicine)

1) Research Council for Complementary Medicine, the School of Integrated Health at the University of Westminster. UK 2) National Center for Complementary and Alternative Medicine (NCCAM), a component of the National Institutes of Health, USA, 3) www.parliament.uk > Publications and Records > Select Committees > Science and Technology 4) New York Online Access to Health. 5) Complementary and Alternative Medicine Website, New Zealand Guidelines Group

All the details can not be included here but all the authority found steep increase in use of CAM.

The American Hospital Association reported that more than a quarter of the hospital in a 2005 survey offered some alternative therapies like Homeopathy, Herbal support, biofeedback or acupuncture. Its results suggest that there are approximately 50,000 CAM practitioners in the United Kingdom, that there are approximately 10,000 statutory registered health professionals who practice some form of CAM in the United Kingdom and that up to 5 million patients have consulted a CAM practitioner in the last year. £450 million worth of out-of-pocket expenditure was used on six of the principal therapies (excluding aromatherapy and reflexology) during the preceding year.

11.) Infertility and chronic diseases treatment by alternative medicines how it gives best results?

Chronic disease is a very tragic and emotionally damaging and painful experience. Human beings are infused with a subtle form of energy. This vital energy or life force is known under different names in different cultures. Its aim is to integrate the body, mind, and spirit to prevent and treat disease. Vital energy is believed to flow throughout the human body, but it has not been measured by means of conventional instrumentation. Alternative medicines mobilize the body's vital force to orchestrate coordinated healing responses throughout the organism. The body translates the information on the vital force into local physical changes that lead to recovery from chronic diseases. This not only treat main problem but can change life, can enthuse enjoyment in your life and removes diseases from root cause. While modern – allopathic medicine does not do so.

In allopathic management underlying condition often deteriorated despite the often brilliant diagnosis, medical management or surgical correction. Most chronic illnesses cannot be cured completely. Frequently the result is a lifetime of discomfort, doctor's visits, medical tests, medications, therapies and sometimes surgeries. Some patients may become disabled or depressed due to enduring lengthy or recurring bouts of illness. Because of these factors, patients suffering from chronic disease, disrupt other areas of his or her life.

So one must understand that chronic diseases can be cured through combined approach of various systems of medicine

12.) For infertility and chronic diseases treatment by alternative medicines what we can expect? Whether this will work for me? What is time limit?

Chronic disease often requires extensive care. While no one can predict what the out-come of treatment is going to be for any chronic diseases, and final result is in hand of GOD only. Managing chronic diseases require better practice

systems, improved and extra doctors' skills, and more effective use of various alternative medicines. This is complex and the management needs to be multi-faceted and multi-institutional and sustained actions. I emphasize in the first consultation that how much time I will take - what will be my approach and what will be the cost of treatment. I do not string my patients for a long time. My statistical success rate is good because as healthy practitioners it is important to know your abilities. In fact I have hobby to treat chronic diseases patients and I gets satisfaction of life when my patients gets success with such a simple advice when most powerful research does not give desired results. Every patient whom I have started working has become far healthier soon with the start of treatment at and it is this which give me sign that how far is the final result. At the end of treatment, all patients have the satisfaction of good care and they are definitely cured or become better.

13.) I can still not decide to submit to you for treatment. How I can be sure? And how I can have advantage in your treatment?

I know how hard it is to find honest, expert advice that can truly solve the life's biggest problems facing you – particularly on internet. Many a times we want not only a Doctor but a guide / teacher/ friend who can understand the root cause of our problem and treat not only the problem but to teach us the way we should live - person who can improve the quality of our life by applying easy and economical methods.

We constantly see in our family or in friends' circle that people suffer from chronic diseases. They go on taking medicines- spend lot and lots of money but never get healthy- on the contrary they go on deteriorating. Mostly they have no idea how to get well. Most simply they take it for granted that they will be well by medicines or surgeries. Unfortunately, this is not always the case. Few others rush into treatment without proper planning. The overall impact of infertility and chronic diseases on individuals differs greatly, and is influenced by many factors such as cultural background; individual life gets up... etc. This can be discussed in psychological factors only. Very meticulous people – taking all decisions in perfect way, fails to plan for their own treatment. Tremendous suffering could be

avoided, but people don't know the right method. People often miss out effective therapies, and lack the information and support they need.

We are currently limited by a system that is built around treating acute episodes and responding to emergencies, not on effective management and cure of chronic medical conditions. It is embarked (detailed literatures of diseases suffered are given for education) to believe that the system of modern medicine- allopathy is the only valid one and that all other natural medicine or pathies are more or less just quackery.

When you are so fine and judgmental you will certainly have insight to know what truth is and what is false. Leave this decision to your inner jury to judge and to decide and follow what your inner jury has ordered. You have alright to ask as many question as you can and I assure to answer all to the best of my capacity. Not all the time answer is of your liking but I always remain honest and true to all human being – whether they like it or not. I try my best to my utmost capacity and I pray GOD to give me enough strength to cure my patients – to come to the level of expectations of my patients. It is law of universe that you have to be true to all human being. If you do not remain so universe takes very drastic action which are very hard to bear. I am always GOD fearing person and believe in giving my best to mankind. As with everybody, I am, for you also, I will always remain honest and true. You can rest assure. Decision is yours. You will have best life.

Based on my longstanding experience with all aspects of chronic diseases, I offer good scope for satisfactory solution to give final cure of any chronic diseases or infertility, at almost very low cost and that too in less time. I always remain grateful to my patients for giving me chance to serve them

Alternative Medicine gives amazing Cure for Infertility and Chronic Diseases

TOPIC 2

Importance of Alternative Medicine

In Far East countries like Japan – Taiwan –Korea – china - people live for long years and they are healthy. WHY? They first depend on their herbal medicine and believe in nature. Healing forces are present within the body; you have to cooperate with the body's restorative powers.

We constantly see in our family or in friends' circle that people suffer from chronic diseases. They go on taking medicines- spend lot and lots of money but never get healthy.

In today's world of commercialism, people often miss out effective therapies, and lack the information and support they need.

When illnesses are due to body degeneration like heart disease, diabetes, arthritis, osteoporosis, etc most of drugs don't correct the underlying pathology. Long-term use of drugs never get people better, but slowly deteriorate due to side effects of the drugs, developing of poor immune function, advancing age problem and as time goes by, more problems are "discovered," - more organs are involved so more drugs are prescribed - like this circle goes on. At some point the conditions can become so severe that just do nothing and wait for end.

Do not suffer from chronic diseases for yourself or in your family and get total cure to remove root cause of disease. Tremendous suffering could be avoided, but people don't know the right method.

Body has all ingredients to make healing by its own, but we need to know how to cooperate with the body's restorative powers.

Chronic diseases can be cured through combined approach of various systems of medicine like ayurvedic, homeopathy, naturopathy ...etc. One will be amazed to see the result after employing various systems of medicine. This gives result faster, with less suffering and in economical way. Combined approach of various alternative medicines can cover a broad range of healing philosophies, approaches, and therapies which will correct body degeneration, give definite and good results.

The great thing about these ancient remedies is that they usually do not have the health risks that some modern techniques and medications have today. All you need is to make a perfect and intelligent decision about health.

In medical colleges only modern medical science (allopathy) is being taught. In these modern medical colleges alternative medicine is not being taught. Also in some countries all alternative medicine are not recognized. As well, guidance and treatment with alternative medicine is not available so easily. So for their bodily ailments, very few people think on the line of alternative medicines. Few do not have any idea about existence of alternative medicines!.

Alternative medicine as it stimulates life energy within the body; complete cure from chronic diseases is possible. Alternative medicine can also correct surgical pathology, so can avoid surgeries. This stimulates healing on the physical, emotional and spiritual levels to restore vitality and creative engagement in life. I by combining innovative technologies, diverse clinical knowledge and extensive experience, bring you effective interventions that expand you range of health and make perfect health.

Now Alternative medicine is not "alternative" at all, but rather the basis of the health care system.

A body constitution and body requirement varies from individual to individual. Every individual and patients handles the changes of chronic diseases differently. Individualized approach is of utmost importance. Healing forces are present within the body, and the physician's role should be to assist the body's natural state of homeostasis by cooperating with bodies efforts to heal it.

Sustained improvements in managing chronic diseases require better practice systems, very high doctors' skills, and more effective use of various alternative medicines.

I have organized and attended many seminars – workshops and conferences. I have been key-note speakers – panelist and also presented many medical research and general papers in various aspects of alternative medicine.

Through my vision, commitment to serve and determination to give as complete cure as possible, I develop a perfect plan. Perhaps you will not be able to find full knowledge of all various important systems of alternative medicine in any one medical Practitioner that is I.

I am determined to give you most comprehensive, unique, customizable and convenient healthcare solution

GOOD LUCK FOR YOUR PERFECT HEALTH

Yours truly,

Dr Prakash Shah (Baroda – Gujarat – INDIA)

Senior Practioner for management of chronic diseases / infertility
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TOPIC 3

Appeal

Dear web visitors,

For more than 35 years I have been dealing intensively and with great commitment to my patients.

We constantly see in our family or in friends' circle that people suffer from chronic diseases. They go on taking medicines- spend lot and lots of money but never get healthy- on the contrary they go on deteriorating. Mostly they have no idea how to get well. This web site educates all those chronic suffers for how to get well. Worth reading.

