



MEHAK WELLNESS CENTRE

(BIOFEEDBACK & STRESS MANAGEMENT)

ISO 9001:2015

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Recipient of Awards in 2020

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

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MACULAR DEGENERATION

NON-INVASIVE DIAGNOSIS AND TREATMENT FOR MACULAR DEGENERATION (EYES).

An eye disease that causes vision loss.

Macular degeneration causes loss in the centre of the field of vision. In dry macular degeneration, the centre of the retina deteriorates. With wet macular degeneration, leaky blood vessels grow under the retina.

Blurred vision is a key symptom.

A special combination of vitamins and minerals (AREDS formula) may reduce disease progression. Surgery may also be an option.

Macular degeneration, also known as age-related macular degeneration (AMD or ARMD), is a medical condition which may result in blurred or no vision in the center of the visual field.

People may experience:

Visual: **partial loss of vision, abnormality where straight lines appear wavy, blurred vision, distorted vision, inability to see in dim light, or seeing spots.**

Also common: **new and abnormal blood vessels**

LET'S UNDERSTAND MACULAR DEGENERATION, THRU SOME COMMON QUESTIONS -

What is the main cause of macular degeneration?

Parts of the eye

No one knows exactly what causes dry macular degeneration. But research indicates it may be affected by a combination of heredity and environmental factors, including smoking, obesity and diet. The condition develops as the eye ages.

How long does it take to lose vision with macular degeneration?

In the late stages, you may have difficulty seeing clearly. Your doctor may advise surgery, or you may consider working with an occupational therapist. On average, it takes about 10 years to move from diagnosis to legal blindness, but there are some forms of macular degeneration that can cause sight loss in just a few days.

Can anything be done for macular degeneration?

While there is no cure, age-related macular degeneration treatments may prevent severe vision loss or slow the progression of the disease considerably. Several treatment options are available, including: Anti-vascular endothelial growth factor (anti-VEGF) medicines.

Do you always go blind with macular degeneration?

Macular degeneration **only affects the macula**. So, your peripheral vision will remain intact. Meaning, you will not go completely blind, but if your macular degeneration gets acutely worse, you will fall under the 'legally blind' category.

Can you stop the progression of macular degeneration?

As of now, there's no treatment for dry macular degeneration. However, there are many clinical trials in progress. If your condition is diagnosed early, you can take steps to help slow its progression, such as taking vitamin supplements, eating healthfully and not smoking.

What vision looks like with macular degeneration?

In very late stage dry macular degeneration, macula cells begin to die, and large portions of the centre of vision may become blurred. People at this stage may have blind spots as well as some areas that appear wavy or distorted.

What percentage of macular degeneration patients go blind?

The dry form of macular degeneration, in which the light sensitive cells of the macula slowly break down, is the most common type, accounting for 90 percent of diagnosed cases. Wet macular degeneration accounts for approximately 10 percent of cases, but results in 90 percent of legal blindness.

Are bananas good for macular degeneration?

Bananas, apples and peaches also have a lot of vitamin C. Fruits also contain antioxidant carotenoids, so they do double duty for your eyes. Experts debate the benefits of omega-3s, which are found in fish oil, but evidence suggests they may lower your risk of developing macular degeneration or slow its progress.

What foods are bad for macular degeneration?

Foods to avoid with macular degeneration

- Processed foods that contain trans-fats.
- Tropical oils, like palm oil (use vitamin E-rich safflower and corn oil instead)
- Lard and vegetable shortening, and margarine.
- High-fat dairy foods (eggs in moderation are a good source of eye-healthy nutrients)
- Fatty beef, pork and lamb.

At what age does macular degeneration usually begin?

The biggest risk factor for Macular Degeneration is age. Your risk increases as you age, and the disease is most likely to occur in those 55 and older.

How do you prevent macular degeneration from getting worse?

Ways to prevent age-related macular degeneration:

- Quit smoking. "Rules 1, 2 and 3 are stop smoking," says Rosenthal.
- Know your family history.
- Eat leafy greens.
- Take supplements.
- Wear sunglasses.
- Maintain a healthy blood pressure and weight.
- Test yourself with an Amsler grid.

What is the newest treatment for macular degeneration?

One promising new treatment, for wet AMD, involves retinal gene therapy, as an alternative to monthly eye injections. The goal of gene therapy is to employ the body to make its own anti-VEGF by inserting a harmless virus (called an adeno-associated virus/AAV) carrying the anti-VEGF gene into a person's DNA.

Is peanut butter bad for macular degeneration?

Sunflower Seeds and Nuts.

