

ve
Dr Batra's
Health
Get well soon!



For private circulation only.

February 2009 VOL.: IV ISSUE: 2



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LOOK WHO'S TALKING!

FIRST-HAND ACCOUNTS FROM OUR PATIENTS

The Best By Far

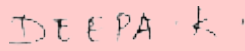
Our daughter, Baby Sufiyan, was 2 years old when we noticed her constipation problem. She was in immense pain and we had to use glycerine suppositories to ease her. Taking her to Dr Aditya at Dr Batra's® was our first step. Due to his planned and careful approach, she is now doing well after 2 years of treatment. Although we live in Cairo, Egypt, we continue to be assisted from Hyderabad. Our grateful thanks to Dr Aditya and the rest of the team at Dr Batra's®.



Moinuddin H. H., Secunderabad

A Clear Difference

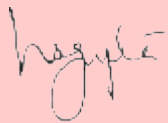
I had approached Dr Batra's® Clinic during May-June for treatment of pimples. The in-house dietician formulated and recommended a special diet for me which along with the homeopathic treatment resulted in a tremendous improvement in my skin. The results were quick and without any side effects. In just six months, my pimples had reduced in size and spread and my skin was less oily too. I am thankful to the team at Dr Batra's® for such satisfying results.



Deepa K, Indiranagar

Caring Means Curing

I have been using Dr Batra's® super speciality Homeopathy for the last 4 years for the treatment of Allergic Asthma. Firstly, I appreciate my doctor's considerate attitude and behaviour which has helped me a lot. Secondly, the treatment has suited my constitution and benefited my condition. I would really like to thank Dr Mohini and the whole staff at Dr Batra's®.



Usha Gupta, Vashi

Gently Does It

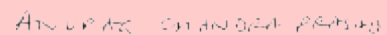
I have been taking treatment for pimples for one year at Dr Batra's® Clinic. Before coming here I did try allopathic treatment but was not satisfied as there was frequent recurrence of the acne. Now after starting treatment at Dr Batra's® I find a huge improvement in my condition. I would like to thank Dr Roopa who is friendly, patient and gentle which gave me a lot of confidence in her and Dr Batra's®.



Shweta Katti, Malleshwaram

All Clear

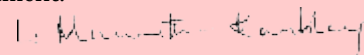
My son, Tanmay, was suffering from childhood asthma when on someone's reference, we first came to Dr Batra's®. Tanmay commenced treatment under Dr Indoria who diagnosed him with bronchitis and started medication. Slowly but surely Tanmay started responding to the medicines and three years later he is completely well. The whole of last year he has not suffered a single attack. We would like to thank the entire team of Dr Batra's® at Noida and especially, Dr Preeti Indoria from the bottom of our hearts for her excellent care which has led to Tanmay's total cure.



Anurag Prasad, Noida

No Pain, All Gain

I registered at Dr Batra's® for severe backpain and cramps in my legs. Within just 2 months of treatment my condition improved a lot and I could comfortably resume all my household duties. Now after 1 year I can climb the stairs, walk for more than 30 minutes and bend to do any work without feeling any strain. I am truly thankful to Dr Batra's® homeopathic treatment.



L. Mamatha Kambley, Aundh



Live your dreams

Is living your dream only for a select few or can we all realise our dreams? Here are six tips to help you live yours.

1. Create a Great Purpose - The greater the reason to live your dream the greater your motivation. Think of those who have achieved greatly in their lives. Their purpose wasn't limited by a personal agenda but by a purpose which was far greater than themselves. Create a great purpose for your dream - world abundance, world peace, feed the world, make cruelty history or whatever resonates deep within you, almost as if you were born for this purpose to be realised.
2. Explore Your Dreams - What are your talents and gifts? What are you deeply passionate about? What do you love? Everyone has talents and gifts. Everyone has unique contributions to make to our world. However if we just follow everyone else's lead hoping to be liked and approved of, we may miss our calling. Ask yourself - what do you truly love doing? Do you lose track of time when you're doing this? Would you do it even if you never got paid?
3. Create a Vision - Get a blank sheet of paper and markers. Now imagine anything is possible. Then draw a vision for your ultimate dream, one that feels absolutely fantastic! It's the feelings that will energise your vision into reality, so let them soar! Put the vision somewhere you will see it daily and reconnect with those feelings as if your dream is already true.

