



# 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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## LYMPHATIC DRAINAGE

(BREAST CLEANSING)

### NON-INVASIVE LYMPHATIC DRAINAGE MASSAGE SERVICE

Lymphatic Massage, **also called** Lymphatic Drainage **or** Manual Lymph Drainage, **is a technique developed in Germany for treatment of Lymphedema, an accumulation of fluid that can occur after lymph nodes are removed during surgery, most often a mastectomy for Breast Cancer.**

Lymphedema **can also be present at birth or develop at puberty or during adulthood. This type, known as Primary Lymphedema, can affect as many as four limbs and / or other parts of the body.**

In our daily practice, we notice ladies develop this condition due to Hormonal Imbalance, directly related with Irregular Mensuration. Whenever one experiences Irregular periods, they are bound to develop congestion over and around the Breasts. (Mainly left breast).

Lately due to the lifestyle, and living patterns we find this as a common problem amongst women. Periodic Lymphatic Drainage sessions would help in restoring the health back to normal.

A Lymphatic massage session for women who develop Lymphedema after surgery for breast cancer starts with light massage on the surface of the skin of the neck. The therapist gently rubs, strokes, taps or pushes the skin in directions that follow the structure of the Lymphatic system so that accumulated lymph fluid can drain through proper channels.

Lymphatic Drainage is very gentle, is not painful and doesn't have a stimulating effect. Each session lasts for 45 to 60 minutes, and therapy usually is performed once a day, four or five times a week for two to four weeks.

One study showed that the greatest reduction in swelling from Lymphedema occurs in the first week of treatment and stabilizes during the second week. Helps to Boost and Repair the IMMUNE SYSTEM.

**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 LYMPH NODES, blockages in the system, and condition of the LYMPHATIC SYSTEM. We are in a position to diagnose and treat for LYMPHATIC NODES and Blockages in the Lymphatic System.**

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.**

**Manual Lymphatic Drainage massage, 36 sittings recommended.**

**NON-INVASIVE THERAPIES FOR LYMPHATIC BLOCKAGE  
LYMPHATIC DRAINAGE THERAPY AVAILABLE  
BOOST THE IMMUNE SYSTEM**

- 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/-** Therapy per sitting (Electronic optional) (MUST)
- Rs.12,000/-** Panel Therapy (L.S. Panel for DETOX)
- Rs. 1,800/-** Therapy per sitting (manual) (Highly Recommended)

**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% (1/3<sup>RD</sup>) **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**.]

**Recommended Cleanser – COLLOIDAL SILVER WATER & KANGEN ALKALINE MINERAL WATER**  
**Helpful Supplements – OMEGA 3 & TURMERIC (CURCUMIN).**

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. 4<sup>TH</sup> 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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**LYMPHATIC DRAINAGE**

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WELLNESS CENTRE  
NON-INVASIVE DIAGNOSIS & TREATMENT  
LYMPHATIC DRAINAGE SPECIALIST.

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