All through these years, I have been constantly finding new and new solutions and approach for making easy solutions to the problems of diseases. At present also I am making constant dialogues with many renowned professionals all over world. As well I have also learned various scientific methods from the many Practioner who claimed to be having good result in management of chronic diseases.

It was for the first time that I introduced Laparoscopy in Baroda since 1976. I started new approaches in Baroda for Infertility.

I also got special training for tubal factor and microsurgical technique for tubal block reversal under world best authority - Dr Victor Gomel. As well I visited world's best centers in USA - John Hofkin, Baltimore, MD (15 days training in Advances in infertility management)- Hayward University, Boston (endocrinology and infertility)- California University- San Fransisco- CA (Jordon Phillip - Advances in Laparoscopic surgeries) - and St Louice.

I am Fellow and Life Member; American Association of Sex Councilor, Therapist and Educationist. (AASECT).

Though I basically qualified as Obstetrician and Gynaecologist (1971), my quest for knowledge made me specialist for infertility and chronic diseases.

I also met numerous various experts in other disciplines of medicine- alternative medicine like homeopathy, ayurveda, naturopathy etc. knowing what they practice for chronic diseases. That is how, now I approach, problems of chronic diseases with all other systems of medicine. I have found that other systems of medicine can be very fruitful over and above conventional system of medicine.

Based on my longstanding experience with all aspects of chronic diseases, I will offer good scope for satisfactory solution to give final result, at almost very low cost and that too in less time. Please benefit from my long experience.

I will do my best for your problem.

Yours truly,

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TOPIC 4

Infertility Special Management

Human reproduction is the highest and complex function of the body. In bodily development this comes last and again this function vanishes first as age advances and is considered as sign of increasing age. Abnormality in any organ of the body can effect reproduction adversely. This should be considering in treating reproductive disorders. Each childless couple must have thorough knowledge of reproductive physiology.

Most couple simply take it for granted that they will be able to have children. They take conception for granted, and assume that pregnancy will happen when the time is right. Unfortunately, this is not always the case. In fact, one in six couples trying to have a baby will experience problems in doing so. People are often shocked when they discover that they are infertile and commonly at beginning go through a period of disbelief. Few others rush into treatment without proper diagnosis and planning. Infertility is often described as a life crisis. The overall impact of infertility on individuals differs greatly, and is influenced by many factors such as cultural background; individual life gets up... etc.

Infertility is a medical condition that has many emotional aspects. Feelings such as anger, sadness, guilt, and anxiety are common and may affect couple's self-esteem and self-image. Couple may find it difficult to share their feelings with family and friends, which can lead to isolation. . It is important to know that these feelings are normal responses to infertility and are experienced by many couples. Ability of physician to deal with psychological problems is of paramount importance simultaneously with treatment of infertility.

There are a number of different treatments available. They are often used in combination with one another to provide the best results. Complimentary alternative therapies including prescription medications, homeopathy, naturopathy and herbal supplements can cure infertility. But only one type of approach is not sufficient and combined approach should be always be resorted to.

IMPORTANT FACTORS FOR FERTILITY

1. Semen should be normal – Male Factor.
2. Semen should be deposited at proper place in vagina – Coital Factor.
3. Cervix should be able to transfer the semen properly forward – Cervical Factor.
4. Uterus should be anatomically and functionally normal – Uterine Factor.
5. Fallopian tube should be functioning normally – Tubal Factor.
6. Ovary should be secreting normal ova – Ovarian Factor.
7. Pituitary and other endocrine glands physiologically normal – Endocrine Factor.
8. Mind in sound psychological state – Psychological Factor

TOPIC 5

Chronic Diseases - Understanding

A chronic disease is one which last for 3 months or more. Chronic diseases generally cannot be prevented by vaccines or cured by allopathic medication, nor do they just disappear. Chronic diseases tend to become more common with age. Now with increased aged population there is increased the prevalence of chronic diseases. Eighty-eight percent of Americans over 65 years of age have at least one chronic health condition.

The human body sends out a flare when something's awry. -- You should keep in mind for unexplained weight loss and/or loss of appetite, Slurred speech, parasthesia, weakness, tingling, burning pains, numbness, confusion, sudden agonizing headache, irregular bleeding from any organ

Modern medicine is organ specific, hence various specialties like... ophthalmologists, cardiologists, nephrologists, neurologists... etc. Each specialist treats their own disease by aggressive intervention and focus is often on treating the disease and not the person. In modern medicine treatment most disorders are traced to chemical imbalances and are treated with powerful chemicals (drugs).

Chronic diseases have a prolonged course of illness. Chronic diseases contribute much to illness, disability- morbidity and mortality. When illnesses are not infectious, but due to body degeneration like heart disease, diabetes, arthritis, osteoporosis, etc most of drugs don't correct the pathology. Long-term use of drugs never get people quite better, and slowly deteriorate due to side effects of the drugs, developing of poor immune function, advancing age problem and as time goes by, more problems are "discovered,"- more organs are involved so more drugs are prescribed. At some point the conditions can become so severe that just do nothing and wait for end.

This is where we must have to adjust our thinking toward consideration of the other system of medicine. We need to know how to cooperate with the body's restorative powers. Tremendous suffering could be avoided, but people don't know the right method. People often miss out effective therapies, and lack the information and support they need.

Chronic diseases can be cured through combined approach of various systems of medicine like ayurvedic, homeopathy, naturopathy ...etc. One will be amazed to see the result after employing various systems of medicine.

We are currently limited by a system that is built around treating acute episodes and responding to emergencies, not on effective management and cure of chronic medical conditions. It is embarked (detailed literatures of diseases suffered are given for education) to believe that the system of modern medicine- allopathy is the only valid one and that all other natural medicine or pathies are more or less just quackery.

Hearing the name of diseases we immediately think on line of pathophysiology. Immediately we are supplied from hospital about all the details of disease we are suffering from. We get knowledge - what is disease? Where is the fault? We go on taking medicine or submit for surgery but we do not ask question whether this medicine or surgical procedure will have final cure? We hardly think or believe or we do not have idea that alternative medicine can correct such surgical pathology. The truth is alternative medicine can avoid many surgeries. Hardly people have thinking to adopt alternative medicine. Alternative medicine covers a broad range of healing philosophies, approaches, and therapies. History of alternative is long for many many years and has sustained time testing. So it is easy to understand that combine approach can give best result as per one's expectations.

God has created such system that, the healing forces are present within the body. Body is constantly reacting between its internal and external environment. It should be the physician's role should be to assist the body's natural state of homeostasis by cooperating with body's efforts to heal so that body gets cure from disease and its root cause is removed. Alternative medicine makes body in absolutely natural condition – physically and spiritually. It is very important to know the opinion of experts all over the world that allopathic medicine will not offer to have complete cure from chronic diseases while alternative medicine as it stimulates life energy within the body, complete cure from chronic diseases is possible.

Now Alternative medicine is not "alternative" at all, but rather the basis of the health care system.

Many National bodies suggest such changes but all of these changes are generalized and could take years to produce gains in the population's health. We, our self, must alter processes and priorities for our self.

Sustained improvements in managing chronic diseases require better practice systems, improvement in doctors' skills, and more effective use of various alternative medicines.

Patients should be treated as per their own constitution and requirements which varies from individual to individual. Just after start of the treatment by alternative medicines all patients gets satisfaction and definite improvement is there.

Alternative medicine offers positive health changes to a substantial proportion of a large cohort of patients in a wide range of chronic diseases. One of the reasons why alternative medicine is not more popular with the medical profession and the public is that it is too simple. The average mind is more impressed by the involved, mysterious and complex management. But one thing is certain that those who one time takes help of alternative medicine will always employ alternative medicine systems only.

Since last many years, beside my practice in ob/gyn – infertility, I have developed hobby to treat any chronic diseases by combine approach of complimentary alternative medicine. I can say with my experience that in almost all chronic case, which I treated, the results were successful, to more than the satisfaction. Some of the cases results I treated were like miracle. I use combined approach of allopathy, homeopathy, ayurvedic, naturopathy, racki and other therapy.

Carry home message is do not suffer from chronic diseases for yourself or in your family and get total cure to remove root cause of disease.

In how much time - which diseases will be cured?	
Cure in short time (3 to 4 months)	Flatulence – Dysentery – Constipation-Acidity Stress – Depression - Headache Throat - Allergy – Chronic Cold - Cough Pregnancy Related Problems Old Age Problems - Premature Senility Acne – Boil -Abscess Skin-Itching - Urticaria
Cure in moderate time (6 to 9 months)	Liver Diseases -Gall Stone – Fissure –Piles- Ulcer Neuralgia –Insomnia -Twitching Heart Function - Hypertension Infertility- Male Problem – Menopause- Prostate Back Ache- Spondilitis –Gout - Joint Pain KIDNEY-Calculi Hair-Fall / Dandruff -Skin Warts
Cure in long time (12 to 18 months)	Child Growth And Behavior Problems Vertigo Arthritis –Osteoarthritis -Spinal Affection Diabetes –Obesity -Eczema

Special Note: - As this is the central theme of the whole substance, I request each visitors of this web site to please read this page carefully.

Sometimes the factors affecting chronic diseases are easy to detect and treat, but in many cases a specific reason for chronic diseases may be difficult to identify. Many patients even after long and expensive treatments do not get success.

Patients should be treated as per their own constitution and requirements which varies from individual to individual. Each patient requires sympathy towards their problem and all their quarries should be solved with utmost satisfaction. Every individual and patients handles the emotions of chronic diseases treatment differently. Individualized approach is of utmost importance. Sympathetic, human and heartfelt approach is must. They should be subjected to less repeated visits.

