

## MEHAK WELLNESS CENTRE (BIOFEEDBACK & STRESS MANAGEMENT) ISO 9001:2015

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DR. RAJEEV MEHRA - N.D.; M.D. (A.M.); GOLD MEDALIST; REIKI GRAND MASTER COMPUTERIZED NADI PARIKSHA / BIOFEEDBACK THERAPIST BEST CANCER SPECIALIST OF THE YEAR 2023. In 2001 garnered with the highly prestigious "RASHTRIYA RATTAN AWARD" "Globally Renowned Best CANCER Treatment Specialist through Genetic and Auto Immune Correction."

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# 14

# **ENDOCRINOLOGY MANAGEMENT : GLANDS AND HORMONES**

# WELLNESS CENTRE SPECIALIZED FOR ENDOCRINOLOGY NON-INVASIVE GLAND AND HORMONE REPAIR

Endocrinology is a branch of biology and medicine dealing with the endocrine system, its diseases, and its specific secretions known as hormones.

Endocrinology is the field of hormone-related diseases. An endocrinologist can diagnose and treat hormone problems and the complications that arise from them. Hormones regulate metabolism, respiration, growth, reproduction, sensory perception, and movement. Hormone imbalances are the underlying reason for a wide range of medical conditions. Endocrinology focuses both on the hormones and the many glands and tissues that produce them. Humans have over 50 different hormones. They can exist in very small amounts and still have a significant impact on bodily function and development.

# What is the endocrine system?

The human endocrine system consists of a number of glands, which release hormones to control many different functions. When the hormones leave the glands, they enter the bloodstream and are transported to organs and tissues in every part of the body.

## Diseases

A hormone imbalance can result from genetic or environmental factors.

Some infants are born with hormonal problems that can lead to a range of health issues, such as low growth. Endocrine-disrupting chemicals, such as pesticides, lead, and phthalates, which are used in plastic food containers, can sometimes lead to hormonal problems.

There are three broad groups of endocrine disorders:

A gland does not produce enough of its hormones. This is known as endocrine gland hypo secretion.

A gland produces too much of its hormones, also referred to as hypersecretion.

Tumours develop in the endocrine glands. They may be malignant, or cancerous, but they may also be benign, or non-cancerous.

## Endocrinologists commonly treat the following conditions:

DiabetesExcessive or insufficient production of hormonesInfertilityMetabolic disordersMenopauseOsteoporosisShort StatureSome CancersThyroid diseases

Diagnosis and Repair for the following Glands is available:		
ADRENALS	GONADS	HYPOTHALAMUS
OVARIES	PANCREAS	PARATHYROID
PINEAL GLAND	PITUITARY	TESTES
THALAMUS	THYMUS	THYROID

### Let's understand our Endocrine System

Many different glands make up the endocrine system. The hypothalamus, pituitary gland, and pineal gland are your brain. The thyroid and parathyroid glands are in your neck. The thymus is between your lungs, the adrenals are on top of your kidneys, and the pancreas is behind your stomach. Your ovaries (if you're a woman) or testes (if you're a man) are in your pelvic region.

**Hypothalamus:** This organ connects your endocrine system with your nervous system. Its main job is to tell your pituitary gland to start or stop making hormones.

**Pituitary:** This is the "master" gland of your endocrine system. It uses information it gets from your brain to "tell" other glands in your body what to do. It makes many different important hormones, including growth hormone; prolactin, which helps breastfeeding moms make milk; and luteinizing hormone, which manages estrogen in women and testosterone in men.

Pineal: This gland makes a chemical called melatonin. It helps your body get ready to go to sleep.

**Thyroid:** This gland makes thyroid hormone, which controls your metabolism. If this gland doesn't make enough (a condition called hypothyroidism), everything happens more slowly. Your heart rate might slow down. You could get constipated. And you might gain weight. If it makes too much (hyperthyroidism), everything speeds up. Your heart might race. You could have diarrhoea. And you might lose weight without trying.

**Parathyroid:** This is a set of four small glands behind your thyroid. They are important for bone health. The glands control your levels of calcium and phosphorus.

