



MEHAK WELLNESS CENTRE

(BIOFEEDBACK & STRESS MANAGEMENT)

ISO 9001:2015

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DR RAJEEV PRAKASH MEHRA N.D.; M.D. (A.M.); GOLD MEDALIST; REIKI GRAND MASTER

Recipient of Awards in 2020

“Globally Renowned Best CANCER Treatment Specialist through Genetic and Auto Immune Correction.”

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LIVER AND KIDNEY DISORDERS

NON-INVASIVE DIAGNOSIS AND TREATMENT FOR LIVER AND KIDNEY DISORDERS.

The liver is an organ only found in vertebrates which detoxifies various metabolites, synthesizes proteins and produces biochemicals necessary for digestion. In humans, it is located in the right upper quadrant of the abdomen, below the diaphragm. Its other roles in metabolism include the regulation of glycogen storage, decomposition of red blood cells and the production of hormones. The liver is an accessory digestive organ that produces bile, an alkaline compound which helps the breakdown of fat. Bile aids in digestion via the emulsification of lipids.

Most common types of conditions that damages the liver and prevents it from functioning well are

Hepatitis A - **A highly contagious liver infection caused by the hepatitis A virus.**

Hepatitis B - **A serious liver infection caused by the hepatitis B virus that's easily preventable by a vaccine.**

Hepatitis C - **An infection caused by a virus that attacks the liver and leads to inflammation.**

Hepatitis D & Hepatitis E (not so common)

Non-alcoholic fatty liver disease - **The accumulation of liver fat in people who drink little or no alcohol.**

Cirrhosis of the liver - **Chronic liver damage from a variety of causes leading to scarring and liver failure.**

Alcoholic hepatitis - **Liver inflammation caused by drinking too much alcohol.**

Hemochromatosis - **An inherited condition caused by excessive absorption of iron, leading to high blood iron levels and iron deposits in multiple joints.**

Liver Diseases

Diseases caused by viruses, such as hepatitis A, hepatitis B, hepatitis C, hepatitis D and hepatitis E. Diseases caused by drugs, poisons, or too much alcohol. Examples include fatty liver disease and cirrhosis. Liver cancer. Inherited diseases, such as hemochromatosis and Wilson disease.

Liver health is vital for overall health. Liver dysfunction can lead to liver disease, metabolic disorder, and even type 2 diabetes.

Signs and symptoms of liver disease include

Skin and eyes that appear yellowish (jaundice)

Abdominal pain and swelling.

Swelling in the legs and ankles.

Itchy skin.

Dark urine colour.

Pale stool colour, or bloody or tar-coloured stool.

Chronic fatigue.

Nausea or vomiting.

The liver is responsible for breaking down carbohydrates, making glucose, and detoxing the body. It also stores nutrients and creates bile, which is necessary to digest and absorb the nutrients in food properly.

Liver is constantly working to filter hundreds of toxins found in the diet and environment. On top of that, liver also helps to break down food and provide energy to other organs. To help your liver function efficiently, make sure you have essential vitamins and nutrients in your diet. When you cannot get an adequate amount from your diet, you can consider taking supplements.

Vitamins for a healthy liver

Vitamin A and iron

Vitamin D

Vitamin E

Vitamin B12

Foods to avoid

In general, finding balance in the diet will keep the liver healthy. However, there are also some foods and food groups that the liver finds harder to process. These include:

Fatty foods: These include fried foods, fast food, and takeout from many restaurants.

Packaged snacks, chips, and nuts may also be surprisingly high in fats.

Starchy foods: These include breads, pasta, and cakes or baked goods.

Sugar: Cutting back on sugar and sugary foods such as cereals, baked goods, and candies may help reduce the stress on the liver.

Salt: Simple ways to reduce salt intake include eating out less, avoiding canned meats or vegetables, and reducing or avoiding salted deli meats and bacon.

Alcohol: Anyone looking to give their liver a break should consider reducing their intake of alcohol or eliminating it from the diet completely.