It is helpful when beginning chronic diseases treatment to develop a perfect plan, so that patients can have an idea of how long to pursue a particular treatment...

There are many systems of medicine is available besides modern conventional allopathic treatment. They are designated as Alternative medicine. Most of these treatments and health care practices are not taught widely in medical schools of modern medicine – allopathy. Or in all the countries - all alternative medicines are not even recognized by government. Alternative medicine in any form of practice is outside the realm of conventional modern medicine. But it covers a broad range of healing philosophies, approaches, and therapies. Examples of very common alternative medicine are Homeopathy, ayurveda, naturopathy, rackii, acupuncture etc. Each system has their own characteristics and benefits to give healing and cure in many ailments for human being. Each system of alternate medicine claim's high for cure on its own way, it is easy to understand that combine approach can give best result as per one's expectations.

If treatment of alternate medicine is done along with or in addition to conventional medicine, it is referred to as "Complementary Medicine" - as the two practices complement each other.

So why not to take advantage of the various systems? Advantages of various systems of medicine should be combined to offer best approach for the management of childless patients. This may give result faster, with less suffering and in economical way.

Which system will suite to individual patient is the judgment and experience of chronic diseases specialist. If specialist is trained in one specialty, he/she will practice more in that system. Combined approach of all system of medicine requires vast education – training and experience. The choice of which treatment to pursue is strictly a personal one. Side effects, Costs and Expected success rates are important factors to consider when choosing a treatment plan.

Chronic diseases are a very tragic and emotionally damaging and painful experience. I believe that it is crucial not to promise something that I can not deliver. Every patients whom I have started working has become far healthier soon with the start of treatment and it is this which give me sign that how far is the final result.

I emphasize in the first consultation that how much time I will take - what will be my approach and what will be the cost of treatment. I do not string them along for a long time in the hope that it will work in the future. Consistently the time for each patient is ticking and if I am not successful with my approach treatment within few months, I will be discussing with them about advanced conventional medical treatment. I say this even though my statistical success rate is good because as health practitioners, it is important to know when to admit, you are not able to help someone.

While no one can predict what the out-come of treatment is going to be for any patients, we can only try, final result is in hand of GOD only. But at the end of it, they all should at least have the satisfaction of knowing and that patients got everything that was possible.

TOPIC 7

Health Considerations

Please read carefully and think over this

"Disease will never be cured or eradicated by present materialistic methods, for the simple reason that disease in its origin is not material. What we know as disease is an ultimate result produced in the body, the end product of deep and long acting forces, and even if material treatment alone is apparently successful this is nothing more than a temporary relief unless the real cause has been removed." - Dr. Edward Bach

We are accustomed to associate our ill-health with a variety of factors from microbes to the weather, the food we eat and a variety of other things. But experts, healers and our ancient literatures tells us that the 'cause' of our illnesses cannot entirely lie in these external factors - for the same person who is now sensitive to the slightest breeze would have, a few years before, loved the exhilaration of cold wind and bath in raining seasons. The same person who could sleep soundly after a cup of coffee now suffers insomnia on eating the slightest bit of the 'wrong kind' of food. The same person who would go happily on with life for months without any kind of illness now gets a fever or a cold on the slightest "exposure to microbes". In the same family we observe that the things which some enjoys is hazardous to sufferer. Obviously, something has changed within the patient, and this has rendered the person sensitive to all these things which never bothered him before. Have you experienced this at any time of your life?

Dr Edward Bach, a respected- renowned physician, bacteriologist and homeopath of his time, discovered during the later years of his research that illness of the physical body is very often rooted in disharmony of the mind and body- the physical illness being just an end product of that internal disharmony. Once harmony is restored to the patient at mental and emotional levels, the body naturally regains its vitality and a majority of its physical 'diseases'

disappear. Further, the patient finds and enjoys same past interest in life and is able to lead a fuller and more meaningful life.

Today's medical theories lead us to see 'disease' as a purely mechanical consequence of the state of the physical body and the environment. Short tempered people more likely to have symptoms of hyperacidity, high blood pressure or heart diseases; asthmatic people, often tend to have a weak personality, tending to suffer from fears, lack of confidence etc, or, in some cases, a tendency to always boss over others. Let us for a moment consider present day medical science's approach to treatment of hypertension - high blood pressure. According to conventional medicine, the cause of 90% of the cases of hypertension is 'unknown' and hence treatment being sought for in the physical body alone, completely ignoring the fact that we are conscious beings, with our every day thought and emotion have an impact on our physical bodies. Unfortunately, this style of treating the symptoms alone has become more or the less 'mainstream' - imbalance is ignored and the treatment merely attempts to temporarily restore balance through intake of anti hypertensive compounds. We are not questioning the effectiveness or the need of such an approach in handling the symptoms and the fact is that cure is often temporary - due to the simple reason that the cause is still operative. Always argue in your mind about effectiveness of treatment.

"This disharmony, disease, makes itself manifest in the body for the body merely serves to reflect the workings of the soul; just as the face reflects happiness by smiles, or temper by frowns. And so in bigger things; the body will reflect the true causes of disease (which are such as fear, indecision, doubt, etc.) in the disarrangement of its systems and tissues" - Dr. Bach

Disease - a person suffering is from within himself - in mental conflicts such as fears, depression, apathy, boredom, hatred etc. So, in healing focuses should be on removing from the patient's mind these negative factors. Once this negative factor is out happiness is imminent.

In fact Ayurveda, Classical Homeopathy, ancient Chinese medicine all emphasize the importance of a virtuous and harmonious mind.

In healing with these herbs, the focus is on restoring balance and vitality to the patient. Changes in the psychological sphere as well as the general sense of vitality and well-being are often the first signs that show the healing process has begun. A sense of spiritual quiescence, mental harmony and physical well-being are complementary aspects to this system.

Bach flower remedies can eliminate a lot of negative emotions and heal the mind to a great extent.

I urge you to take advantage of this state to work towards the perfection of yourself, to explore your interests and to strive to be of the greatest service to yourself and to those around you.

The goal is our own perfection, and our diseases are understood to be merely corrective when we are on the right path.

Expert's opinion on health

“Citations For Religious Literatures”

"We have so long blamed the germ, the weather, the food we eat as the causes of disease; but many of us are immune in an influenza epidemic; many love the exhilaration of a cold wind, and many can eat cheese and drink black coffee late at night with no ill effects. Nothing in nature can hurt us when we are happy and in harmony, on the contrary all nature is there for our use and our enjoyment. It is only when we allow doubt and depression, indecision or fear to creep in that we are sensitive to outside influences. It is, therefore, the real cause behind the disease, which is of the utmost importance; the mental state of the patient himself, not the condition of body."

"Any disease, however serious, however long-standing, will be cured by restoring to the patient happiness, and strong desire to implement or carry on with his motive and work of his life"

"So again let us clearly understand that our physical illness is of no consequence whatsoever: it is the state of our minds, and that, and that alone, which is of importance."

"Disease is in essence the result of conflict between Soul and Mind, and will never be eradicated except by spiritual and mental effort. Such efforts, if properly made with understanding can cure and prevent disease by removing those basic factors. No effort directed to the body alone can do more than superficially repair of damage since the cause is still operative and may at any moment again demonstrate its presence in another form."

".. We must realize that the short passage on this earth, which we know as life, is but a moment in the course of our evolution. Birth is infinitely far from our beginning and death is infinitely far from our ending. Our Souls is immortal, and the bodies of which we are conscious is temporary, merely as horses we ride to go a journey, or instruments we use to do a piece of work."

".. Then follows a fourth great principle, which so long as our Souls and personalities are in harmony, there is joy and peace, happiness and health. It is when our personalities are led astray from the path laid down by the Soul, either by our own worldly desires or by the persuasion that a conflict arises. This conflict is the root cause of disease and unhappiness. No matter what our work in the world - bootblack or monarch, landlord or peasant, rich or poor - so long as we do that particular work according to the dictates of the Soul, all is well; these contains lesson of life and gives us the best advantage for the development of ourselves." You have to believe and experience this truth.

"So the perfect science of healing teaches and assists the person to develop that virtue which will make, once and for all, immunity against that adverse quality.

TOPIC 8

Authors note on alternative medicine

Alternative medicine is a group of diverse medical and health care systems - various systems of medicine that are not presently considered to be part of mainstream medical care. Examples of alternative medical systems include Ayurveda, homeopathic medicine, Chinese herbal Medicine, naturopathic medicine... so on.

It is noted that whenever any bodily ailment is there, more commonly people think on modern medical – allopathic – aspects only. Because we are filled with information's of modern medicine only and hardly we have knowledge of alternative medicine. In all medical colleges only modern medical science (allopathy) is being taught. In modern medical sciences college alternative medicine is not being taught. Also in many countries all alternative medicine is not recognized. Also guidance and treatment with alternative medicine is not available so easily. So for their bodily ailments, very few people think on the line of alternative medicines. Few do not have any idea about existence of alternative medicines!

In 1997, in USA, 627 million visited to practitioners of alternative medicine and spent \$27 billion of their own money to pay for alternative therapies. It is estimated, by none other than the Harvard Medical School, Boston that one out of every two persons in the United States between the ages of 35 and 49 years used at least one alternative therapy in 1997 In Australia 57 percent of the population now use some form of Alternative medicine, in Germany 46 percent do, and in France 49 percent do.

Survey in 1991 and in 1997 indicated the use of herbal medicines in the United States grew by 380 per cent.