**Thymus:** This gland makes white blood cells called T-lymphocytes that fight infection and are crucial as a child's immune system develops. The thymus starts to shrink after puberty.

Adrenals: Best known for making the "fight or flight" hormone adrenaline (epinephrine), these two glands also make corticosteroids. These are hormones that affect your metabolism and sexual function, among other things.

**Pancreas:** The pancreas is part of both your digestive and endocrine systems. It makes digestive enzymes that break down food. It also makes the hormones insulin and glucagon. These help ensure you have the right amount of sugar in your bloodstream and your cells.

If you don't make any insulin, which is the case for people with type 1 diabetes, your blood sugar levels can get dangerously high. In type 2 diabetes, the pancreas usually makes some insulin but not enough.

**Ovaries:** In women, these organs make estrogen and progesterone. These hormones help develop breasts at puberty, regulate the menstrual cycle, and support a pregnancy.

**Testes:** In men, the testes make testosterone. It helps them grow facial and body hair at puberty. It also tells the penis to grow larger and plays a role in making sperm.

# What can go wrong?

Here are some examples of what can happen if a gland secretes too much or too little of its hormones.

# Adrenal Gland

Hypersecretion may lead to over-nervousness, sweating, raised blood pressure, and Cushing's disease. Hyposecretion may lead to Addison's disease, Mineralocorticoid deficiency, weight loss, loss of energy, and anaemia.

## Pancreas

Hypersecretion may lead to hyperinsulinism, too much insulin can lead to low blood glucose.

Hyposecretion may lead to one type of diabetes.

## **Parathyroid Gland**

Hypersecretion may lead to brittle bones that fracture easily, as well as stones in the urinary system.

Hyposecretion may lead to involuntary muscle contractions, or tetany, caused by low levels of calcium in plasma.

# **Thyroid Gland**

Hyperthyroidism most often stems from Graves' disease. It can lead to accelerated metabolism, sweating, arrhythmia or irregular heartbeat, weight loss, and nervousness. Hypothyroidism may lead to tiredness, weight gain, depression, abnormal bone development, developmental delay, and stunted growth.

# **Pituitary Gland**

Hypersecretion may lead to gigantism, or excessive growth. Hyposecretion may lead to slow bone growth and short stature.

# **Thymus Gland**

Hypersecretion may lead to an overactive immune system which overreacts to perceived threats. This may result in an autoimmune disease.

Hyposecretion may lead to a weakened immune system, where the body is unable to fight infection and easily succumbs to viruses, bacteria, and other pathogens.

Our work mainly involves 4 stages- DETOXIFICATION; CHROMOSOME test, to identify hereditary issues, faulty programming; IMMUNITY test, to verify an AUTOIMMUNE angle and finally support with SUPPLEMENTS (AMINO ACIDS, HORMONES, MINERALS and VITAMINS).

**REVERSAL OF ALL CONDITIONS, DISEASES, DISORDERS POSSIBLE.** 

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 DETOXIFY 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 MEHRA, a GOLD MEDALIST & REIKI GRAND MASTER offer NON-INVASIVE Diagnosis on State of the Art, latest 21st Century technology to verify the condition of the Endocrine System along with Glands and Hormonal imbalances.

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 related to Endocrine System, Glands, Hormones and Metabolism.

With vast experience of over 35 years, working with Cancer patients and being awarded with 80+ Certificates & Awards – DR. RAJEEV MEHRA is confident of handling all types of issues related with Endocrine System – Glandular, Hormonal and Metabolic disorders. We have a solution for every Gland and Hormone correction.

The test thus helps us in taking preventive measures for the diseases and discomforts 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 this disease. On having the results for the Genes, Chromosomes, Auto Immune & Endocrinal System along with Glands and Hormone imbalances, 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 on the Endocrinal System – Glands and Hormones or a metabolic disorder, every aspect is diagnosed and correction for the same is administered.

Being in NON-INVASIVE stream, we do not recommend use of any medicines, as they would not correct the issue nor repair the damage done. Surgery for what so ever reason is completely ruled out.

