

The Mind's Eye

HOW HOMEOPATHY CAN GIVE YOU A NEW
PERSPECTIVE ON LIFE

It's a Pandora's Box that has many connotations. Why, some psychologists claim we are only aware of the 'tip of the iceberg' and that the rest of the mind is deeply buried, holding our deepest and darkest secrets?

Indeed the mind is just as powerful as it is made out to be. It is infinitely complex and a significant determinant of human behaviour. And even though we refer to it as if separate from the body, the fact is that the human being is a single, unified, mind-body entity.

We may loosely say that the mind manifests itself in our moods, emotions, personality traits, psychological make-up and intellect. But the most fascinating feature of this aspect of being human is that the mind is rooted in our basic constitutional nature, which, in turn, is influenced by our genetic make-up.

MIND-BODY LINK

It is this link, deep-seated and very, very basic, that makes the mind a window to disease. Yes, something as ephemeral as the mind actually mirrors your biology, biochemistry and genetics.

Using the mind as an investigative tool is Dr Anita Salunkhe, founder of MindHeal Homeopathy, and whose success rate is testimony to her skills. For evidence of this, log in to Dr Salunkhe's **blog: www.mindhealhomeoclinic.blogspot.com**

WHAT IS MENTAL HEALTH?

'Mental health' is not just the presence or absence of psychiatric illness; it describes your overall mental, emotional and psychological well-being, where balance is crucial. So, if you're sensitive, that's a good thing but if you flare up at the slightest remark, your inflammatory response is out of line.

If you're fastidious about your work, you're an asset to your company. But if your need for perfection leads to ex-



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treme rigidity and compulsive behaviour, you may want to take a long, hard look at yourself. Likewise, whereas it's normal to be apprehensive of competition at work, an irrational fear of underperforming or financial loss is an exaggerated state of being.

If you are guilty of these personality traits, you're probably suffering from either inflammatory diseases such as tendonitis or gastritis, or diseases of excess such as obesity or hypertension, depending on how you are constitutionally pre-disposed.

Curing disease is nothing but rebalancing your biochemical 'flaws' that quite literally make you sick. And since mind and body are so intimately linked, the skilled homeopath also returns you to a balanced state of mind.

For queries and appointments, contact MindHeal Homeopathy on: 022-25230530 / +91-9930363981. Or write to crm@mindheal.com. Also check out www.mindheal.org