4. Take guided action - There is an intelligence within the universe that keeps the planets in their orbits, ensures the sun rises daily and can also manifest your dreams. What do you need to do? Let go of the need to figure "how" your dream will happen, trust the infinite intelligence of the universe and watch for opportunities that arise. These opportunities may come to you, or your intuition may urge you to take guided action. Whichever way they arise, gently seize these opportunities.

5. Give Thanks - A thirteenth century philosopher, Meister Eckhart once said - if the only prayer we ever said in our lives was "thank you" it would be enough. Never cease to feel gratitude for the manifestation of your dreams. Your feelings of gratitude is the energy which fuels the magical manifestation of your dreams. No matter how slow or fast the progress, celebrate every step of the way!

6. Your Greatest Gift - Finally and most importantly remember even if your dream doesn't come true, be forever grateful for the greatest gift of all - the gift of your precious and unique life. And know that this world is a better place because ... you have dared to follow your dream!



Dr Mukesh Batra
Chairman & Managing Director
DBPHCL

New Hair *Renewed Life*

Afsana Pathan a 16 years old student of class 9 visited our Jaipur clinic, wearing a wig. She has been



Before Treatment

suffering from Alopecia Totalis since Oct' 05. She had covered her scalp with a wig and become very shy and withdrawn due to her disease and had even stopped going to school out of embarrassment.

Afsana had tried all sorts of treatment but there was no hair growth which was very depressing for her and her parents who were very worried as she was a young girl.

Her father decided to visit us at Dr Batra's® Positive Health Clinic where we advised them properly about her disease.

We began with a thorough case analysis which revealed that she was very anxious and shy, but with a pleasant personality. She was nicely dressed with colourful clothes. Her father said that she was very sympathetic and caring by

nature. She had a great fear of darkness and ghosts. Although she felt very cold, she loved eating icecream.

She was prescribed *Phosphorous 200* in March '08 and after 2 months, she had new hair growth. After completing 1 year of treatment she had full hair growth over her scalp.

She and her parents are very happy now. She attends school with full enthusiasm.



After Treatment

Homeopathic treatment from Dr. Batra's Positive Health Clinic has given her a new life.

Patient of
Dr. Deepa Sharma
Jaipur, DBPHCPL



Feed Your Skin

A diet for dry skin

Dry skin is a very common problem especially in winter. It is the time when most people with or without skin problems, experience 'winter-itch', characterized by dry, tight, itchy and flaky skin. The skin loses its natural oil and moisture due to the harsh weather outside as well as the lower levels of humidity indoors. Other characteristics of dry skin are chapping, cracking and tiny expression lines on the cheeks, around the eyes or in the corners of the mouth. Apart from the weather, using harsh soaps, misuse of moisturizers, itchy clothing and long hot showers can also result in dry skin. Certain medical conditions such as diabetes, psoriasis, hypothyroidism and malnutrition also cause dry skin.

Obviously, the main reason for dry skin is lack of moisture which can be retained through simple diet modification.

Eat a balanced diet including raw vegetables, fruits, grains, seeds and nuts.

1. Yellow and green vegetables are high in beta carotene-the precursor of Vitamin A which in addition to Vitamin E & C possesses anti-oxidant properties so important for supple, smooth skin. Important sources are-citrus fruits, papaya, cauliflower, brussel sprouts, broccoli, guavas, strawberries, spinach, dark green leafy vegetables, pumpkin, mangoes, carrots, garlic, nuts, avocados, almonds, asparagus, wheat germ, whole grain cereal and cereal products, red palm oil and vegetable oils like canola, corn, safflower, soyabean and cottonseed.
2. Trace minerals like selenium and iron are good for skin. Selenium supports the anti-oxidant effect of Vitamin C. Nuts,

Tips to Digest

- Stay well hydrated. Drink 10-12 glasses of water each day.
- Drink herbal tea.
- Avoid aerated drinks, sugar, chocolate, alcohol, caffeine and fried foods.
- Avoid using tap water for cleaning the skin.
- Avoid using detergents and highly alkaline soaps.
- Use moisturizing lotion.

unrefined grains, wheat germ and brown rice are excellent sources.

