



# In Good Health

With Welling Homeopathy

**Welling  
Homeopathy**

Your monthly newsletter for good health and wellbeing.

A Welling Homeopathy Clinic's initiative in public interest

## PCOS And Your Thyroid

### How are they linked & what can be done?

Are you suffering from any of these?

- Easy Fatigue
- Depression
- Menstrual irregularities
- High cholesterol
- Stubborn weight gain
- Increased sweating
- Mood fluctuations
- Irritability
- Infertility
- Recurrent miscarriage
- Scalp hair-loss
- Trouble losing weight
- Hot flushes

Polycystic Ovary Syndrome or PCOS and hypothyroidism have more links than you might imagine, from signs and symptoms to causes and treatments.

PCOS and hypothyroidism.. you may not think that they're linked, but hypothyroidism is actually one of the most common 'hidden' cause of PCOS. A quarter of all women with PCOS have a thyroid condition, but this largely goes undiagnosed.

#### What Does Your Thyroid Do?

This gland releases powerful hormones, vital for maintaining your health and wellbeing. It flames the spark of your energy furnaces, which helps release energy for all of your metabolic processes. To cut a long story short, your thyroid gland is the metabolic engine of your body. That's why when we have hypothyroidism — or a



sluggish thyroid — everything other than the aging process slows down. We feel tired, foggy brained, our ability to burn fat takes a back seat, our mood can plummet, even our fertility can stagnate.

#### PCOS and Hypothyroidism: What's the connection?

The evidence shows us that hypothyroidism is more common in women with PCOS. I believe that there are such important links that a sluggish thyroid ought to be considered in every suspected and diagnosed case of PCOS.

If you suffer from any of these symptoms, meet our specialists today at Welling Clinics for complete and detailed assessment !

## From The Desk Of Dr.Welling

It gives me immense pleasure to present the latest issue of "In good Health". With 6 clinics in Mumbai, recently launched Surat clinic and soon to be launched Bangalore and Hyderabad Clinics, we are one of the most trusted Homeopathic chain of clinics from Mumbai.

We have been supporting better lifestyle and food-as-preventive-medicine since the last 10 years. So that you stay healthy and won't need any medicines to stay fit. Subscribe to our youtube channel Dr.Welling Health-Show to get regular updates on health and wellbeing.

Keep sending your feedback and suggestions.

Take care,  
**Dr.Sourabh R.Welling, M.D.**  
Founder Chairman & Managing Director.

### Ask Drs @ Welling

**Q. Doctor, my head often sheds silvery white scales. It itches & itches more in winter. Is it really dandruff, please help!!!!**

**- Vikram Singh**

**A.** It is more likely psoriasis and not dandruff. The cause of psoriasis is not known, studies show that it is triggered in dry weather and stress. There are various treatment options from temporary relief to complete cure. Along with Homeopathy, yoga, diet and counseling has been proven to play good role in relieving the recurrence.

**Q. My child is very restless, hyperactive and often violent, is something wrong with him doctor? Is it because of me? Will homeopathy help?**

**- Kavita Kulkarni**

**A.** It is less likely because of you; many children suffer from complaints such as ADHD (Attention Deficit Hyperactive Disorder) and other behavior problems. Visiting a specialist can help understand the issue more clearly. No doubt homeopathy can help in resolving such issues.

**Q.I am putting on weight and I have been diagnosed with PCOS recently. Will it cause problems in conceiving, please help me...**

**- Anju S.**

**A.** Women with PCOS can face difficulty in conceiving. PCOS has some other symptoms too like facial hair growth, mood fluctuations, period irregularities etc. It would be good if you get completely treated for PCOS in time to prevent future complications.

**To get resolution for your health query send your questions to [dr@welling.co.in](mailto:dr@welling.co.in). or visit [www.welling.in](http://www.welling.in) and chat with our specialists online for FREE.**

#### FREE HEALTH CHECK-UP CAMPS:

We conduct free consultation and health assessment camps and health lectures for Companies, Societies, Buildings & Schools. If you are interested in arranging a free health camp or a lecture by our specialists in your campus, please email to [dr@welling.co.in](mailto:dr@welling.co.in)

# Eczema Or Psoriasis

## What is it?

### Psoriasis

- Red or pink patches on light skin, darker patches on darker skin tones
- Patches often covered with white or silvery skin scales, or 'plaques'
- Tends to be more inflamed than eczema
- Causes itching, but sometimes stinging and burning too
- Patches more clearly demarcated than in eczema
- More common on elbows, knees, scalp or lower back, but can appear on any part of the body, including the armpits and groin
- Can also affect the nails



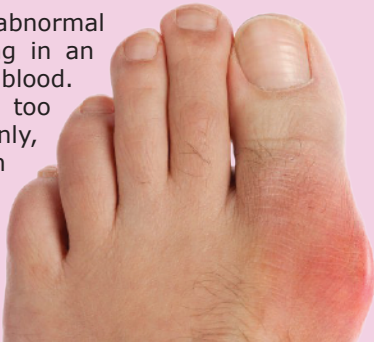
### Eczema

- Red to brown inflamed patches
- Characterised by dry, rough, and cracked skin
- Sometimes causes papules and blisters to form, which might weep and scab over
- Causes intense itching, to the point where scratching may cause bleeding
- More commonly appears on parts of the body that bend, such as ankles, wrists, behind the knees and inner elbows, but can appear anywhere

Welling Homeopathy offers speciality treatment for complete cure of skin problems like pimples, psoriasis, eczema, vitiligo.

