

5



DATE: JULY 10, 2010

THE TIMES OF INDIA CHEMBUR - GHATKOPAR PLUS

Chembur doc finds the key to lost beauty?

YOU KNOW THOSE CLASSIC BEFORE-AFTER, UGLY DUCKLING-TURNED-SWAN-TYPE ADVERTISEMENTS COURTESY A 'MIRACLE' SKIN CREAM OR HAIR GEL? WELL, YOU CAN SAY GOODBYE TO GIMMICKS THAT DON'T DELIVER



In a Clinic MindHeal Homoeopathy, Dr Anita Salunkhe seems to have found the 'key' to health and beauty. A classical homoeopath practising for 23 years, Dr Salunkhe uses the science of homoeopathy to reverse just about any medical condition, regardless of how severe. This includes the ravages of age, stress, dull hair, looks to severe skin conditions that just won't go away.

"Women take great pains to look chic and beautiful. But the secret to beauty lies in the mind," explains Dr Salunkhe.

"In fact, the face is the mirror of the mind. When the mind is troubled and ill at ease, one's hair greys prematurely, it turns brittle, dull, the skin wrinkles, is affected by pimples, freckles and pigmentation and the eyes get puffy," she explains, stressing the mind-body connection.

● **Why are even the most expensive**

beauty products destined to fail?

Cosmetic remedies – and even some doctors – offer symptomatic treatment. They don't get to the root of the problem. Beauty does not lie in the face but in one's genes. An individual's genetic make-up determines one's physical features while also shaping one's temperament, attitudes, behaviour and also the diseases he or she will develop.

● **What is the relationship between stress and beauty?**

One of my patients, a young woman, was very sensitive and wasn't able to deal with the constant bickering with her mother-in-law. In just two years since she got married, she changed from a charming, bubbly person to looking old and haggard. Homeopathy completely transformed her in just six months. She not only looked good but her whole outlook turned positive.

● **So how does the treatment actually work?**

Homoeopathy takes a 'bottom-up' approach by working on an individual's constitutional make-up at the molecular level. It restores chemical and other imbalances and thereby corrects constitutional weaknesses in the body. This 'constitutional correction' eventually leads to a transformation in an individual's thoughts as it brings about a balance at the biological level. It thus improves tolerance levels, perceptions, attitudes, one's outlook and overall temperament. It improves the ability to cope with stress, calms anger, and tampers one's ego, there by enriching the personality.

*For queries and appointments, contact
MindHeal Homoeopathy on:
022-25230530 / +91-9930363981.
Or write to crm@mindheal.com.
Website: www.mindheal.org*