A large study found that vitamin E, together with other nutrients, can help slow age-related macular degeneration (AMD) from getting worse. It may also help prevent cataracts. Hazelnuts, peanuts (technically legumes), and peanut butter are also good sources of vitamin E.

What is the best eye vitamin for macular degeneration?

Taking the following nutritional supplements every day may help these people lower their risk of getting late-stage or wet AMD:

- Vitamin C (500 mg)
- Vitamin E (400 IU)
- Lutein (10 mg)
- Zeaxanthin (2 mg)
- Zinc (80 mg)
- Copper (2 mg)

Which is worse dry or wet macular degeneration?

The dry form of age-related macular degeneration tends to get worse slowly, so you can keep most of your vision. The wet form of macular degeneration is a leading cause of permanent vision loss. If it's in both eyes, it can hurt your quality of life.

What is end stage macular degeneration?

There are three stages: **Early-stage AMD:** Medium-sized drusen deposits and no pigment changes, no loss of vision. **Intermediate AMD:** Large drusen and/or pigment changes. There may be mild vision loss, but most people don't experience any problems. **Late-stage AMD:** Dry or wet macular degeneration that causes vision loss.

What are the warning signs of macular degeneration?

When you do start experiencing vision loss from age-related macular degeneration, symptoms can include:

- Blurred or “fuzzy” vision.
- Straight lines, such as sentences on a page, appearing wavy or distorted.
- Blurry areas on a printed page.
- Difficulty reading or seeing details in low light levels.
- Extra sensitivity to glare.

Which is worse glaucoma or macular degeneration?

The vision loss that may occur in glaucoma usually affects side vision, whereas macular degeneration tends to affect central vision. If both conditions arise, though not actively affecting each other, the visual impairment that may result will affect a larger area of vision than just glaucoma alone.

Can you live a normal life with macular degeneration?

Many patients are frightened of losing vision or going blind when they are told they have age-related macular degeneration (AMD). Fortunately, most patients with AMD can keep good vision for their entire lives, and even those who lose their central vision almost always maintain their side, or “peripheral” vision.

Is Avocado good for macular degeneration?

The human body does not synthesize the lutein it needs to help your eyes fight Macular Degeneration, and for this very reason it is a good idea to add some avocado to your diet!

ATOMY LUTEIN WORKS INDEPENDENTLY. ASSURED RESULTS.

Is sugar bad for macular degeneration?

Simple sugars can be harmful because they result in the production of advanced glycation end products (AGEs), which promote inflammation. Intake of simple sugars has been linked not only to AMD, but also to other diseases promoted by inflammation, including cancer, heart disease, and arthritis.

Is Turmeric Good for macular degeneration?

Consider sprinkling on some turmeric, a spice used in curry recipes, for antioxidant properties that are being studied by researchers funded by AHAF, all these foods may help prevent macular degeneration.

What is the best vitamin for eyes?

The 9 Most Important Vitamins for Eye Health

1. Vitamin A. Plays a crucial role in vision by maintaining a clear cornea, which is outside covering of your eye.
2. Vitamin E.
3. Vitamin C.
4. Vitamins B6, B9 and B12.
5. Riboflavin.
6. Niacin.
7. Lutein and Zeaxanthin.
8. Omega-3 Fatty Acids.
9. Thiamine.

Research suggests that certain vitamins and nutrients may help prevent or slow the progression of several different eye conditions.

Supplements may be beneficial if you suspect you're missing any of these vitamins in your diet.

However, eating a balanced diet rich in fruits, vegetables, whole grains, protein and healthy fats will provide you with all the nutrients your eyes — and the rest of your body — need for optimal health.

WHAT WE DO & WHAT WE DO NOT DO:

1. WE DO NOT DIAGNOSE:

We assess, measure, determine or evaluate a condition.

2. WE DO NOT PRESCRIBE:

We recommend, suggest, advice or offer options to alleviate the condition.

3. WE DO NOT TREAT:

We work with, release, normalize, relieve, balance or remedy a condition.

4. WE DO NOT CURE:

We alleviate, balance, improve, correct or normalize a condition.

5. WE DO NOT Use the word "DISEASE":

We use condition, problem or imbalance.

6. WE DO NOT MAKE CLAIMS OR PROMISES:

We explain that health is an individual matter with many approaches to healing and no guarantees. It is our job to educate our clients so that they are more in control of their own health.

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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.