3. Leafy vegetables can be used as part of different dishes like chapattis (methi or fenugreek), pulav (pudina or mint), dal (palak or spinach), idli (amaranth), dosa (sehejna or drumstick) and so on.
4. Flaxseed oil contains essential fatty acids which are converted into hormone like substances in the body. These substances known as prostaglandins support skin health. Flax seeds can also be mixed with salads or any dishes which do not require heating to high temperature.
5. Pantothenic acid or vitamin B5 is needed for the synthesis of fats and oils used by the skin. Milk, cheese, yoghurt, yeast and wheat germ are a good source of pantothenic acid.



Sudeshna Chatterjee
Nutritionist, DBPHCPL

Ache Do Teen



Sheela, a 50 year old housewife came to us with severe knee and ankle joint pains which felt worse upon waking in the morning and after resting, and better once she had warmed up a little. The joint pains shifted from one joint to another, occurring when she was indoors and dissipating when she went out for a walk. Post a detailed case study, she was prescribed a diet and exercise regime to lose weight plus homeopathic medicine, *Rhus tox* which provided relief and allowed her to resume a normal routine.

Osteoarthritis, sometimes called degenerative joint disease or osteoarthrosis, is the most common form of arthritis. It occurs when the cartilage that cushions the ends of bones in your joints deteriorates over time and becomes rough causing irritation. It isn't clear what causes osteoarthritis in most cases. Researchers suspect that it is a combination of factors, including age, excess weight, joint injury or stress, heredity, and muscle weakness.

Age is the strongest risk factor for OA. Although OA can start in young adulthood

–often due to joint injury – it usually occurs in older people. Below age 45, OA occurs more frequently in men while after age 45, OA is more common in women. OA of the hand is particularly common among women.



OSTEOARTHRITIS & HOMEOPATHY

A current study claims that osteoarthritis is so common that it beats many other diseases in India such as diabetes.

Osteoarthritis symptoms often develop slowly and worsen over time. Signs and symptoms of osteoarthritis include:

- Pain in a joint during or after use, or after a period of inactivity
- Tenderness in the joint when you apply light pressure
- Stiffness in a joint, that may be most noticeable when you wake up in the morning or after a period of inactivity
- Loss of flexibility making it difficult to use the joint

Homeopathic Remedies

Bryonia 30c 5 pills twice a day where pain in the affected joint is caused by motion and gets better with rest and pressure.

Calc Flour 6X 4 tablets twice a day for joint pains aggravated by the cold and alleviated by warm applications.

- Grating sensation when you use the joint
- Bone spurs which appear as hard lumps forming around the affected joint
- Swelling in some cases

Osteoarthritis pain may flare up from time to time. In order to prevent and cope with these attacks of pain and stiffness, take the following precautions. Try to:

- Eat a healthy vegetarian diet emphasizing fruit, vegetables and whole grains. This will help to maintain your overall health allowing you to deal better with your arthritis.
- Choose appropriate footwear. Wearing comfortable cushioned shoes that properly support your weight is especially important if you have arthritis in your weight-bearing joints or back.



- Control your weight
- Use a knee cap to support your knees
- Do rotational exercises of the knee and exercises to strengthen your hamstrings
- Don't squat on the floor. Don't use an Indian but a Western toilet.
- Avoid ascending and descending stairs wherever possible.
- In cases of menopausal women, OA can be associated with osteoporosis, hence a diet rich in soya protein may be useful since soya mimics the female hormone, estrogen.



Urinary Tract Infection (UTI)

Nandini a 35 year old bank employee came to us with recurrent episodes of burning in the urine with constant urge to pass urine, accompanied by a feeling of incomplete evacuation. Since she was always at the cash counter, a job which she could not refuse, she was not able to relieve herself for hours together which was causing the recurrent infection. At Dr Batras®, she was advised to increase her water intake and also to go whenever she felt the urge. A few doses of *Cantharis* were enough to put her back into the cashier's seat with increased vigour and renewed self confidence.

A urinary tract infection is an infection that begins in your urinary system. Your urinary system is composed of the kidneys, ureters, bladder and urethra. Any part of your urinary system can become infected, but most infections involve the lower urinary tract the urethra and the bladder.

Urinary tract infections are a serious health problem affecting millions of people each year. Infections of the urinary tract are the second most common type of infection in the body. Urinary tract infections (UTIs) account for about 8.3 million doctor visits each year.

Fifty to sixty percent of all women or one woman in five will experience at least one urinary tract infection during their lifetime. UTIs in men are not as common as in women but can be very serious when they do occur.