LIVER CLENSER / DETOX

For persons having alcohol, add ice cubes made with 11.5 pH water. Drink 60 ml. of 11.5 pH water to take care of the damage to the liver and avoid after effects like hang over, after drinks.

Persons having any LIVER disorder should consider this as a first line of action. Any Liver disorder – acidity, allergy, gas formation, fatty liver and cirrhosis should start on 11.5 pH water.

Drink 60 ml. twice a day for best results.

KIDNEYS

The kidneys are two bean-shaped organs found in vertebrates. They are located on the left and right in the retroperitoneal space, and in adult humans are about 11 centimetres (4.3 in) in length. They receive blood from the paired renal arteries; blood exits into the paired renal veins. Each kidney is attached to a ureter, a tube that carries excreted urine to the bladder.

Kidney disease means your kidneys are damaged and cannot filter blood the way they should. You are at greater risk for kidney disease if you have diabetes or high blood pressure. If you experience kidney failure, treatments include kidney transplant or dialysis.

Kidney failure **also called: renal failure:**

A condition in which the kidneys lose the ability to remove waste and balance fluids.

Diabetes is the most common cause of ESRD. High blood pressure is the second most common cause of ESRD. Other problems that can cause kidney failure include: Autoimmune diseases, such as lupus and IgA nephropathy.

Most common types

Chronic kidney disease

Long standing disease of the kidneys leading to renal failure.

Acute renal failure

A condition in which the kidneys suddenly cannot filter waste from the blood.

Symptoms of kidney failure

Coma

Confusion

Excessive drowsiness or fatigue

Pain or pressure in your chest

Persistent nausea

Reduced amount of urine

Seizures

Swelling of your legs, ankles, and feet from retention of fluids caused by the failure of the kidneys to eliminate water waste

Unexplained shortness of breath

Causes of kidney failure

Loss of blood flow to the kidneys

A sudden loss of blood flow to your kidneys can prompt kidney failure. Some conditions that cause loss of blood flow to the kidneys include:

Allergic reaction

Dehydration

Heart attack

Heart disease

High blood pressure and anti-inflammatory medications can also limit blood flow.

Scarring of the liver or liver failure

Severe burn

Severe infection, such as sepsis

Urine Elimination Problems

When the body cannot eliminate urine, toxins build up and overload the kidneys.

Some cancers can block the urine passageways, such as Bladder; Cervical; Colon;

Prostate (most common type in men.)

Other conditions that interfere with urination and possibly lead to kidney failure

A long term blockage of the urinary tract prevents urination. This causes pressure and eventual kidney damage

Bacterial infection, usually of the intestines

Blood clot in or around your kidneys

Blood clots within your urinary tract

Certain antibiotics

Chemotherapy drugs that treat cancer and some autoimmune diseases

Damage to your nerves that control your bladder

Drugs and alcohol

Dyes used in some imaging tests

Enlarged prostate

Glomerulonephritis, an inflammation of the small blood vessels of the kidneys

Hemolytic uremic syndrome, which involves the breakdown of red blood cells following a multiple myeloma, a cancer of the plasma cells in your bone marrow

Infection

Kidney stones

Lupus, an autoimmune disease that can cause inflammation of many body organs

Overload of toxins from heavy metals

Scleroderma, an autoimmune condition that affects your skin

Thrombotic thrombocytopenic purpura, a disorder that causes blood clots in small vessels

Uncontrolled diabetes

Vasculitis, an inflammation of blood vessels

17 Foods to Avoid If You Have Bad Kidneys

1. **Apricots**
2. **Avocados**
3. **Brown Rice**
4. **Bananas**
5. **Canned Foods**
6. **Dairy**
7. **Dark Coloured Colas**
8. **Dates, Raisins and Prunes**
9. **Oranges and Orange Juice**
10. **Packaged, Instant and Pre-Made Meals**
11. **Pickles, Olives and Relish**
12. **Potatoes and Sweet Potatoes**
13. **Pretzels, Chips and Crackers**
14. **Processed Meats**
15. **Swiss Chard, Spinach and Beet Greens**
16. **Tomatoes**
17. **Whole-Wheat Bread**

If you have kidney disease, reducing your potassium, phosphorus and sodium intake can be an important aspect of managing the disease. The high sodium, high potassium and high phosphorus foods listed above are likely best limited or avoided. Dietary restrictions and nutrient intake recommendations will vary based on the severity of your kidney damage.

