



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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IMMUNE SYSTEM

WELLNESS CENTRE SPECIALIZED FOR IMMUNE SYSTEM DISORDERS.

CORONA VIRUS

The organs and processes of the body that provide resistance to infection and toxins. Organs include the thymus, bone marrow, and lymph nodes.

The speed at which CORONA VIRUS is spreading needs to be checked. The least as an individual we could take precautions as per the information being shared.

A balanced IMMUNE SYSTEM, would help in building a strong resistance to the attack.

We offer SCANNING for the IMMUNE SYSTEM.

Therapy to strengthen the IMMUNE SYSTEM.

COLLOIDAL SILVER WATER for drinking and spraying on exposed areas.

ANTI-DOTE for CORONA VIRUS HemoHIM.

A healthy IMMUNE SYSTEM, can fight the virus with ease.

We strongly recommend ATOMY HemoHIM natural Supplement to boost the IMMUNE SYSTEM.

Keep your immune system strong

Making juices, smoothies, and nutritional drinks is one of the tastier ways to stay healthy. No matter which one you like, you can always add other superfoods such as chia seeds and wheat germ for more health benefits.

Other ways to keep your Immune System strong include practicing good hygiene, staying hydrated, sleeping well, reducing stress, and exercising frequently.

Frequently asked Questions

What are signs of a weak immune system?

6 Signs You Have a Weakened Immune System

- Your Stress Level is Sky-High.
- You Always Have a Cold.
- You Have Lots of Tummy Troubles.
- Your Wounds Are Slow to Heal.
- You Have Frequent Infections.
- You Feel Tired All the Time.

How can I boost my immune system?

Healthy ways to strengthen your immune system

1. Don't smoke.
2. Eat a diet high in fruits and vegetables.
3. Exercise regularly.
4. Maintain a healthy weight.
5. If you drink alcohol, drink only in moderation.
6. Get adequate sleep.
7. Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly.

How Does the Immune System Work?

When the body senses foreign substances (called antigens), the immune system works to recognize the antigens and get rid of them. B lymphocytes are triggered to make antibodies (also called immunoglobulins). These proteins lock onto specific antigens.

Where is your immune system?

Primary lymphoid organs: These organs include the bone marrow and the thymus. They create special immune system cells called lymphocytes. Secondary lymphoid organs: These organs include the lymph nodes, the spleen, the tonsils and certain tissue in various mucous membrane layers in the body (for instance in the bowel).

How can I test my immune system?

Tests used to diagnose an immune disorder include: Blood tests. Blood tests can determine if you have normal levels of infection-fighting proteins (immunoglobulin) in your blood and measure the levels of blood cells and immune system cells. Abnormal numbers of certain cells can indicate an immune system defect.

Which foods increase immunity?

15 Foods That Boost the Immune System

- Citrus fruits.
- Red bell peppers.
- Broccoli.
- Garlic.
- Ginger.
- Spinach.
- Yogurt.
- Almonds.
- Sunflower seeds.
- Turmeric.
- Green tea.
- Papaya.
- Kiwi.
- Poultry.
- Shellfish.

What foods are bad for immune system?

- Foods and drinks that compromise your immune system
- Soda.
- Processed foods.
- Foods and drinks high in sugar.
- Refined carbohydrates.
- Alcoholic beverages.

What lowers your immune system?

Infections such as the flu virus, mono (mononucleosis), and measles can weaken the immune system for a short time. Your immune system can also be weakened by smoking, alcohol, and poor nutrition.

At what age is your immune system the strongest?

When your child reaches the age of 7 or 8, most of his immune system development is complete.

Does sugar kill your immune system?

How much sugar does it take to weaken your immune response? This nutrition study shows that it takes about 75 grams of sugar to weaken the immune system. And once the white blood cells are affected, it's thought that the immune system is lowered for about 5 hours after.

Do viruses like sugar?

Bacteria and viruses have a sweet tooth! It's no coincidence when these microorganisms attack the human organism to make us ill, for example when they give us pneumonia or flu. The great majority, around 80%, of these bacteria and viruses seek out the sugars on the surface of our cells.

What are signs of a good immune system?

Your body shows signs of a strong immune system pretty often. One example is when you get a mosquito bite. The red, bumpy itch is a sign of your immune system at work. The flu or a cold is a typical example of your body failing to stop the germs/bacteria before they get in.

Who has the strongest immune system?

Because women have much stronger immune systems than men, they can mount more effective immune responses against viruses and bacteria. While the precise reason why females mount a greater immune response is not fully understood, mast cells are likely an important factor.

