

## Let your mind heal your body

Homeopathy is known to help beat stress, says Dr Anita Salunkhe

**S**tress makes you sick' is no longer a myth, it is reality. Researchers have scientifically proven a long suspected link between emotional stress and illnesses. From common cold to cancer, the cause can be traced to stress.

Homeopath Dr. Anita Salunkhe helps several depressed souls suffering from long-term diseases and ailments — she traces every disease to stress. Through her simple but path-breaking concept of MindHeal, she uses the healing powers of homeopathy to work upon the mind of the patient that helps the body to heal.

According to Dr. Anita Salunkhe, disease means not being at ease. "It is a condition experienced by the body, but it actually exists in the mind. Hormones are released in the body when you are stressed. These hormones undermine the body's immune system and that make you sick. There is a saying which goes, 'When the mind cries, the organs weep.' It just means that negative emotions have harmful effects on the body."

But then how does one get rid of hurt, grudges, worry, anger, guilt, disappointment, financial burdens, loneliness and frustration. It is not like a switch, which can be put off as and when required. One can actually change his attitude towards looking at a problem. "This can be done with homeopathic medicines", says Dr.

Salunkhe. "It is the only medical science, which focuses on the man behind the sickness. This science understands the concept of totality of symptoms, studies humane nature and sees why he is diseased. The concept is treat man, not his disease."

She further

past burdens and future worries, we will feel empowered and start to develop more flexible and optimistic mind set. No one can make you unhappy without your consent," she concludes.

To know more about MindHeal, call: 25230530, 9819572047.



Dr Anita Salunkhe

explains, "We first try to find out what is the cause of the disease — the various stressful conditions, anger, grief, disappointment, hurt, anxiety, etc. We then prescribe medicines to balance his reactions, attitude, tolerance and sensitivity to react to that situation. Yes, homeopathic medicine, in a way, changes a person's perception towards looking at the problem and makes you feel at ease. It is the only medical science, which focuses not on the sickness, but on the man behind the sickness."

"Once we start living in the present moment, free of the