Our work involves to DE-STRESS all concerned areas, causing an imbalance, leading to Diseases / Disorders. We work to MANAGE STRESS, to help the system function normally. Our work pattern is to DETOXYFY the system. Support it with ESSENTIAL SUPPLEMENTS & FREQUENCY ENERGIES. And finally, provide CORRECTIVE FREQUENCIES, to restore balance in the system. We strongly believe in "BODY HEALS ITSELF".

We very well know, at initial stages there are no symptoms. It can be diagnosed only when revealed on the physical. But by then it is too late.

We, at MEHAK WELLNESS CENTRE, under the expertise of DR RAJEEV PRAKASH MEHRA, a GOLD MEDALIST & REIKI GRAND MASTER offer NON-INVASIVE Diagnosis on State of the Art, latest 21st Century technology to verify the onset or presence of toxicity and any disorder of the LIVER & KIDNEYS.

We, run a complete 7000 parameter test which includes AUTO IMMUNE disorders and CHROMOSOMES and issues related to GENETIC disturbances, thus are in a position to guide the client of a future onset or presence of disturbances in the LIVER & KIDNEYS.

With vast experience of over 33 years, working with Cancer patients and being awarded with 80+ Certificates & Awards, DR. MEHRA is confident of handling all types of cases. All challenges faced by the LIVER & KIDNEYS are analyzed for balancing, correction and repair.

The test thus helps us in taking preventive measures for the disease much before it can show up on the regular physical tests.

What we do / how we tackle this issue.

We conduct a test to reveal the Genetic component involved. On having the results for the Genes, Chromosomes, Auto Immune & specific organ review for LIVER & KIDNEYS, we are in a position to assess the damage done or possible damage in the near future.

Our work is NON-INVASIVE. We work with BIOFEEDBACK and RADIONICS.

Being in NON-INVASIVE stream, we do not recommend the use of any medicines or Invasive procedures.

Basic causes of an imbalanced LIVER & KIDNEYS are due to GENETIC factors, thus by working on the root cause and stabilizing the GENES, CHROMOSOMES, AUTO-IMMUNE disorders and all parameters related with LIVER & KIDNEYS , we are in a position to balance, correct and repair the disorders. Other factors for disturbance are sugar imbalance, lifestyle and low intake of healthy alkaline water and wrong foods.

We advise to COMPLEMENT our services, with the ongoing therapies / treatment for better and faster results.

We strongly recommend DETOX procedure. This should be started immediately. COLLOIDAL SILVER WATER, ANTIOXIDANT HYDROGEN RICH WATER and use of ZAPPER. Not to forget Liquid Chlorophyll. RADIONICS and RIFE FREQUENCIES for basic corrections; start immediately on the RADIONICS maintenance kit. DIETARY SUPPLEMENTS (HemoHIM) for speedy recovery. NON-INVASIVE therapy is administered, which could take 18 to 72 sittings depending on the individual's resistance from within and the body's ability to HEAL.

NON-INVASIVE THERAPIES FOR LIVER & KIDNEYS

SOLUTION FOR LIVER & KIDNEY DISORDERS

- Rs.36,600/-** Diagnosis Package (Rs.27,450/- after Cash Discount)
(Includes Consultation, Supplement Report, Biofeedback Diagnosis on LIFE & QRMA)
- Rs. 1,800/-** Consultation
- Rs. 1,800/-** Supplement Report
- Rs.27,000/-** Complete 7,000 parameter Test (MUST)
- Rs. 6,000/-** Test on QRMA (Full Body 100+ page report)
- Rs.27,000/-** Complete 7,000 parameter Test (MUST)
- Rs. 1,800/-** TEST on BIO-TESTING and BIO-THERAPY
- Rs.18,000/-** L.S. Therapy per sitting (MUST)
- Rs.12,000/-** L.S. PANEL per sitting (MUST)
- Rs. 240/-** Liver Cleanse / Detox 11.5 pH water (per litre)

Cost of other related Therapies, Detoxification & Supplements / Frequency medication is recommended in the Supplement Chart. Book your SUPPLEMENT CHART for details. (12 weeks of Therapy with 24 weeks of Supplements, helps in balancing most issues.)

