

August 1, 2014

Testimonials

I was diagnosed with Ulcerative Colitis in 1985 and had undergone various treatments in the past to treat this chronic disease. I had several flare-ups in the past and the major one was in 1997. The colitis has been quiescent for the period 2005 till 2012. I had several relapse starting 2012 till November 2013. Colonoscopy was done in August 2013 and showed active colitis with very severe flare-up in the whole colon. I was put on cortisone drugs for 12 weeks. This was not easy as the cortisone drug had major side effects –increase my glucose level, losing weight and weakening of the muscles.

In late October 2013, I met Doctor Munesh Tulsidas and explained to him my medical conditions and sought his help for a permanent solution of my colitis.

I started a diet treatment (gluten free& free of cow milk) through Dr Tulsidas , supported with some ayurvedic pills, intake of Flaxiseed & Argan oil / pommegrenade powder / chia seeds/walnut peanut butter/ apple cider vinegar / protein powder/ tulsi tea/ almond milk (no gluten) , etc. This required a complete overhaul of my daily diet. The treatment was for three months. Post the treatment, I carried on with the diet.

How do I feel now? Great and fantastic- no more tummy pains /no blood in stool / no diarrhea/ no more vomiting and no more weakness in the muscles. I did a colonoscopy in June 2014 – Ulcerative clinical conditions showed no flare –ups and no colitis. This is great. As at date , I have adapted myself easily with the new diet and I am continuing with my treatment.

I would recommend anybody with similar conditions to follow the Doctor's treatment. They are natural treatments and there are absolutely zero side effects. Of course there is a price to pay but it is worth every penny. There is no price to resume a healthy lifestyle.

If anybody wants any confirmation of the above, please send me an email on husnak@intnet.mu.

Regards



Dr Munesh Tulsidas
Nexteracom Tower
Ebene Cybercity

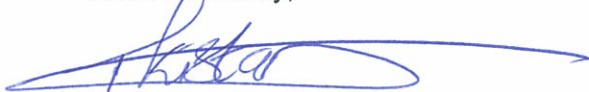
03.09.2014

I am Tania Kistan, twenty four years old. I have been aware about Health Solutions at the SVICC during the Salon de la Santé held in June 2014. Through Dr Munesh Tulsidas I came to know that the root causes of all health problems rely on the spinal column. I had back pain related to stress and also painful menstruation. For the later I usually take medicine in order to be relieved from the pain and also as I work this help me not to be absent from work. Else I had to take two days sick leave every month due to this pain. In so doing I neglected the side effects of this medicine as my objective was to be free from pain.

I started treatment with Dr Tulsidas in July 2014 for a three month period. In the beginning it was difficult to follow the D-Tox diet as it was a completely new lifestyle but with time I was accustomed. I have seen changes mainly being more energetic, acne problem cured, no back pain and no painful menstruation since I'm following my diet and doing the readjustments.

This new lifestyle is worthwhile to be adopted for me and my family also is changing towards it. I'm thankful to you for having known about chiropractic and all its benefits. I will share it with all people I know. For all those who haven't tried it, I would suggest you to do it. It's never too late to mend.

Yours Sincerely,



Tania Kistan

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To Doctor Tulsidas

The first time I met the Doctor was at the "Salon de la maison" at SVICC, Pailles where I decided to go for an appointment. I was having a terrible back pain (lower level) and it was also paining at the neck level. After my first appointment I came to know that the main purpose of the spine is to protect the nervous system and also about subluxation degeneration which happens due to the accumulation of incidents/accidents over the early years. I also came to know about the various levels of subluxation degeneration and I was relieved to hear from Dr Tulsidas that my neck problem was only at the first level (there are in fact four levels with the fourth level being the worst case scenario).

The Doctor, also being a Nutritionist, advised me on the food (organic) I should be having on a daily basis and the ones I should avoid. It has been two weeks now that I have followed his instructions and to be frank it is very difficult to avoid all the ones he told me not to have. I would say that I am trying my level best but due to practical reasons, I have been able to follow his instructions only at 70%. In terms of breakfast 100%, but Lunch and dinner only 60%. He also advised me to have at least 3 litres of water on a daily basis but I have been drinking only two litres at most.

As mentioned earlier, it has been only two weeks and I must say it has been very positive. I was overweight and my BMI was at pre-obese level and now I feel I have lost some weight. After each session with the Doctor I feel energised and my neck problems have reduced by at least 60%. Previously I had pinched nerves at the neck and upper back level which was preventing me from moving my head to the right. It was difficult for me especially when I was driving. But after the sessions with the Doctor I started feeling better and could move my head freely (around 70%) both to the right and to the left. Due to the neck pain I could not keep my head straight. This has now improved by 40%.

All in all, I have seen only improvements although I have missed the session at the seaside. I am very looking forward to the seaside sessions as I understand the exercises are quite tough. I have been playing volleyball for around 15 years and had to give up due to back and neck problems. I do not intend to start again but I hope to be able to at least practise some sports after the treatment to keep fit.

From


Praveen Beeharry