Now Alternative medicine is not "alternative" at all, but rather the basis of the health care system

How does alternative medicine differ from present medical care system (Conventional medicine)?

1. Conventional medicine believes in specifically targeting the organ. Conventional medicine is organ specific; hence specialists and super specialists like ophthalmologists, cardiologists, nephrologists, neurologists... etc. Alternative medicine considers each person as a one body.
2. The philosophy behind Alternative medicine is that Nature includes all human bodies and nature has all the ingredients to treat any human diseases. Alternative medicine utilizes life energy for cure, Corrects imbalances of life and strengthening of this life energy is the ultimate goal of alternative medicine.
3. Alternative medicine believes in gentle, long-term support to enable the body's own innate powers to do the healing so there is harmless approach. Conventional medicine believes in aggressive approach so the drugs can have toxic reactions.
4. In modern medical care system focus is often on treating the disease and not the person. Alternative medicine goes with the depth of diseases, mental and physical matters are taken into considerations.
5. Unnecessary investigation and procedures, surgery, chemotherapy, radiation, and powerful pharmaceutical drugs of conventional medicine can be avoided by alternative medicine. Even many major and minor surgeries can be also be avoided.
6. For alternative medicine pharmaceutical and other allied medical industrial complex is no concern so it is much economical. Alternative medicine is devoid of propaganda budget for hospital and doctors so again it is much economical.

7. Hospital infections, surgery complications, adverse drug reactions cause iatrogenic diseases and are cause of death. While in alternative medicines there is no death due to its practice. It is harmless - Many alternative medicinal substances do not come with in the preview of FDA.
8. Conventional medicine is preferred in the treatment of trauma and emergencies while alternative medicine excels in the treatment of chronic disease.
9. Allopathic drug provides symptomatic relief while natural remedy is intended to remove root cause of the disease. - We must have eye to see it, see each system with respect and do not consider this as fake.

How does alternative work? What is the basis of alternative medicine? Very generally, human body is considered and is integrated as whole substance, and it interacts with its environment. Human body is constituent of nature only. When body reacts to some aspect of environment - stress, food, pollutants, climate, medicine, etc – correction of homeostasis- body reaction starts and body tries to neutralize the reactants. This produces the symptoms and disease is generated. This production of symptoms for the same environmental reasons varies from individual to individual according to one's constitution. So cause is environment but symptoms are widespread. This means that treatments should be based on all symptoms of the patient

You must be knowing that in Far East countries like Japan – Taiwan –Korea – china. - People lives for long years and they are healthy. WHY? Because they do not have the systems of medical care as we have got. They first depend on their herbal medicine. They believe in nature. We also see that some of our sadhus are live like miracle.

Like all other animal the healing forces are present within the body, and the physician's role should be to assist the body's natural state of homeostasis by cooperating with bodies efforts to heal it.

Cooperate with the body's restorative powers Health lies on the relationship within the organism, -- between mind & body, as well as the relationship between the body & the universe. When disruption of this relationship occurs, try to restore body's equilibrium through the use of preventative & curative efforts. We need to know how to cooperate with the body's restorative powers.

When illnesses are not infectious, but due to body degeneration like heart disease, diabetes, arthritis, osteoporosis, (chronic diseases)...etc most of today's allopathic drugs don't correct them. This is where we must have to adjust our thinking toward consideration of the other system of medicine. By our experience we know that long-term use of drugs ensures that people never get quite better, and slowly deteriorate due to side effects of the drugs, developing of poor immune function, advancing age problem and as time goes by, more problems are "discovered," so more drugs are prescribed. At some point the conditions can become so severe that the only option available is surgery or do nothing and just wait.

Alternative medicine makes body in absolutely natural condition – physically and spiritually Alternative medicine in any form of practice is outside the realm of conventional modern medicine Practitioners. If specialist is trained in one specialty, he/she will practice more in that system only. Meaning allopathic doctor will treat only on line of allopathic knowledge; homeopath will treat only on homeopathic way only & so on. Combined approach of all system of medicine requires vast education – training and experience. A consideration of combinations of alternative medicine covers a broad range of healing philosophies, approaches, and therapies which will give definite and good results.

Alternative medicine is definitely useful

In cases of (think of alternative medicine in following)

- Multiple organ involvement of disease
- When you have been treated right but still improvement is not satisfactory
- When desired drugs are not showing proper action.
- Improvement is not as per expectation.
- Before any major operations.

VARIOUS ALTERNATIVE MEDICINE	
Following have been very common	Following have been not very common
Ayurveda	Biofeedback
Homeopathy	Chelating Therapy
Chiropractics	Color Therapy
Hypnotherapy	Cognitive Behavioral Therapy
Acupuncture	Glandular Therapy
Reiki	Humor Therapy
Osteopathy	Hydrotherapy
Herbal Medicine	Prayer & Spiritual Healing
Yoga	Sound Therapy
Meditation	Spiritual therapy
Aromatherapy	Light therapy or phototherapy

TOPIC 9

Treatment Approach

For patients of online management, previous examinations notes – investigations reports and other case papers notes by any previous Medical Practitioners are important and considered by me. So if possible scan and email all previous records.

Once I receive information, I will soon analyze, and then I will email to the patient, to call me on my landline phone number (091 265 2430162), at specific time. At which time I will open software. So that I can note down each and every symptoms, as asked on phone, directly on the software, to get required line of approach. This will have absolutely personalized approach and the management will be specific for that particular patients only.

Once the diagnosis and line of treatment is established, I will communicate about the charges for management.

Here my intention is to take as less charges as possible from patients. For patients of easy diagnosis, I want to take fewer charges and from patients with complicated approach, I will take only regular charges.

I believe that I have got special study and knowledge about the subject and let more people take advantage of it. I will be get pride, if by my treatment patients gets cure.

Homeopathic and ayurvedic medicine is supplied from here. Modern allopathic medicine is prescribed (or if asked by patients can be supplied on request. But with extra charges- only market cost.)

Once this charge is deposited in my bank accounts, I will mail the medicines and all required information on the address given.

Terms

1. All cases taken up for treatment &/or consultation are studied in detail using a special software.
2. The best quality of medicines is used for dispensing.
3. Name of medicine in alternative medicine – homeopathy or ayurveda or any other system is not given so please do not insist on it.
4. The medicines will be delivered to the patient by courier.
5. It is not possible to offer a 100% guarantee of cure. In case of being unable to achieve a cure, the patient or his/her relatives will have no right to ask for any financial &/or other claims/damages.
6. Homeopathic and any medicine of alternative therapy is free from side-effects. Hence any untoward development taking place during the period of treatment is not to be blamed on medicine or management offered & the patient will have no right to ask for any damages with respect to the same.

Special Note :

I hope my readers can appreciate the need for inclusion of the above disclaimers due to nature of online consultation. Though it does sound a little harsh in context of the noble profession of a doctor... Trust and doctors-patients relationship is of utmost importance. Ultimately whatever doctors is doing, is for benefit of patients only. And please be sure that I will try and use my all the knowledge to do all the best, to get as good results as possible for the patients. But certainly doctor is also a human being and not GOD.

Final working method:

Steps	Final working method:
1.	Send the previous reports and all relevant papers by email (another alternate email address is: prakashbaroda@yahoo.com)
2.	After studying the previous papers, I may ask for more information on email and in the same email - I will let you know the exact time for you to call on my landline number (091 265 2430162)
3.	At which time, I will open my software and take detail history and record on computer.
4.	I will analyze and study. Then I will come to final diagnosis and by email I will inform you, how to proceed and also to deposit the charges in my bank account.
5.	After confirmation from bank about deposit of required amount, I will send the medicine by post with details of instructions, how to use the medicine and other relevant information for cure.
6.	Even after that, if any quarries are there, you can email me or talk to me on phone.

TOPIC 10

Renal Failure Treatment - Chronic Renal Disease and Homeopathy

This story I am describing dates back to 1995, which were just initial years, when I started believing about efficacy of homeopathy. Before that as most of allopathic practitioners does not endorse homeopathy as effective science, I was also in those group.

This is the case of Master Maulik – son of my sister, a 10 years old male child.

His complaints began after he had been sick for some time and his parents noticed that he had developed some swelling on both legs. Urine revealed high amounts of protein. He was referred to a Nephrologist who, after all investigations, diagnosed him as having Nephrotic Syndrome. He was put on cyclosporine and steroids. For about 6 years he continued to have increased swelling that had spread to his abdomen and face too. He would get 3-4 acute exacerbations of the condition in a year in spite of being on high dose of steroids. He would develop swelling all over the body and his urine would become turbid. The albumin in the urine would become ++++ at such times. Apart from this he would also get frequent colds during which his urine albumin would start increasing again. Nephrologists advised for kidney biopsy which was not consented presently by relative.

Nephrologists' told that eventually he will need a transplant. They told that there is no cure yet. He will die too young. Prognosis is very grave.

Do not suffer from chronic diseases for yourself or in your family and get total cure to remove root cause of disease. Tremendous suffering could be avoided, but people don't know the right method.

At this time I started the homoeopathic treatment, he was on a high dosage of steroids daily along with a diuretic. Homoeopathic medicines were given based on his symptomatology only (as I did not know much about all aspects of homeopathy) I gave him Apis, Ars – one dose each and after one month Mercurius and Lycopodium one dose each. Bio-chemic Natrum Mur 6X and Ferum Phos 6X twice a day for 15 days was also given. Then biochemic was advised to take as soon as signs of cold appears. Nephrologist was unaware that he is under homeopathic treatment. I used to advice my sister that you should be under constant care of Nephrologists.