Basic cause of disturbance in the Endocrine System is the improper functioning of the Glands and Hormonal discharge and inadequate hormonal balancing. This can be linked to GENETIC factors, thus by working on the root cause and stabilizing the GENES, CHROMOSOMES, AUTO-IMMUNE disorders and all parameters related with Endocrine System, we are in a position to activate and stabilize the Endocrine system along with the Glands and Hormones.

Diagnosis and Repair on 138 areas related with Hormones and following Glands is done:

ADRENALS	OVARIES
TESTES	GONADS
HYPOTHALAMUS	PANCREAS
PARATHYROID	PINEAL GLAND
PITUITARY	THALAMUS
THYMUS	THYROID

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. Not to forget Liquid Chlorophyll and ATOMY MULTI VITAMIN. 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 ENDOCRINE SYSTEM – GLANDS & HORMONES

# **GLANDS & HORMONES MANAGEMENT**

# WE SUPPORT IN ENDOCRINE SYSTEM MANAGEMENT

Rs. 1,875/- (US\$ 25) Consultation

- Rs.37,500/- (US\$ 500) Diagnosis Package (Includes Consultation, Supplement Report, Biofeedback Diagnosis & QRMA)
- Rs.30,000/- (US\$ 400) Complete 7,000 parameter Test (MUST) [SECOND OPINION]
- Rs.22,500/- (US\$ 300) Biofeedback Therapy (MUST)

Rs.15,000/- (US\$ 200) Biofeedback Panel Therapy (Hormone Profile) (MUST)

Rs. 7,500/- (US\$ 100) Biofeedback Panel Diagnosis (Hormone Profile)

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 on MRP would be termed as REGISTERED IN HOUSE CLIENTS. They would be entitled for preference in booking sessions and 50% Discount on further Consultation and Diagnosis for 1 year; and In House Products & Premium Products at 25% Value Addition.

Maintain a Security Deposit of Rs.12,000/-. Clients without maintaining Security Deposit, need to Pre-Book your Products / Sessions a week / 7 days in advance with Full CASH payment.

Book minimum 18 sittings, to avail DISCOUNT. BUY PRE PAID GIFT VOUCHERS OF RS.5,000/-, GET 50% VALUE ADDITION. [RS.7,500/- WORTH SERVICES]

> DR. RAJEEV MEHRA recipient of 80+ Excellence Awards "BEST CANCER SPECIALIST IN ASIA" - 2019 "BEST CANCER SPECIALIST DOCTOR OF THE YEAR" - 2019 "PRIDE OF INDIA" - 2002

Garnered with the highly prestigious "RASHTRIYA RATTAN AWARD" - 2001 "MAN OF THE YEAR" - 1998

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.)

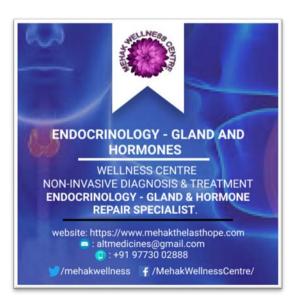
#### 4) 72 sittings of BIOFEEDBACK, with minimum 24 sittings of Panels. Recommended for all RELAPSE cases. If any Disease has reoccurred after a complete treatment, this Package would be required. In case of CANCER, clients who find a further need of Chemo-Therapy or Radiation after their first set, 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.

GENETIC & AUTO IMMUNE disorder cases would need minimum 54 sittings. (3 cycles)

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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# PAY DIAGNOSIS PACKAGE FEES as per MRP US\$500 or RS.37,500/-.

(550 x 82 = Rs.45,100)

And be Qualified for the following BENEFITS for 1 full year.

- UNLIMITED CONSULTATIONS AT 50% CASH DISCOUNT.
- UNLIMITED SUPPLEMENT CHART READINGS AT 50% CASH DISCOUNT.
- UNLIMITED BIOFEEDBACK DIAGNOSIS AT 50% CASH DISCOUNT.
- UNLIMITED BIOFEEDBACK PANEL DIAGNOSIS AT 50% CASH DISCOUNT.
- UNLIMITED QRMA TESTS AT 50% CASH DISCOUNT.
- BOOK LIQUIDS FROM PG.1 SUPPLEMENT CHART, ITEMS 1 TO 3,
- BOOK RADIONICS FREQUENCY POTENCIES / FUSION FROM PG.1
- BOOK ITEMS FROM F CATEGORY
- AND BE ELIGIBLE FOR OFFERS 25% ADDITIONAL PRODUCTS. NO CLUBBING. SEPARATE BILLING FOR THE ABOVE 3 CATEGORIES.
- PAY RS.15,000/- and get PRODUCTS WORTH RS.18,750/-; (25% ADDITIONAL FREE PRODUCTS).
- OFFERS/DISCOUNTS VALID FOR 1 YEAR FROM DATE OF BIOFEEDBACK DIAGNOSIS.

