

# ht café

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## Let your mind heal your body

**H**omeopathy is known to help beat stress, says Dr. Anita Salunkhe

'Stress makes you sick' is no longer a myth. It is reality. Researchers have scientifically proven along 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 Mind Heal, 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 under mine 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 one of the 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 explains, "We first try to find out what is the cause of disease - the various stressful conditions, anger, grief, disappointment hurt, anxiety, etc. We the prescribe medicines to balance his reactions, attitude, tolerance and sensitivity to react to that situation.

Yes, homeopathy medicine, in a way, changes a person's perception towards looking at the problem and makes you feel at ease. It is one of the 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 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.

Mind Heal Homeopathy is an ISO-certified multi-specialty homeopathic clinic in Chembur, Mumbai Founded by Dr. Anita Salunkhe, we see more than 25,000 patients annually-and still counting A gifted healer and veteran homeopath of 21 years. Dr Salunkhe is an MD in Homeopathy. A doctor without borders, she also delivers lectures. Conducts seminars and consults with patients across the globe, including the US. Germany the Netherlands, Belgium, Bulgaria, Brazil, Russia and Israel.

Online video chat consultation is her speciality, where she treats patients worldwide.

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