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chembur ghatkopar plus

## eventupdate

# Heart Of The Matter



**A** couple of quick questions: What's the connection between your heart and your knees? Can painkillers taken for cervical spondylosis make you vulnerable to hypertension? Before you think this is an Anatomy lesson gone wrong, allow me to explain.

The energy or vital force, which unites the functioning of all our organs and systems, and mind and body as well, is alien to most people. That's because we have been convinced by conventional medicine to think of the human body as a machine that is the sum of separate parts.

So how are your knee joints or your synovial membranes connected to your heart health? The answer is simple. When

strong medicine suppresses the disease process in one organ – your joints – the process shifts to another organ – your heart. The link between organs is complex and follows scientific principles, which are the very basis of homeopathic medicine.

There is a multitude of factors that affect heart health – high and low blood pressure, high cholesterol, weak heart muscles, blocked blood vessels, blood clots, etc. Any inherent vulnerability to heart problems needs to be tackled at a genetic and systemic level, which will restore you to good health. A mechanical approach, which only controls and manages symptoms, invariably leads to other health problems.

Again, homeopathy is the only system of medicine that can root out the disease process at its source while simultaneously strengthening your immunity and rebalancing faulty metabolism. Imagine correcting all this in one go. Amazing, isn't it?

So, for instance, if your cholesterol level is worrisome and is placing a strain on your heart, eliminating fatty foods and switching to healthier cooking oil will not root out the disease process. Your

may end up with a healthy lipid profile but experience a blockage in a cardiac blood vessel instead.

And let us not forget the strong correlation between stress and cardiac disease. Due to the stress of modern living, men and women in their 40s are now suffering from heart disease. Our lives constantly call upon us to 'defend' – emotionally and physically. To the body, this 'defending' is but one single process, and over time, it leads to exhaustion and internal breakdown.

Unlike conventional medicine, homeopathy does not address disease per se but works on strengthening your entire system. The bonus with MindHeal Homeopathy is that while experiencing a cure at the physical level, you also experience emotional healing. In other words, while your body returns to a state of physical balance, your mind is restored to a state of calm – at the same time!

For queries and appointments, contact MindHeal Homeopathy on: 022-25230530 / +91-9930363981. Or write to [crm@mindheal.com](mailto:crm@mindheal.com). Website: [www.mindheal.org](http://www.mindheal.org). Blog: [www.mindhealhomeoclinic.blogspot.com](http://www.mindhealhomeoclinic.blogspot.com). Online Consultation also available.