Urine in a healthy bladder is normally free of bacteria. However, bacteria from the rectal area or vaginal area (due to close proximity) may enter the urinary tract through the urethra and travel the short distance to the bladder. While normally the bladder cleanses itself of bacteria, if for some reason it can't, the bacteria may cause an infection.



UTI & HOMEOPATHY

In general, urinary tract infection signs and symptoms develop rapidly and can include:

- A strong, persistent urge to urinate
- A burning sensation when urinating
- Passing frequent, small amounts of urine
- Blood in the urine (hematuria) or brown, cloudy, strong-smelling urine
- Bacteria in the urine (bacteriuria)
- Lower back pain.
- Fever with chills and shivering.

UTIs are caused by bacteria getting into the bladder from the kidneys. The following predisposes you to UTIs:

- In small children, the use of diapers is a very common contributing factor. If the child passes stool that is not cleaned for a long time, the stool that contains bacteria can be a source of infection. This is particularly true in little girls as compared to boys as their urethra is shorter and can be infected easily.
- In older children improper cleaning can also be a cause. Wiping back to front pulls stool into the vaginal area from where it can travel up.
- Long intervals between urination can be another cause as this weakens the bladder muscles. Some urine is left in the bladder that can be a source of infections.
- In women who are sexually active, bacteria may be transferred from the anal and vaginal area to the urethra and then the bladder.
- If water intake is low, urination will be less and bacteria that might have entered the bladder will have more time to multiply and grow, leading to infections.

There is no proven way to prevent UTI, but one may find some of the following suggestions helpful:

- Drink plenty of liquids to flush bacteria out of the urinary system.

Homeopathic Remedies

Cantharis 30C 4 pills twice a day for continuous urge and burning pain before and after urination

Apis mel 30C 4 pills twice a day for burning and stinging pain and when last drop burns.

- Wipe from the vagina to the anus after defecation to avoid spreading bacteria.
- Drink water before and after sex so that one will urinate a good volume with a steady stream afterwards. This will help eliminate any bacteria that may have entered.



- Consider using another method of birth control or a different brand of condom for your spouse if you suspect that the chemical over the condom is causing irritation.
- Avoid tight clothing. It may irritate tissues, trap heat, and promote bacterial growth.
- Wear cotton underwear. Cotton is less irritating and provides more ventilation than nylon.
- Foods rich in Vitamin C such as amla, citrus fruits and juices helps to reduce the number of bacteria that might be harmful to the urinary tract.

Far Out!

I am a 37 year old married man settled in Canada working as a desk clerk in a motel. I developed a patch of psoriasis on my scalp in 1995 which got aggravated in 2004 when I came to Canada. I am always worried about my future and about my daughter who has vitiligo since 2007. Otherwise I am a calm, quiet and reserved person. I tried a whole of treatments but in vain. Then I read about Dr Batra's® on the net and decide to give it a go. I registered myself through their cyber clinic and was pleasantly surprised to get a prompt and courteous response. Within just a few months of taking the medicine, I am delighted to find a dramatic improvement in the itching and scaling of the patch. I am also feeling much calmer and relaxed. I thank Dr Batra's® for its effective and efficient system. In spite of being in Canada, thousand of miles away from India I have been diligently treated by Dr. Manisha who made it a point to study my case in detail and offer me swift and sure relief.



Before Treatment



After Treatment

Up To Scratch.



Before Treatment



After Treatment

For four long years, Sumana had suffered from acute eczema of the right ankle with swelling and pain due to secondary infection which would worsen every winter. The itching was so severe that she could not stop scratching the lesions which would then ooze a thin secretion throughout the day. She had tried all sorts of medication with no relief. Finally she started treatment at Dr Batra's® Jayanagar branch where her case was studied in detail by Dr Puttanarasimha and she was given homeopathic treatment for her eczema. Now she is much better and relieved at the remarkable improvement in her condition.