Normally we wait for the damage to get concrete, experience the discomfort and pain, before we address it. In modern science, help is rendered only when the problem is diagnosed. Diagnosis is possible only after signs of physical damage. By this time the damage is already done and reversal is not possible. With the help of allopathy, we only reduce the impact, or work on reducing the pains and discomfort, but never rectify the situation. There is no work done to reverse the damage or to correct the situation and causes, for it not to repeat again. Whereas in BIOFEEDBACK, we are in a position to assess the situation and correct it, much before the damage starts. As the Diagnosis and Therapy involves work on the cellular level, and corrections on GENETIC & AUTO IMMUNE system, we are in a position to identify the oncoming disease / disorder and offer remedy for the same.

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 any EYE disorder. Overall EYE and all relevant causes of an imbalance viz. Cataract, Floaters, Glaucoma, Macula, Retina, Vision etc.

We, run a test to evaluate the AUTO IMMUNE, CHROMOSOMES and GENETIC values along with a complete EYE scan which includes areas for disturbance and causes for EYE disorder. Thus, are in a position to guide the client of a future onset or presence of any damage to the EYE.

With vast experience of over 33 years, working with a vast range of Diseases and Patients, and being awarded with 80+ Certificates & Awards - DR RAJEEV PRAKASH MEHRA is confident of making a positive change in the lives of affected persons. The test thus helps us in taking preventive measures for the disease before it could cause any permanent damage in the system, and much before it shows up on the regular physical tests.

We conduct a complete 7,000 parameter test of which 229 EYE related items are scanned leading to information on imbalanced areas, causes, physical areas damaged or stressed, specific ayurvedic, homoeopathic, amino acids, vitamins, minerals, hormones, acupuncture points that are disturbed / stressed out. Along with this we evaluate if the damage is instigated by Auto-Immune, Chromosomes or Genetic factors. Once the report is ready we are in a position to identify the problem with its cause and damage to other areas as well. This gives a clear indication to assess the damage done or possible damage in the near future.

Our work is NON-INVASIVE. We work with BIOFEEDBACK & RADIONICS. FREQUENCIES from different therapies are used for balancing and repairing various damages. Whatever be the cause of EYE damage, our therapies shall take care of it all.

Being in Non-Invasive stream, we do not recommend use of any medication or support system, as this would not be a solution to eradicate your prime issue. All areas of the EYE are worked upon and cause for the same corrected. As far as possible we advise to avoid any invasive remedy.

Main cause of EYE damage is faulty and weakened Metabolism and lack of Supplements. This is due to high Toxicity with Micro-organisms. System failed to protect as the immune system was weakened, due to damage on the essential micro-nutrients present in the system. These issues are taken into account for correction along with other related issues instigating / provoking / supporting damage to the EYE.

Analyzing and identifying the root cause of damage, discomfort and disturbance and working to resolve the same is our prime focus. To get long term benefits, balancing on Auto-Immune system, Chromosomes, Genes and Metabolism is also carried out.

What we need to understand here is that of 46 CHROMOSOMES - 14 Chromosomes are responsible for proper EYE health. 18 Chromosomes are responsible for proper RETINA health, 25 Chromosomes are responsible for CATARACT formation and 11 Chromosomes are responsible for MACULA health. In case any disturbance is found in any of these 11 Chromosomes, it would lead to MACULA disturbance and eventually be termed as MACULAR DEGENERATION. Unless repair is not carried out to the CHROMOSOMES, it would be difficult or rather impossible to stop MACULAR DEGENERATION. MACULA health can be supported by balancing 21 parameters.

In short, Diagnosis and Therapy on BIOFEEDBACK can help in tackling the MACULAR DEGENERATION issue.

Age-related macular degeneration (AMD) is an eye disease that may get worse over time. It's the leading cause of severe, permanent vision loss in people over age 60. It happens when the small central portion of your retina, called the macula, wears down.

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 EYE LUTEIN and 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.

MACULAR DEGENERATION MANAGEMENT.

MACULAR DEGENERATION SUPPORT.

IMMUNOLOGY THERAPY FOR MACULAR DEGENERATION.

- 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 for 13 ALLERGY causes (Along with full Body 100+ page report)
- Rs.18,000/-** Biofeedback L.S. Therapy (MUST)
- Rs. 6,000/-** Panel Test only for EYE (30 Anatomical / 59 Bio-Specific)
- Rs.12,000/-** Panel Test with Therapy for 4 Items. (R, Y, B & G)
- Rs.12,000/-** Panel Therapy (L.S. Panel for DETOX)
- Rs.12,000/-** Supplements (Validity 1 month)
(Charges are per sitting)

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% CASH DISCOUNT & 1/3RD on 36 sittings booked. 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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