ADVANTAGES / BENEFITS OF BOOKING A BIOFEEDBACK THERAPY PACKAGE

- 1) CONFIRMED SLOT BOOKING.
- 2) DISCOUNTS APPLICABLE.
- 3) EXTENDED TIME BEYOND 45 MINUTES PER SITTING IF REQUIRED.
- 4) US\$50; INR 3,750/- DISCOUNT PER SITTING. (INR22,500/- / INR18,750/-)
- 5) PREPAID GIFT VOUCHERS OF RS.5,000/- WITH 50% VALUE ADDITION CAN BE AVAILED. VOUCHER VALUE RS.7,500/- YOU PAY RS.5,000/-. RS.2,500/- VALUE ADDITION.
- Package valid only when full payment is cleared in advance by CASH, GPAY or NEFT.
- Any amount other than MRP needs to be cleared by CASH only. GPAY - 97730 02888.
  NEFT - HDFC BANK LTD., VERSOVA, ANDHERI (W) branch, Mumbai - 400 061.

IFSC: HDFC0000666 favoring "RAJEEV MEHRA" Savings A/C No. "06661930001141".

### NOTE:

- 1) FULL AMOUNT TO BE CLEARED IN ADVANCE; AND SLOT BOOKING DAY, DATE, TIME CONFIRMED.
- 2) ORDERS / SERVICES / THERAPIES ONCE BOOKED CANNOT BE CANCELLED.
- 3) NO REFUND. NO CANCELLATION. NO ADJUSTMENT.
- 4) ONCE SLOTS ARE CONFIRMED FOR THERAPY NO CHANGES OR POSTPONEMENT POSSIBLE.
- 5) AS PRODUCTS ARE PROCURED FROM DIFFERENT VENDORS 10 TO 15 DAYS TIME MAY BE TAKEN TO RECEIVE THE SAME. IN CASE OF NON AVAILABILITY OF CERTAIN PRODUCTS, OPTIONS WOULD BE GIVEN, TO COMPLETE THE ORDER.
- 6) IN-HOUSE PRODUCTS WOULD BE ISSUED AS PER THE SCHELUDE.
- 7) ALL SUPPORTIVE THERAPIES WOULD NEED TO BE COMPLETED BEFORE THE END OF THE MAIN THERAPY. ON THE LAST DAY OF THE MAIN THERAPY ALL OTHER SUPPORTIVE THERAPIES WOULD STAND TERMINATED.
- 8) THERAPY PACKAGE VALIDITY IS FOR 4 WEEKS / 30 DAYS / MONDAY TO FRIDAY. NO EXTENTION.

# **TERMS & CONDITIONS:**

- 1. Offer to purchase GIFT VOUCHERS, exchange value Rs.7,500/-, by paying Rs.5,000/-. 50% Value Addition. Multiple vouchers can be purchased. Pay Rs.5,000/- per voucher of exchange value of Rs.7,500/-.
- 2. GIFT VOUCHERS, would be applied on the MRP values.
- 3. Full value to be utilized in a single order / invoice / single use. One time Validation.
- 4. Validity of the GIFT VOUCHER is 1 month, 30 days, starting from the 1<sup>st</sup> of next month. So valid for a month starting from 1<sup>st</sup> till the 30<sup>TH</sup>.
- 5. Not valid in the month of purchase. GIFT VOUCHERS purchased in the previous month are eligible for use from the 1<sup>ST</sup> to the 30<sup>TH</sup> of the following month.
- 6. 30 days of activation. Valid for a single case / person / package only.
- 7. No Cash Value, No Cancellation, No Refund, No Alteration, No time extension would be entertained. Being a discounted GIFT VOUCHER, once booked has to be used in the following / next month of purchase.
- 8. GIFT VOUCHER, can be redeemed for THERAPIES and IN-HOUSE products only.
- 9. All therapies are offered in the clinic. Products need to be collected from the clinic.
- 10. No cash compensation for lesser value utilized. Excess purchase to be paid in CASH.
- 11. Unused GIFT VOUCHERS, on the 30<sup>TH</sup> of the following month would stand as NULL & VOID. NO revalidation under any circumstances.
- 12. GIFT VOUCHERS may be purchased by CASH, GPAY or NEFT.

