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MindHeal Homeopathy's solutions for corporate stress

Q. I am a 25-year old working executive. Despite proper diet, exercise and other precautions, I experience headaches, dizziness and nausea due to stress at the workplace. I am unable to concentrate at work. Please advise me on how homeopathy can help me be well.



>> *Dr Anita Salunkhe*

A. Most employees face health problems due to an imbalanced lifestyle. Hence, despite proper diet and exercise, they still suffer from health issues. It's surprising that a majority of such people are youngsters. For instance, heart diseases are being reported among people in the age group 25-40.

Working people blame **STRESS** for almost all of their illnesses. Stress, they believe, originates from organizational problems, like pressure of targets / dead-

lines, excessive workloads, job insecurity, etc. However, they fail to realize that circumstances alone don't cause stress; lack of preparation to deal with them does.

Many a time, situations or events at the workplace are beyond our control; hence, the only way out is how we perceive them. Stress has a negative impact on both the health (by weakening the immune system) and performance of employees. Health prob-

lems cannot be prevented just by regular medicines because they only "suppress" the disease, without attempting to explore its root cause. Hence, diseases may assume aggravated forms in the long run. For example, headaches suppressed with regular drugs may turn into dizziness, migraine, etc.; continuous suppression of minor ailments may even result in critical diseases like diabetes, blood pressure, heart diseases, etc.

On the other hand, homeopathy focusses on understanding and treating the root cause of health problems (i.e. negative attitude). The right homeopathic medicines have the power to influence thought processes and uplift attitude. So, stress levels are reduced, the immune system is strengthened and the risk of contracting diseases comes down substan-

tially. Hence, one is safeguarded against various diseases for a long time.

Through our consultation programme, we find the connection between your health problems and thought processes and prescribe the appropriate homeopathic medicines accordingly. Thus, our focus is to heal your body through your mind. Mind-Heal Homeopathy focusses on not only curing the disease but also improving the health of the person as a whole, thus improving his overall immune system for long-time good health.

Balancing work and life isn't difficult; simply re-programming the mind to think positive helps in making you happier and healthier...

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