## Steps to Get Rid of Gout Pain

Gout is a disease with abnormal metabolism of uric acid, resulting in an excess of uric acid in tissues and blood. People with gout either produce too much uric acid, or more commonly, their kidneys are inadequate in removing them, which leads to the deposition of crystals of uric acid in joints. A simple change in the type of foods consumed can reduce the severity. Dos and Don'ts when you have gout-pain -



- Fiber:** Opting for a fiber rich diet can be helpful to reduce the uric acid level in the body.
- Vitamin C:** Orange or sweet lime juices are rich in vitamin C content and thus, can be extremely helpful for reducing the uric acid level in a shorter period.
- Limit meat, poultry and seafood intake:** Animal proteins are rich in purine. Limit the high-purine foods, like organ meats, fatty fish that are associated with increased production of uric acid
- Vegetables help to keep uric acid under control.** However, if you are diagnosed with high levels, then vegetables such as spinach, asparagus, peas and cauliflower should be avoided as they may contribute to increase the uric acid levels.
- Water is one natural cleanser and a fluid that flushes out the toxins from the body.** Increase intake of water during the pain.
- Alcohol interferes with the elimination of the uric acid.** Beer, particularly is linked with high serum uric acid.

## Smart ways to cut calories

Hand Symbol	Equivalent	Foods	Calories
	<b>Fist</b> 1 cup	Rice, pasta Fruit Veggies	200 75 40
	<b>Palm</b> 3 ounces	Meat Fish Poultry	160 160 160
	<b>Handful</b> 1 ounce	Nuts Raisins	170 85
	<b>2 Handfuls</b> 1 ounce	Chips Popcorn Pretzels	150 120 100
	<b>Thumb</b> 1 ounce	Peanut butter Hard cheese	170 100
	<b>Thumb tip</b> 1 teaspoon	Cooking oil Mayonnaise, butter Sugar	40 35 15



# Is your child stressed?

Stress is an inevitable part of life. Human beings experience stress early, even before they are born. A certain amount of stress is normal and necessary for survival. Stress helps children develop the skills they need to cope with and adapt to new and potentially threatening situations throughout life.



Children are affected by their parents stress. If you are feeling stressed in your life at the moment then chances are your child will be feeling stressed as well. There is a relation between children and stress especially if the parents are stressed themselves. The beneficial aspects of stress diminish when it is severe enough to over-whelm a child's ability to cope effectively. Intensive and prolonged stress can lead to a variety of short and long-term

negative health effects. It can disrupt early brain development and compromise functioning of the nervous and immune systems.

## Signs and symptoms to look out for

- Ø Increased irritability, sadness, panic, anger
- Ø Recurrent headaches, tummy aches or neck pain
- Ø Trouble relaxing or sleeping
- Ø Excessive energy or restlessness
- Ø Nervous habits such as nail biting, hair twisting, thumb-sucking
- Ø Trouble getting along with friends
- Ø Have sleep disorders, including sleep-walking, bed wetting
- Ø Become fearful, clingy, and anxious.

Homeopathy helps your child in fighting the stress and using it in a healthier way. When your child is put on our treatment, he/she experiences a positive difference in the way he / she perceives, feels, thinks and reacts to the world around him/her.

Welling Homeopathy aims at strengthening the child's stress managing ability. It naturally improves the way your child perceives and reacts to stress, thus making a positive difference to his experiences.

Our Mantra is to boost your child's immune system and thus make him/her stronger and well equipped to take care of these factors and give you, the parents, one less thing to worry about.

**You can speak to our doctors at Welling Homeopathy to know more about the behavior problems in children and how Homeopathy can help over-come them !**

## What our patients say ?

I suffered from multiple cysts in ovaries from past 12 years. After I could not conceive, even after trying IUI and a failed cycle of IVF, I opted for Welling Fertility Treatment instead of another cycle of IVF. I conceived naturally after 7 months of treatment.  
--- Shital Kadam

I was totally tired of the pain due to Trigeminal Neuralgia . I am feeling amazing relief by your medication since the last 8 months. I had tried all known medications including other Homeopathic clinics before reaching out to your consultants.  
--- ( Name reserved by request )

I consulted Welling Doctors for my 4 year old child for falling ill repeatedly and for gaining weight. Over the past 2 years the frequency has surely gone down and immunity improved  
--- Kavita Jain

## Do You Know?

### Morning stiffness

Morning stiffness is caused by Low carbohydrate in diet, bad posture and sleeping positions causing reduced blood flow to local muscles.