Within 3 months there was good improvement in his condition. Now he was on reduced dosage of steroids. He would not get colds as frequently as before and there was improvement in his overall health after commencing homoeopathic treatment. My sister reported that it's the first time in all these years that we have been able to reduce the dosage of steroids and still he continues to improve. They were glad about opting for homoeopathic treatment because steroids would give his son only temporary relief and lots of side-effects, of which they were not even aware previously.

By the end of 6 months of treatment he did very well and his drugs' dosage and steroids had been lowered by Nephrologist. Nephrologist was surprised that he was doing so well in spite of being on such a low dose of the medication. Now Maulik would not require as frequent visits to Nephrologist as before and he would need to see him only once in about 3 months. Overall he did well with the treatment. The response in his case was positive in a very short period of time. They were much surprised for the treatment which he had to continue for long time since this disorder started.

At about 12 months of starting homeopathic treatment all drugs – homeopathic and allopathic were stopped, as he was cured of all symptoms and no albumin in urine.

Today Mr Maulik is 29 years old and he enjoys good health. He is not taking any allopathic or homeopathic medicine for as long as 10 years except when he feels starting of cold symptom, I have advised him to take biochemic – Natrum Mur 6x and Ferum Phos 6x as required.

Understanding of chronic renal disease

Chronic renal disease produces progressive loss of renal function leading to low and deteriorating glomerular filtration rate. Initially Chronic kidney disease is without specific symptoms and can only be detected as an increase in serum creatinine or protein in the urine. As the kidney function decreases creatinine level in blood serum is increasing. Nuclear medicine MAG3 and DMSA scans give idea of blood flows through kidney.

Following is the pathophysiology of chronic renal disease:-

- Blood pressure is increased due to fluid overload and production of vasoactive hormones, increasing one's risk of suffering from congestive heart failure
- Urea accumulates; leading symptoms are ranging from lethargy to pericarditis and encephalopathy.
- Potassium accumulates in the blood can cause fatal cardiac arrhythmias
- Decreased erythropoietin leads to anemia.
- Fluid volume overload produces mild to severe pulmonary edema
- Hyperphosphatemia can lead to hyperparathyroidism, with hypercalcaemia, renal osteodystrophy and vascular calcification that further impairs cardiac function.

- Metabolic acidosis, due to accumulation of sulfates, phosphates, uric acid etc, may cause cardiac and neuronal dysfunction and promotion of hyperkalemia due to excess acid (acidemia).
- Accelerated atherosclerosis develop cardiovascular disease. Chronic kidney disease and cardiovascular disease tend to have significantly worse prognoses
- In chronic renal failure numerous uremic toxins accumulate. These toxins show various cytotoxic activities in the serum.

Causes of Chronic kidney disease:- It is easy to understand kidney disease classification according to the part of the renal anatomy:-

- Vascular, such as bilateral renal artery stenosis and small vessel disease such as ischemic nephropathy, hemolytic-uremic syndrome and vasculitis
- Glomerular,
 - Primary Glomerular disease such as focal segmental glomerulosclerosis and IgA nephritis
 - Secondary Glomerular disease such as diabetic nephropathy and lupus nephritis
- Tubulointerstitial diseases such as polycystic kidney disease, drug toxin-induced chronic tubulointerstitial nephritis and reflux nephropathy
- Obstructive such as with bilateral kidney stones and diseases of the prostate

Chronic kidney disease - Homeopathy Treatment and Homeopathic Remedies

Homeopathy treats the person as a whole. It means that homeopathic treatment focuses on the patient as a person, as well as his pathological condition. The homeopathic medicines are selected after a full individualizing examination and case-analysis, which includes the medical history of the patient, physical and mental constitution, family history, presenting symptoms, underlying pathology, possible causative factors etc. A miasmatic tendency (predisposition/susceptibility) is also often taken into account for the treatment of chronic conditions. Homeopathy tries to treat more than just the presenting symptoms. The focus is usually on what caused the disease condition? Why 'this patient' is sick 'this way'. Other factors like mental, emotional and physical stress that could predispose a person to illness are also looked for. The correct homeopathy remedy tries to correct this disease predisposition. The focus is not on curing the disease but to cure the person who is sick and to restore the health. Homeopathy remedies do give cure but even in incurable cases as well the quality of life can be greatly improved with homeopathic medicines.

- The homeopathic remedies (medicines) given below indicate the therapeutic affinity but this is not a complete and definite guide to the homeopathy treatment of this condition. The symptoms listed with each homeopathic remedy may not be directly related to this disease because in homeopathy general symptoms and constitutional indications are also taken into account for selecting a remedy.

Homeopathy Remedies for Chronic kidney disease :

Am-C., Apis., Apoc., Ars., Asc-C., Bapt., Bell., Canth., Carb-Ac., Cic., Cupr., Cupr-Ac., Dig., Gels., Glon., Hell., Hydr-Ac., Hyos., Kali-Br., Kali-S., Morph., Mosch., Op., Phos., Pic-Ac., Piloc., Plb., Queb., Ser-Ang., Stram., Ter., Urea., Urt-U., Verat-V.

ABOUT AUTHOR: - Dr Prakash N Shah is MD (obstetrics and Gynecologist), 1971. He had extensive training in Infertility and got trained at various renowned institutes of USA, CANADA and UK.

He was president of Baroda and Gujarat state IMA, as well president of Baroda O & G Society and Vice President of Federation of O & G Soc of India. Lion's international district governor too.

He has presented papers, conducted and participated as chairman, keynote speaker and panelist in many International, National and Regional Conferences on Various Topics and on various subjects.

Now since last 15 years he has devoted himself to various Alternatives Medicines – homeopathy/ ayurvedic/ naturopathy/ hypnotherapy/ rackii... By alternative medicines he is treating any patient online. He has numerous patients all over world.

TOPIC 11

Diseases and Cure Time

In how much time - which diseases will be cured?	
Cure in short time (3 to 4 months)	Flatulence -Dysentery -Constipation- Acidity Stress - Depression - Headache Throat - Allergy - Chronic Cold - Cough Pregnancy Related Problems Old Age Problems - Premature Senility Acne - Boil -Abscess Skin-Itching - Urticaria
Cure in moderate time (6 to 9 months)	Liver Diseases -Gall Stone - Fissure - Piles- Ulcer Neuralgia -Insomnia -Twitching Heart Function - Hypertension Infertility- Male Problem -Menopause- Prostate Back Ache- Spondilitis -Gout -Joint Pain KIDNEY-Calculi Hair-Fall / Dandruff -Skin Warts
Cure in long time (12 to 18 months)	Child Growth And Behavior Problems Vertigo Arthritis -Osteoarthritis -Spinal Affection Diabetes -Obesity -Eczema

TOPIC 12

My Methodology

Respected valued patients,

I want to emphasis about my methodology. The nuts and bolts of how I work, from when the client first contacts me, through the case taking process, case analysis, reportarization to case management. I have cured many hundreds of cases over the last 35 years, and have been refining my method of working over time and again, and would like to share what I have come up that works for me. Many of my admires- cured patients, have been insisting that I should give list of my cured patients and their reply in return, They argue that how a stranger – far away - in need of right choice for a medical person like you, will know about you and your abilities. Their emotion and sympathy is right.

But this I feel that will be self praise and also it is not thoroughly possible, as the list is very exhaustive, as I have cured almost all types of diseases - in all systems of body. If few are selected, for which patients to select and mention will be a big question for me.

Now I have that experience that many times on phone only I get complete information, even before analysis and can see which areas I need to focus on for ultimate cure. I know the remedy they need without ever having seen them, just by reviewing the questionnaire.

My questionnaire is very thorough, and nothing has been neglected. On computer all the information can be put where it belongs in the appropriate category, for all time to come.

I get the information of the measurable symptoms, all the particular, general and physical symptoms. Some of symptoms are pertinent homeopathically. And they have easy answer in homeopathy. While some can be treated best by herbal/ayurvedic drugs and for few I have to take help of other systems of medicines.

Perhaps you will not be able to find full knowledge of all various important systems of medicine in any one medical Practitioner except myself. (For details you can view page – [Contact us](#)).

This way I can look at the case in manifold ways. I can pick and choose which symptoms I feel are absolutely necessary to the case. I can combine them this way or that way till I feel I have a grip on what is going on. The fascinating thing about this is that just one symptom that may totally change the list of remedies.

I reexamine each symptom and see if this is exactly what I am looking for or not. This is particularly important for a very precise diagnosis that I am looking for. This is well worth doing, and simply easier using a computer.

I have to go deep within every systems of medicine, to the place in me, which is connected to everyone else and everything else in the universe, and then to tune in.

Now I can make the prescription with confidence, and know that I have selected the right remedy for that patient. And then I go for the medicine. I get the satisfaction that I have done my job and I have done it well. I trust in the universe that what needs to happen will happen. I have done my work in the spirit of Karma Yoga. I am sure to get the good result for all patients – as GOD has blessed me

I have attended many seminars – workshops and conferences'. I have been key-note speakers – panelist and also presented many research and general papers. Every time I attend such meetings, I learn something new, exchanges ideas with experts and different worker. Means I keep my doors of my perception always open. Let me become better and better at what I do?

I humbly put that this particular clarification and is demanded because you have not met me personally as well it is your right to have it.

God bless all of you. I love you all.