GPAY – 97730 02888.

NEFT – HDFC BANK LTD., VERSOVA, ANDHERI (W) branch, Mumbai – 400 061.

IFSC: HDFC0000666 favoring "RAJEEV MEHRA" Savings A/C No. "06661930001141".

13. Reserve your Dates / Slots well in advance, to get confirmed booking.

Details of the Purchaser and the Beneficiary need to be submitted at the time of purchasing the GIFT VOUCHER. (Name, DOB, Contact details)

Purchaser is someone who has agreed to promote this Science. Doctors, Health Practitioners, Promoters, Persons propagating for the Centre.

This OFFER is open for In House Registered patients and for persons passing references to promote Alternative Medicines.

Doctors, Health Practitioners, Naturopaths and all those interested to join our mission – "GOOD HEALTH FOR ALL" are invited.

Delivery time may vary from 3 to 7 days for all IN-HOUSE PRODUCTS. Order once placed, the same need to be collected within 10 days.

COLLOIDAL SILVER WATER - Rs.1,875/- per Litre.

1000 ml. / 4000 ml. REFILLS. Amber Glass Bottles to be purchased @ Rs.100/- / 300/- each.

ANTI-OXIDANT HYDROGEN RICH WATER - Rs.300/- per Litre.

1000 ml. plastic bottles.

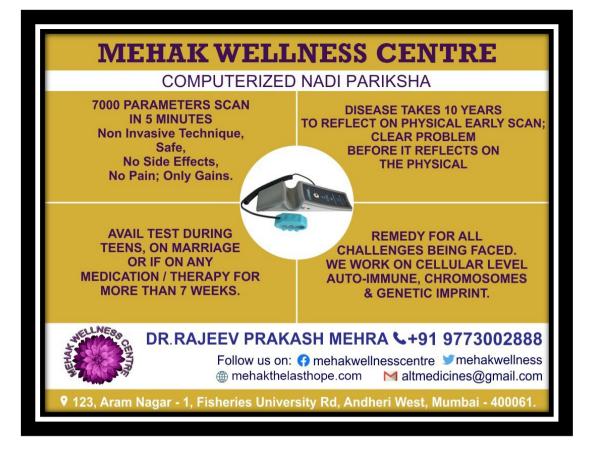
ALKALINE KANGEN WATER – 2.5 pH; 5.5 pH; 7 pH; 8.5 pH; 9.0 pH; 9.5 pH; 11.5pH. 1000 ml. / 5000 ml. REFILLS. 1000 ml. plastic bottles. 5000 ml. imported plastic Kangen bags @ Rs.1,300/-

EYE WASH / SKIN COOLANT - Rs.300/- per Litre.

1000 ml. plastic bottles.

Carry your own containers. 5 litre imported foldable Plastic Kangen bags @ Rs.1,300/-. All Liquids as REFILLS. 1000 ml. plastic bottles @ Rs.50/-. Bottle cost to settle in CASH.

RADIONICS medication / pills are available in Single bottle, Mini kit - 5 bottles, Regular kit - 10 bottles, CANCER kits – 20 bottles. Minimum order accepted / supply is for 1 month. FUSION – A combination of AYURVEDIC / HERBAL with FREQUENCIES. Rs.2,250/- 60 nos.



WE SUPPORT IN ENDOCRINE SYSTEM MANAGEMENT

**REVERSAL OF ALL CONDITIONS, DISEASES, DISORDERS POSSIBLE** 