Does your immune system get better with age?

Immunity -- your body's defence system -- tends to get weaker with age. "Just as you probably can't run as fast as you used to in your 20s, your immune system doesn't work as well as it used to," says Aaron E. Glatt, MD, chairman of the department of medicine at South Nassau Communities Hospitals.

What diseases cause weak immune system?

AUTO IMMUNE DISEASES cause immense damage to the **IMMUNE SYSTEM**

Examples of autoimmune diseases include:

- Rheumatoid arthritis.
- Systemic lupus erythematosus (lupus).
- Inflammatory bowel disease (IBD).
- Multiple sclerosis (MS).
- Type 1 diabetes mellitus.
- Guillain-Barre syndrome.
- Chronic inflammatory demyelinating polyneuropathy.
- Psoriasis.
- Graves' disease.
- Hashimoto's thyroiditis.
- Myasthenia gravis.
- Vasculitis.

What is the most powerful immune booster?

Vitamin C is one of the biggest immune system boosters of all. In fact, a lack of vitamin C can even make you more prone to getting sick. Foods rich in vitamin C include oranges, grapefruits, tangerines, strawberries, bell peppers, spinach, kale and broccoli.

What can I drink to boost my immune system?

10 Immunity-Boosting Beverages to Drink When You're Sick

1. Orange, grapefruit, other citrus.
2. Green apple, carrot, orange.
3. Beet, carrot, ginger, apple.
4. Tomato.
5. Kale, tomato, celery.
6. Strawberry and kiwi.
7. Strawberry and mango.
8. Watermelon mint. 9. Pumpkin seed. 10. Green apple, lettuce, and kale.

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 IMMUNE SYSTEM working. We are in a position to identify an AUTO IMMUNE disorder, thus offer help in time to rectify the same.

We, run a complete 7000 parameter test which includes AUTO IMMUNE disorders and CHROMOSOMES; and issues related to BLOOD, CELLULAR and GENETIC disturbances. Thus are in a position to guide the client of a future onset or presence of Diseases / Disorders due to an imbalanced IMMUNE SYSTEM.

With vast experience of over 33 years, treating patients with chronic disease / disorder and being awarded with 80+ Certificates & Awards – DR RAJEEV PRAKASH MEHRA is confident of handling all types of IMMUNE SYSTEM disorders.

The test thus helps us in taking preventive measures to rectify challenges on the IMMUNE SYSTEM, leading to chronic disease / disorder 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 in the system. On having the results for the Immune system, Auto Immune state, Chromosomes, Genes, Hormones & Cellular level disorders, 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. Imbalance in the IMMUNE SYSTEM, or any Disease / Disorder scanned, makes no difference, the therapy remains the same. RECTIFY THE IMMUNE SYSTEM.

Being in NON-INVASIVE stream, we do not recommend any Invasive procedure. As far as possible we advise to avoid disturbing or removal of any Body Organ.

Basic cause of Diseases / Disorders are our imprints, followed by our life-style habits. Problems start at our Cellular levels, thus by working on the root cause and by stabilizing the GENES, CHROMOSOMES and AUTO-IMMUNE disorders and all parameters directly related with the cause / outcome, we are in a position to stabilize the condition, without any side effects or danger to client's life. Areas considered for work include all MICRO-ORGANISMS; and ESSENTIAL SUPPLEMENTS as required by the system, individual organ for it's performance, which includes AMINO ACIDS, ENZYMES, HORMONES, MINERALS and VITAMINS. Information on the spread of micro-organisms in the system is important to tackle it from each and every cell / organ which it has invaded.

AYURVEDIC, FLOWER REMEDIES and HOMOEOPATHIC medicinal frequencies too are used to help in stabilizing the IMMUNE SYSTEM.

These issues are taken into account for correction along with other related issues instigating / provoking / damaging the IMMUNE 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, ATOMY VITAMIN C and use of ZAPPER. 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 IMMUNE SYSTEM.

IMMUNE SYSTEM DISORDERS SOLUTION AVAILABLE.

IMMUNE SYSTEM MANAGEMENT.

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

Rs. 1,800/- TEST on BIO-TESTING and BIO-THERAPY for IMMUNE SYSTEM

Rs.18,000/- L.S. Therapy per sitting (MUST)

Rs.12,000/- L.S. PANEL per sitting (MUST)

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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IMMUNE SYSTEM

WELLNESS CENTRE
NON-INVASIVE DIAGNOSIS & TREATMENT
IMMUNE SYSTEM DISORDERS SPECIALIST

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