TOPIC 13

Eye Opening Advice

Dear visitor of my web site,

I know how hard it is to find honest, expert advice that can truly solve the life's biggest problems facing you – particularly on internet. But that's the kind of advice that I am putting. The kind of advice that you can count on – you can rely. After all, you deserve nothing but the best.

It is easy for you to read, understand, and act upon. If you can understand this web site you're reading now, then you're going to understand everything. This is the same as if I were explaining these ideas to you, while sitting at kitchen table.

Believe me that combined approach of complimentary alternative medicine treatment will give much satisfied result you have never expected. This not only treat main problem but can change life. Can enthuse enjoyment in your life. Removes diseases from root cause. Modern – allopathic medicine does not do so. That's the kind of advice I am putting. The kind of advice that you can count on. In fact, I guarantee you're going to get all the results you want. Exactly what you need. You will get natural advice to change your life.

Many a times we wanted not only a Doctor but a guide / teacher who can understand the root cause of our problem and treat not only the problem but to teach us the way we should live. A person who can improve the quality of our life by applying easy and economical methods.

Your life is going to change... for the better! In fact, I guarantee you're going to get all the results you want. Some of the newest, most cutting-edge discovery and advice on the planet.

I've done all the work for you. You could just take advantage of all the blood, sweat, and tears I've shed for you.

Here's my guarantee to you.

In fact I have hobby to treat chronic diseases patients and I gets satisfaction of life when my patients gets success with such a simple advice when most powerful research does not give desired results.

The reason why I'm doing this is that I want to treat you how I wished all other business people would treat me when I'm in their place of business... like a VIP guest.

Your personal information is totally protected. You have my word.

I truly believe that... your life will become fine. Dramatically.

Please benefit from our long experience.

Can I expect your call?

I will do my best for your problem.

Thanks

TOPIC 14

Testimonials Alternative Medicine

Tables of cases of Testimonials chronic diseases

Case no	Patients name and age	Diagnosis of chronic disease
1	Mrs. Nilam santosh vadwale, 24 years, residing in Boston USA	Extensive inhomogeneous pneumonia-right lower lobe of lung, thickening of interstitial and bronchovascular marking
2	Mr. Jatin shah, 28 years, Residing at Ghadiali pole, Baroda, INDIA	Severe jaundice since last 3 months – now Hepatic coma,
3	Mr. Twinkle shah, 34 years, Staying at Los Angeles USA,	Sever pain in right hypochondriac region, vomiting and malaise, case of Gall bladder stone,
4	Maulik shah, Son of My sister, 14th years of age	Proliferative Interstitial and glomerular nephritis,
5	Miss Sanjida, 4 ½ years, Daughter And Mother Rizwana salim pathan, age 32 years	Irregular child behaviors'-(mother had infertility – coitus problem - vaginismus)
6	Mr. Mudgel, 54 years,	Angina pectoris,
7	Mrs. Rama Jain, 43 years	A case of constitutional disturbance

Short case history - (only relevant) - details of any case can be held on request

CASE 1

Mrs. Nilam santosh vadwale, 24 years, residing in Boston USA on H1 visa from India, H/O Continuous wheezing cough, fever and malaise since 4 week, Patient's husband approached me at 10=00 pm on 7th may 2004 for his wife. And gave history that his wife is in comatose state, have high fever and cyanosis.

On 23rd March 2004 (he had all relevant paper with him), at Boston USA, she was diagnosed as **Extensive inhomogeneous pneumonia- right lower lobe of lung, thickening of interstitial and bronchovascular marking** (x-ray report from Boston). Patient was on high antibiotics and management. But she did not improve on 26th March 04, (x-ray report from Boston).

They came to INDIA on 29th March 2004, started care under Pulmonary Specialist. On 14th April 2004 she had worsened – x-ray, (non resolving tuberculous and pyogenic pneumonia), Widal test positive, C T Scan showed bronchitis obliteration and pneumonitis – enlarged mediastinal lymphnoes.

She was admitted in Multy Specialty Hospital in Baroda but no improvement. Pt was worsening. She was advised to take to Bombay for surgical treatment on sixth day. Relatives took discharge.

Pt's husband approached me at 10=00 pm on 7th may 2004. I started homeopathic and rackii treatment. And with in 24 hours, she started fast recovering. On 13th May 2004, she had no cyanosis, no fever, feeling better, can communicate well and had improved appetite.

On 17th may she was absolutely normal, good appetite and feeling much better, could go out.

I treated her for further 1 ½ month. They went back to Boston USA on 7th July 2004. Completely healthy and then she never had cold or fever even during cold stormy weather.

CASE 2

Mr. Jatin shah, 28 years ,Residing at Ghadiali pole, Baroda, **Severe jaundice since last 3 months – now Hepatic coma**, Patient is staying just next to my street. His father is family medical practioners. He had jaundice since last 6 weeks. Initially he was treated by physician. But for 25 days no improvement. So he was admitted to multispecialty hospital. He was under extensive treatment but no improvement, all laboratory investigations were worsening. Sr bilirubin which was 5.2 increased to 15, SGPT 1225 to 2545, SGOT from 560 to 1400. He went in to hepatic coma on 5th week. He remained in coma for 5 days and now there were no hopes for survival.

As his father was medical practioners so I had good contact. He was unaware of my interest in alternative practice. When I knew; I offered him to I treat your son by homeopathy. He replied, when his end is certain what difference will it make whatever you do.

I stared homeopathic and rackii line of treatment. On 3rd day he started responding from coma, on 6th day he was feeing better and oral liquid was given. All laboratory investigation came down on 9th day.

He was on full diet on 18th day and absolutely normal of 37th day. I had also stared ayurvedic line of treatment from 18th day.

CASE 3

Mr. Twinkle shah, 34 years, Staying at Los Angeles USA, Sever pain in right hypochondriac region, vomiting and malaise, case of **Gall bladder stone**, Pt had severe pain in abdomen, vomiting, frequency of stool, severe malaise for 3 days, he went to Specialty Hospital in Los Angeles USA. Diagnosis of gall

bladder stone was established. Expectant line of treatment was given, he was settled. He was advised to under go cholecystectomy at earliest.

His wife told me history after 5 days on phone. I said wait for 10 days and I am sending you medicine from INDIA. I gave him homeopathic, ayurvedic, naturopathic medicine and diet advice.

Within 20 days he became absolutely alright, subsequent sonography revealed no gall stone.

Now 1 ½ years has passed he is asymptomatic and no other complain.

CASE 4

Maulik shah, Son of My sister, case of **Proliferative Interstitial and glomerular nephritis**, Since 7 years of age, Odema all over body, scanty urine, severe adynamia, and other symptoms were present and it was progressing slowly. At 14th years of age, his blood urea was 56, sr creatinin 4.1, urine albumin 4+, presence of casts, Odema 3+ all over body. Prognosis was grave. Pt was on high steroid.

I started homeopathic medicine; signs of improvement were present in 2 months. At 2 years pt improved completely; thereafter every 12 to 15 months follow up treatment was given, for 4 years. At present pt is 28 years of age- completely healthy

CASE 5

Miss Sanjida, 4 ½ years, Daughter of Rizwana salim pathan, **Irregular child behaviors'**-(**mother had infertility – coitus problem**) These whole families are my regular patients and visit me frequently.

Rizwana had infertility for 3 years of marriage life. Her all investigations were normal except that her post coital test revealed no sperms after coitus. I found sever veganismus, Which was corrected by homeopathic treatment and sex therapy. within 3 months only she conceived This child – Sanjida - was delivered at my clinic by LSCS.

There after mother had another LSCS at my clinic and had male child. In last May 2008, mother had appointment at my clinic for her menstrual problem but they came very late after 5 hours of appointment, while asking the reason, they told Sanjida had appointment with neurophysician, as since last 2 years, she is behaving very irregularly- always weeping, crying, not going to nursery, restless, does not eat home food, irritable, violent, hits her head with wall, does not answer properly, daily bed wetting. We are all tired and much worried. Since last 1 ½ years, she is under treatment of pediatrician, psychiatrist and now under neurophysician. She was treated by antipsychotic/ anti-anxiety drugs,(all investigation and her EEG is normal), but without any difference.

During last 2 years all family including this child visited me frequently but they did not complained about this child. The father and mother told, sir, you are ob/gyn specialists so we thought that this is not your subject so when we were coming to you, we use to keep Sanjida out of your consulting office, otherwise she will disturb you.

I started her homeopathic, ayurvedic and naturopathic drugs and child had surprising improvement within 15 days only.

Again after one month in July 2008, all family visited me and they all are satisfied. Sanjida's behaviors' are normal and goes to school. Bed wetting has also stopped.

CASE 6

Mr. Mudgel, 54 years, **Angina pectoris**,

Pt is very close friend of mine since last 20 years. In July 2000, he had sever pain on left side of chest, sensation that heart would burst, dyspnea and violent palpitation, pale, sever perspiration, uncomfortable sensation at pit of stomach, suffocation and full throbbing carotids in neck. His wife called me, I was out of Baroda. I advised him to get admitted at ICCU. Diagnosis of angina pectoris was established and right line of allopathic treatment started. Cardiac monitoring changes were suggesting grave prognosis.

I saw him after 12 hours on my return to Baroda. Immediately I started all alternative therapy even when he was in ICCU. After 24 hours, after 48 hours and after 7 days he showed remarkable and unbelievable improvement. All allopathic cardiac drugs were stopped after 15 days.