[Clients booking DIAGNOSIS PACKAGE would be termed as REGISTERED IN HOUSE CLIENTS. They would be entitled for preference in booking sessions and for CASH Discounts wherever applicable (In House Products & Sessions). For Therapies, book minimum 18 sittings to avail 25% and 36 sittings for 33% (1/3RD) CASH DISCOUNT. Maintain a Security Deposit of Rs.10,000/- and in multiples to get CASH Discount. Clients without maintaining Security Deposit Pre-Book your Products / Sessions a week / 7 days in advance with Full CASH payment, book minimum 18 sittings, to avail CASH DISCOUNT.]

DR RAJEEV PRAKASH MEHRA recipient of Certificate of Excellence Award for 2018 - 2019

"BEST CANCER SPECIALIST IN ASIA"

&

"BEST CANCER SPECIALIST DOCTOR OF THE YEAR"

MEHAK WELLNESS CENTRE – Awarded

"TOP DIAGNOSTIC CENTRE IN MUMBAI"

AMONGST THE TOP 10 DIAGNOSIS CENTRES IN MUMBAI. MAY 2019. BY SILICONINDIA.COM

Guide to Package selection
HOW TO CHOOSE YOUR PACKAGE:

- 1) 18 sittings of BIOFEEDBACK, with minimum 6 sittings of Panels.
Recommended as Maintenance for all. Persons who suspect any disease or with a family history of diseases, discomforts should opt for this Package. Disease/Disorder yet not revealed in medical tests.
- 2) 36 sittings of BIOFEEDBACK, with minimum 12 sittings of Panels.
Recommended for all who have been diagnosed with any major disease, or having severe discomfort. For all those who have not been able to have a control over their disease / condition within 7 weeks of taking medication / Therapy. Patients Diagnosed with CANCER, or any Chronic Disease should start with this Package immediately. For CANCER patients, if Chemo-Therapy or Radiation has been suggested, they should take this first before starting any INVASIVE procedures.
- 3) 54 sittings of BIOFEEDBACK, with minimum 18 sittings of Panels.
Recommended in all cases where any Invasive procedure has been started. For all cases where Chemo-Therapy, Radiation or any external support has been undertaken this Package would be required. (Insulin in case of Diabetes.)
- 4) 72 sittings of BIOFEEDBACK, with minimum 24 sittings of Panels.
Recommended for all RELAPSE cases. If any Disease has reoccurred after a complete treatment, this Package would be required. In case of CANCER, clients who find a further need of Chemo-Therapy or Radiation after their first set, need to start on this Package immediately.
- 5) 90 sittings of BIOFEEDBACK with minimum 30 sittings of Panels.
METASTASIS. 4TH stage CANCER. Relapse, spreading to other organs. In cases where the CANCER cells are no more bound to a particular area / organ, and have been spreading to other areas. Presence of CANCER in multiple areas / more than 1, would need to get started with this package.

All GENETIC & AUTO IMMUNE disorder cases would need minimum 36 to 72 sittings.

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Diagnosis & Therapy on GENETIC & AUTO IMMUNE levels are recommended for Diseases / Disorders which do not stand rectified in a time frame of 7 days to 7 weeks with your ongoing medication / therapy.

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LIVER AND KIDNEY DISORDERS

WELLNESS CENTRE
NON-INVASIVE DIAGNOSIS & TREATMENT
LIVER & KIDNEY DISORDERS SPECIALIST.

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