



I am Mrs Gandhi aged 44 years have suffered with **SEVERE MIGRAINE HEADACHES** for more than 25 years, sometimes 5 days in a row. Along with the headaches I had dizziness, irritability and vomiting for many years consistently. I after trying all the available medical treatments I came to The Kerala Ayurvedic Care, Speciality Panchakarma Centre by the reference of one of my relative who got cured of the same problem here few weeks back.

Dr. Kranthi Vardhan after a thorough examination explained to me about Panchakarma/ Detoxification Procedures that suits me with these conditions. It made sense to me and I would do anything to feel better, so I began his program of 2 weeks. I noticed improvements almost immediately but now that I am one month into his program I have noticed the following improvements.

- Quality of Sleep & Sleeping Hours has improved
- I have not been dizzy in the last few weeks.
- I very rarely get my migraine headaches,
- There is really a flow of Positive energy and dramatic Increase in overall mental attitude.

I am very encouraged about my health and hope life can get to where it should be. Thanks to Dr Kranthi Vardhan and to the Two Girls who has done a remarkable job.

**Mrs Gandhi, Architect,
Domalguda, Hyderabad.
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