After 2 months he had normal trade mill test. And till then, even today, he is absolutely normal, every year or two, undergoing TMT which comes normal.

CASE 7

Mrs. Rama Jain, 43 years just visited my hospital to see one Vaginal Hysterectomy patients. I noticed that she had multiple problems and just on asking how are you? Does your heath alright? Then immediately started crying and stared narrating her problems. – **A case of constitutional disturbance.(like this many people suffer unnecessarily for want of simple treatment).**

On general condition she had great debility, irregular pigmentation on face, around eyes or on other parts of body. Some of the female characteristics diminished.

Hairy irregular growth on face, both legs and on abdomen, limbs look flabby, obese and old, breast shriveled; neurasthenia of various nerves- backache/calf pain/headache... dyspeptic troubles, Uterus is enlarged and hard. Urinary problems- incontinence/frequency/burning, she also had irregular menstruation- too frequent, excessive and always leucorrhoea, mental moral and physical deterioration and degradation, once good natured is now irritable and miserable. She consulted reputed three different specialists within five and half years of suffering but never get well.

Such patients suffer from constitutional disturbance and for them alternative medicine works marvelous. This patient was given three months of homeopathic and herbal medicine. Within 15 days she started feeling well and after 6 months almost cured.

Testimonials Fertility Treatment

1	Mrs. Raxa Mehta 29 yrs/ Karelibaug Baroda,	Infertility - 6 years of marriage life – Oligospermia / Bilateral varicocele
2	Mrs. Prerana Shah, 31 yrs, Race course circle, Baroda-	Infertility -9 years of marriage life, Pelvic inflammatory disorder
3	Mrs. Chetana joshi, 29 years, Sharadnagar, Tarsali, Baroda -	Infertility 6 years - Oligomenorrhea and Secondary amenorrhea
4	Mrs. Sakina Yakub Patel, 32 years, Broach,	Infertility of 7 years duration, Secondary Amenorrhea-Pituitary adenoma- hyperprolactinamia.
5	More than 35 couples – different age from 29 to 39 years of age,	Want to have male child.

Short Details - (only relevant)- details of any case can be held on request.

CASE 1

Mrs. Raxa Mehta 29 yrs/ Karelibaug Baroda, **Infertility - 6 years of marriage life – Oligospermia / Bilateral varicocele** – Mrs. Raxa And Mr. Jatin approached me for infertility for 6 years duration. They had taken treatment at 3 infertility specialists. Mrs. Raxa had undergone almost all infertility investigation, including ovulation study, diagnostic laproscopy - all were normal and nothing particular. Mr. Jatin had oligospermia- sperm count less than 20 million/ motility grade1/ morphology abnormality in 30% of sperms. On Color Doppler study, he was diagnosed as bilateral varicocele grade 3. He was advised to under go surgery for which he was reluctant. They had undergone IUI for 6 cycles but failure.

I started homeopathic, ayurvedic, naturopathic, biochemic line of treatment with sex advice and to report every two months. On fourth month patient missed period- on tenth day urine pregnancy test revealed positive.

Antenatal period was smooth and she normal delivered healthy male child on due date.

CASE 2

Mrs. Prerana Shah, 31 yrs, Race course circle, Baroda- **Infertility -9 years of marriage life, Pelvic inflammatory disorder** – Mrs. Prerana Shah had 9 years of marriage life.

She had conceived soon after marriage on second month but they did not wanted child at that time and went for medical termination of pregnancy. After two years they started trying for pregnancy but did not conceive. One and half years of that, they approached Ob/gyn specialist. They under went all investigations. Husband semen exam normal Ovulation sonography study was showing normal. On diagnostic laproscopy she had multiple adhesions in pelvic cavity. Laproscopic adhsiolysis was done. But again for 2 years of trying she could not conceive. Like that they changed 4 infertility specialists. IUI for 6 times, on various protocols were also done.

She approached me. I started conventional medicine, ayurvedic, homeopathic, naturopathic, biochemic and rackii line of treatment on 3 rd months she conceived. But she had abortion at 9 weeks of pregnancy. I further started same types of medicine and again she conceived after 4 months of treatment. This time two sittings of positive hypnotherapy suggestions were given at 6 weeks of pregnancy. She had uneventful full term delivery of male child.

The child is at present (2008 September), 3 ½ years of age and she is again pregnant - 22 weeks of pregnancy.

CASE 3

Mrs. Chetana Joshi, 29 years, Sharadnagar, Tarsali, Baroda - **Infertility 6 years - Oligomenorrhea and Secondary amenorrhea** – Mrs. Chetana Joshi came to me for secondary amenorrhea of 9 months duration.

She had history Oligomenorrhea from menarche- start of puberty. Since start scanty menses for 1 or 2 days at every 3 to 4 months. Married at age of 23years. She was treated previously by two infertility specialist using various hormone and ovulatory protocols for 3 years. She used to have regular menstruation till she got hormonal treatment. But as treatment stopped she had no periods. She came to me by reference of one successful patient.

First I started with homeopathy, ayurvedic, naturopathic drugs for 5 months. She had improvement in her other general symptoms like reduction in wt, no headache, good and cheerful mood etc. Then I started hormonal and ovulatory drugs. I gave hypnotic positive suggestions during this period. She conceived after 4 months of treatment.

Hormonal line to treatment was continued for another 4 months i.e. in first trimester and alternative medicines till end of antenatal period. Elective LSCS was done for oligohydramios at 36 weeks of pregnancy. Both mother and child were in good health.

After 5 months of postnatal period she had normal menses. She conceived again after 14 months of first delivery. This time only supportive medicine. This baby was delivered again by LSCS.

In Sep 2008 first daughter is 5 ½ years and second son 3 ½ years of age. All are in sound health.

CASE 4

Mrs. Sakina Yakub Patel, 32 years, Broach, **Infertility of 7 years duration, Secondary Amenorrhea-Pituitary adenoma- hyperprolactinamia.** This patient came to me in year 1984. With H/O secondary amenorrhea – 9 months duration. Laboratory investigation revealed serum prolactin 131mcgm / ml.

At that time(1984) bromocriptine was not available in INDIA, which they procured from UK. Tab Parlodel 2.5 mgm 3/day, for 6 weeks was given. During this time she had twice normal period but then she did not had period. Patient came to me after 12 weeks which time on p/v exam I found that she is pregnant. Whole antenatal period was uneventful LSCS was done baby girl was delivered.

Again after 2 $\frac{1}{2}$ years (1987) of this same patient came again with c/o amenorrhea and she wanted to have pregnancy. Serum prolactine this time was 151mcgm/ml. again tab parlodel 2.5 mgm 3/day for 3 months given and after 2 normal periods she conceived again. Full term LSCS was done healthy baby girl was delivered.

Again after 2 $\frac{3}{4}$ years (1990) same story repeated. . Full term LSCS was done healthy baby girl was delivered.

After having 3 daughters patient wanted to have son. Same story repeated. Full term LSCS was done healthy baby boy was delivered. First daughter is at present 23 years of age, happily married and has one female child. Second is 21 years, third is 18 years, fourth son is 14 years of age. All are very healthy and cheerful and good in study.

Patient is at present-(sep 2008), 55years of age and in good health but taking alternative medicines as required.

CASE 5

More than 35 couples – different age from 29 to 39 years of age, **Want to have male child.**

Females are XX genotype while males are XY genotype. All female ovum contains X gene while male semen contains two types of genes X and Y sperms. When female X unite with male X, result is female child, while female X unite with male Y , result is male child.

So there are equal chances of getting male or female child. Then what determines male conceptions or female conceptions? Strength of X and Y sperms and internal reproductive environment of female partner determines union of female X ovum with male X or Y sperm. X sperms are heavy in weight, they survive in acid, they have long life, they travel at less speed and they are stronger- in adverse circumstances they survive. While Y sperms are low weight, they die in acid, they have short life, they travel at more speed and they are weaker- in adverse circumstances they die.

These characteristics are utilized for conceptions for desired sex child. Desired strength of Y sperms and internal reproductive environment of female partner at time of conception can be made favorable to get male child.

With 98% of accuracy couples have been given guidance for getting male child.

TOPIC16

HYPNOTHERAPY FOR INFERTILITY AND CHRONIC DISEASES

It is easy to understand that infertility gives as much stress as chronic diseases. So to avoid duplication I describe for infertility and same can be understood for chronic diseases.

Negative feelings and unexpressed emotions such as the anguish, guilt, stress, anxiety and shame can create extreme emotional conflict and has a direct causative effect on the endocrine (hormonal) system. These can diminish overall feelings of safety and cause a woman to live in a state of constant fear. She may try to forget these negative feelings, but the unconscious mind feels of betrayal and endangerment. Lack of health and vitality, which is the result, leads to a variety of stress-related symptoms causing “unexplained infertility.”

The stress is also brought on by invasive treatment of infertility, that is also enough to impede the natural process of conception. Women aged 35 and up are considered “high-risk.” Hearing these words women becomes devastated and gets emotional upset. These seriously increase their already increased stress levels, and contribute for a pregnancy negative environment like adding fuel to fire.

Research has shown that stress affects the hormonal system, which may result in decreased fertility. Stress causes tremendous changes in the body's biochemistry and rhythms. It upsets the body's natural balance, and over time can lead to infertility and chronic health problems

Hypnotherapy provides an effective means of establishing restoration and enables women to establish the level of safety essential for reproduction to occur. Hypnotherapy techniques makes restoration of hormonal balance and

implements of positive lifestyle changes, and eventually pregnancy occur. Hypnotherapy reduces stress, increases confidence, and maximizes chances of conceiving naturally or increase the success of medical assistance.