Medical Challenge

1. Which of the following is not an auto-immune disorder
 - a. Rheumatoid Arthritis
 - b. Osteoarthritis
 - c. Hypothyroidism
 - d. Vitiliigo
2. Beta Thalasemia is also known as
 - a. Australian anaemia
 - b. Pacific anaemia
 - c. Mediterranean anaemia
 - d. Asian anaemia
3. The organism responsible for dysentery is
 - a. Shigella
 - b. Salmonella
 - c. Rota virus
 - d. Entameba histolytica
4. Which of these substances is found in cigarette smoke?
 - a. Arsenic (found in rat poison)
 - b. Acetone (found in nail polish remover)
 - c. Ammonia (found in bathroom cleaners and dry cleaning fluid)
 - d. All of the above
5. How many times does the average human heart beat in a day?
 - a. 1,000
 - b. 10,000
 - c. 1,00,000
 - d. 1,000,000
6. The direct cause of a heart attack is?
 - a. High blood pressure
 - b. High cholesterol
 - c. A blockage in an artery
 - d. The heart just stops beating
7. A raised level of LDL or "bad cholesterol", increases the risk of coronary heart disease. What can you do to reduce LDL cholesterol?
 - a. Eat less saturated fat, such as red meat, butter and cheese
 - b. Eat a wide range of fruit, vegetables and wholegrains
 - c. Stop smoking and get physically active
 - d. All of the above
8. Which of these vitamins can be taken into the body from sunlight?
 - a. Vitamin A
 - b. Vitamin B
 - c. Vitamin C
 - d. Vitamin D
9. Which of these types of exercise is 'anaerobic'?
 - a. A 100m sprint
 - b. A steady jog
 - c. Yoga
 - d. A long bike ride
10. The risk of which of these illnesses is reduced through regular physical activity?
 - a. Thyroid cancer
 - b. Colon cancer
 - c. Stomach cancer
 - d. All of the above

- Answers
1. b. Osteoarthritis
 2. c. Mediterranean anaemia
 3. d. Entameba histolytica
 4. d. All of the above
 5. c. 1,00,000
 6. c. A blockage in an artery
 7. b. Eat a wide range of fruit, vegetables and wholegrains
 8. d. Vitamin D
 9. a. 100 m Sprint
 10. b. Colon cancer

▶ The Last Word ▶

Heading

- Eat healthy- Emphasize on fruits, vegetables and whole grains. Get plenty of potassium, which can help prevent and control high blood pressure. Eat less saturated fat and total fat. Limit the amount of sodium in the diet. Avoid coffee and colas.
- Maintain a healthy weight - If overweight, losing even 5 pounds can lower blood pressure.
- Increase physical activity - Regular physical activity for at least 30 minutes can help lower blood pressure and keep weight under control.
- Don't smoke and drink - Tobacco injures blood vessel walls and speeds up the process of hardening of the arteries. So quit smoking and drinking.
- Manage stress - Reduce stress as much as possible. Practise healthy coping techniques such as muscle relaxation and deep breathing. Getting plenty of sleep can help too.

quiz 39

Here's your chance to win free treatment and other exciting prizes. Winners will be selected by a lucky draw.

- 1st Prize: Free annual treatment* for one at DBPHCPL.
- 2nd Prize: Dr Batra's® range of hair care products.
- 3rd Prize: Dr Batra's® shampoo & conditioner (250 ml).
- 4th Prize: Dr Batra's® shampoo & conditioner (100 ml).
- 5th Prize: Dr Batra's® shampoo (100 ml).

Medical Mystery

1. Patchy loss of hair is known as
A. Alopecia Areata B. Alopecia Totalis
2. Women tend to suffer more from Osteoporosis than men
A. True B. False

Cut along the dotted line and send in your entry by 25th March, 2009 along with your name, patient code number, branch and personal address to Corporate Communications Department, Dr Batras' Positive Health Clinic Pvt. Ltd., 2nd Floor, H. Kantilal Compound, Andheri-Kurla Road, Sakinaka, Andheri (E), Mumbai - 400072. Please mention the quiz number on the envelope. You can also email your quiz answers at positivehealth@drbatras.com with the quiz number.

Answer to Quiz No 37:

1. Calcaneal spur
2. Flax seeds or AlsI

Winners of
Quiz No. 37

1st. P. K. Krishna Kumar, Hyderabad | 2nd. Mrs M. A. Pereira, Mumbai | 3rd. Neha Gupta, New Delhi
4th. Shreya N. K., Bagalore, 5th. Subrata Sarkar, Kolkata

* Winners to collect their prizes within one month of announcement. *Conditions apply.

Write in to us with your feedback and comments to newsletter@drbatras.com
Chat with our senior consultants everyday between 2 pm to 3 pm at www.drbatras.com



Welcome to the Pain-Free World.

Dr. Batras' Positive Health Clinic Pvt. Ltd.

Regd. office: 2nd Floor, H. Kantilal Compound, Andheri - Kurla Road, Sakinaka, Andheri (E), Mumbai - 400072.

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