The hypothalamus is sensitive to stress and acts as a bridge between the emotional and physical matters, turning emotional messages into physical responses that affect hormone levels. Under stress, the reproductive hormone prolactin is over-produced and this can interfere with ovulation. The hypothalamus stops secreting gonadotrophin hormone, which in turn will affect the release of both the luteinizing hormone and follicle-stimulating hormone. Now as ovulation does not occur - fertility is affected. Hypnotherapy affects the hypothalamus and controls the flow of hormones in the body.

Various studies have documented that from 40 to 55% of infertile women who met regularly in a mind/body program conceived within six months. After undergoing hypnotherapy, many women get back to their life and go on to conceive easily and quickly because they're no longer stressed. Hypnosis has made such a positive difference to women's experience that the inclusion of hypnosis offers much more than infertility therapy alone. Use of hypnosis in fertility is becoming more popular in today's society. Hypnotherapy can create a satisfactory state of mind for pregnancy

I have worked with many infertile couples. Some of these couples have been trying for a baby for years and some have spent a lot of time and money on medical treatments like IUI (intra-uterine insemination), GIFT (gamete intra fallopian transfer) and IVF (in-vitro fertilization) without success. Each couple had their struggles highly emotional and stressful, most find upsetting experience of their lives. Their heightened levels of stress and increased feelings of depression have a very harmful effect on their ability to conceive.

The stress levels of infertile women are equivalent to women with cancer, AIDS, or heart disease. The more distress a woman prior to infertility treatment, the less likely she is to conceive. The mind/body techniques I have adopted for my patients help to reduce stress and thus to optimize the chances of success as a complement to infertility treatments.

Negative effect of the results of previous treatment, or by desire or undergone IVF treatment, I get personal understanding of the emotional and physical effects of patients. By this intense desire to have a baby and I become aware of mental state, and its effect on body and psychological well being and I judge as to what intensive efforts, I have to make for this patient.

The Hypnotherapy helps to release conscious and unconscious blocks which may be preventing conception. Hypnotherapy techniques can reduce stress, and instill a sense of confidence and hope. In turn, this will help to maximize chances of conceiving naturally and/or increase the success of medical assistance.

I use hypnotherapy, Neuro-linguistic programming and specific visualizations. By combine all three techniques, patients feel less stress, the process seems easier and the more positive patients feel. This way my patients have significantly higher pregnancy rates.

In treating with the problems of infertility my treatment is holistic in nature (Combined approach of all alternative medicine (homeopathy / ayurvedic / naturopathic/ rackii/ biochemic/ hypnotherapy...): I use a number of techniques and strategies to effectively help couple to move forward and to feel more in control. Once my patients develop confidence, I do not allow my patients for stress and strains with IVF and the infertility process of modern allopathic treatment.

It is possible for those living anywhere in the world to have these treatment management at the convenience of their own home. No matter what state or country they live in, anybody can have satisfactory and economical management. These have many proven advantages.

It is truly amazing to see what is possible by combined approach of all alternative medicines, but even then when there is a great expenditure of money and emotional energy spent by the majority of couples longing to become pregnant in way of Intra Uterine Insemination (IUI), In vitro Fertilization (IVF), Gamete Intra Fallopian Transfer (GIFT), Zygote Intra Fallopian Transfer (ZIFT), Egg Donation, and Surrogate pregnancies, I really sympathize all women that how they failed in getting pregnancy.

My course of hypnotherapy is on following ideas:-

1. Identify and remove conscious and unconscious blocks which may be preventing conception.
2. Give a positive outlook, and renew trust in body's ability to conceive.
3. Remain calm, patient, and in control throughout treatment period.
4. Have assistance with any lifestyle changes that may be necessary to help conceive. This may include; weight loss and diet improvement, stopping bad habits or phobias.
5. Not only should they increase the chances of conception, but they should reap the fringe benefits including stress reduction and relaxation skills for coming life.

I take my patients on a step-by-step journey through their minds, bodies and souls to help them connect with their inner selves and to understand the underlying problems behind their attempts to conceive. Hypnotherapy or EFT (Emotional Freedom Technique) therapies will enhance and help patients

overcome any old established emotional barriers to conception and to enable them to heal their lives on all levels.

If patients have past disappointed in attempts to conceive, if have experienced the terrible sadness/trauma in past life then I will be able to certainly help them. I help them to resolve a number of other issues/problems that can affect fertility and prevent conception. I change the life situations to which my patients mind and body is responding negatively.

Through hypnosis patients are able to deepen their awareness of the vital connections between feelings - inherited beliefs and circumstances, and now they can have positive influence on their ability to conceive by making changes in their life:-

- Set the state for a successful conception
- Explore conscious and unconscious childhood memories and experiences, and the family beliefs that have influenced thoughts, attitudes, feelings and behaviour about menstruation, sexuality, conception, pregnancy and childbirth
- Be aware of true feelings and not what have learnt in childhood
- Work through long forgotten painful memories and emotions.
- Rebalance relationships with husband and family
- Listen to body – what is it telling?
- Learn and understand the effects of stress, be bold in facing challenges.
- Support for success of medical assistance

Now patients can then start to begin to make the necessary changes to live in a healthier way both emotionally and physically. They will open to the possibility of conception. In this way patients can now approach the journey towards final destination i.e. having a baby and baby will be in their lap.

TOPIC 17

Specialist's Resume

DR PRAKASH SHAH

M.D., D.G.O. Obstetrician and Gynecologist

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Mobile: +91 94283 05868, +91 98791 58791

Professional background

- Bachelor Degree in Medicine, B. J. Medical College, Ahmedabad, in 1967
- Diploma in Obstetric and Gynecology, B. J. Medical College, Ahmedabad, in 1970
- P. G. Degree (M.D.) in Obstetric and Gynecology, B. J. Medical College, Ahmedabad, in 1971

Achievements

- Practicing Obstetric and Gynecology since last 30 years in Baroda
- Trained for Laparoscopic Surgery by Upjohn University USA In 1975
- First Laparoscopic Surgeon of Baroda (since 1976)
- Done many Tubectomy Laparoscopic Surgical Camps in Baroda and Broach District (more than 1500 Tubectomy)
- Special recognition as GLORY OF B J MEDICAL COLLEGE at Alumni conference 2007

Special Training in Various Fields

- Microsurgical Technique of Fallopian Tube Recanalisation, British Columbia University, Vancouver, Canada Under Dr Victor Gomel
- Advanced Training In Management of Infertile Couple, John Hopkins University, Baltimore, USA
- Seminar on Advances in Endocrinology in Infertility, Howard Medical School, Boston, USA
- Laparoscopic Surgery In Gynecology, Sanfrancisco, USA
- Training for Ovarian Hormone and PCOD: Under Dr Stain Leventhal, Boston, USA

- Personalized Training Via Internet - Online in various Alternative Medicine
- Participated in International Conference of Federation of Obstetric And Gynecology Conference, Sanfrancisco, USA
- Fellow and Life Member, American Association of Sex Counselor, Therapist And Educationist (AASECT)
- Training in homeopathy – Ayurveda – Naturopathy - Rackii
- Medical Professional Contributions
- President, Indian Medical Association – Baroda Branch, 1985-86
- President, Gujarat State Branch Indian Medical Association, 1985-86
- President, Baroda Obstetric & Gynecology Society, 1985-86
- Vice President, Federation of Obstetric & Gynecological Societies of India
- President, Jain Doctors Federations, Baroda
- Medical Social Contributions
- Carrier at Lions clubs international
- From club president ship (1988-89) to district governor (1994-95) Raised Rs 43 lacs for sight first projected
- Training to more than 35,000 youths about drug awareness and about sex education
- Numerous projects of Community and social work for down rodents and needy people.

Special Importance

For Various Local – State – National and International Conferences,

- Presented Many Research Papers on Various Ob/Gyn, General Medical And Spiritual Topics
- Guest and Keynote Speaker – Chaired Many Sessions for Seminars and Discussions
- Many Awards From Lions Clubs – Medical Associations – Various Religious and Social Organizations
- Special lectures on various aspects of Alternative Medicine at many organizations

TOPIC 18

Contact Details

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Chronicreat.com is determined to provide information and to make you healthy and disease free. Give us a chance to interact with you and let your valuable comments reach us. We would be pleased to send you an estimated cost of care for alternative medicine and will be pleased to answer any questions you may have about treatment. On receiving your query with complete details, we will get back to you with options for treatment required.

We can be readily contacted at:

DR PRAKASH SHAH

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Some alternative medicine may lack biomedical explanations but as they become better researched, some, such as homeopathy, ayurveda, naturopathy, herbal and acupuncture, have become widely accepted.

Alternative medicine treatment usually does not go as per diseases' diagnosis of conventional medicine. All Different alternative medicine has their own way of treatment. On diseases' diagnosis of conventional medicine, to seek approach by alternative medicine will be misleading and may not give desired results. Patient has to strictly obey the methodology of particular Alternative medicine.

Name of medicine in alternative medicine – homeopathy or ayurveda or any other system is not given so please do not insist on it.

The above list is by authors' experience only and it has no legal medical background. Cure and time is as per author' general experiences only, human body can have their own constitutional behaviour for medicine approach. So cure and time can differ for each individual.

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Alternative Medicine gives amazing Cure for Infertility and Chronic Diseases