It is commonly seen in disease like rheumatoid arthritis and osteoarthritis.

Dietary changes, correction of posture and homeopathy is the sure solution

### Dark chocolate.

Dark chocolates are extremely rich in antioxidants that help reduce inflammation of the skin, retain moisture, prevent wrinkles and also makes you look younger.

# How To Conceive Naturally

**if you are facing difficulty getting pregnant? With the goodness of Homeopathy, safely & painlessly.**

Homeopathy Assisted Reproduction Therapy (HART) is a specially formulated treatment at Welling Homeopathy Clinics for infertility in men and women, to help you get pregnant naturally. It is safe, painless and completely side-effects free.

It can help you conceive naturally if you are suffering from PCOS, Endometriosis, Blocked tubes and Low AMH. In men it can help in low sperm count, low sperm motility and morphology.



In addition to the Homeopathic treatment, the treatment may also include dietary advice specially designed for your lifestyle and few yoga postures known to stimulate reproductive organs. The complete treatment is developed to help you conceive naturally and quickly.

Visit one of our clinics to know if the treatment can help you too, to conceive naturally and if Welling Homeopathy can be your option for natural conception before IUI or IVF.

# DADI MAA KE NUSKHE



### Constipation

Consume a medium sized pear either with breakfast or before dinner. It is the best home remedy for constipation as it aids in clearing the entire faecal matter.

### Dark Circles around the eyes

Tea bags are very helpful as home remedy. Take two tea bags, preferably green tea and after soaking them in hot water, while the bags are still hot, rest them on eyes for 15 minutes. This is a very good natural home remedy for dark circles around eyes.

## Word Search

D E P R E S S I O N Y Q F U H  
G W G Q W C S L E E P E G K H  
O N U N D H Q S Q S T R B B L  
O L V O I O W G M X A U R L I  
F Q J I A L N X O V B S L O N  
P H E T S E P E M B H S D O S  
N E T I T S R S C W X E L D U  
A A J R O T E I I S J R F G R  
M L I T L E T C L E A P A L A  
Y T Y U I R H R O T M D M U N  
H H W N C O G E T E H O I C C  
D Y L Y F L U X S B T O L O E  
L B A O G T A E Y A S L Y S U  
W L I T Q M L G S I A B X E C  
P W E L L N E S S D F A X U J

### Word List

- |                |            |
|----------------|------------|
| Blood Pressure | Flu        |
| Cholesterol    | Depression |
| HDL            | Laughter   |
| LDL            | Play       |
| Blood Glucose  | Asthma     |
| Diabetes       | Wellness   |
| Nutrition      | Healthy    |
| Exercise       | Sleep      |
| Insurance      | Systolic   |
| Diastolic      | Family     |

Send the pic of the completed word search to newsletter@welling.co.in or whatsapp the pic to 877 933 2080 to win 2 digital weighing scales and 5 digital thermometers. Hurry !!

Staff and relatives of WHPL are not entitled for prizes

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- Andheri Clinic: 1st Floor, Shraddha, Near J.K.Shah Classes, Near Andheri East Station Metro.  
Borivali Clinic : 2nd Floor, Thakkar Mall, S.V.Road, Opp Borivali Station (w), Borivali (w) 400092  
Kandivali Clinic: 1st Floor, Ekta Nagar, opp Gaurav Heights, Near Mahaveer Nagar, Link Road, Kandivali (w) 400067  
Mahim Clinic: 1st Floor,Gandhi House,L.J.Road, Next to Cloud Nine Gym, Mahim west, 400016  
Thane Clinic: A-102, 1st Floor, Sarovar Darshan Towers, Opp TMC, Thane Mahapalika Road, Panchpakhadi, Thane (w) 400602  
Vashi Clinic: Shop no. 33, Ground Floor, Raikar Bhavan , Near Navratan Restaurant, Sector 17, Vashi, Navi Mumbai 400703  
Surat Clinic: 302, Third Floor, Green Elina, Anand Mahal Rd, Near Sneh Sankul, Adajan, Surat, Gujarat 395009

## About Welling Clinics

Welling Homeopathy is an award-winning chain of Homeopathy clinics. With satisfied patients from over 108 countries, our patients grade us, as the best Homeopathic clinic, they have visited.

We have combined the goodness of age-old Homeopathic treatment philosophies with the latest research in Medicine, Nutrition & Genetics. After an exhaustive research of more than 16 years and 16,000 man-hours we have formulated CUREplus treatment protocol available exclusively at our Homeopathic clinic in Mumbai. We continuously strive to make Homeopathy treatment outcome more consistent, even in the most complicated illnesses like Cancer, Kidney failure or complications of Diabetes.



At Welling Homeopathic Clinic, we have developed our own Homeopathic treatment protocols that are proven and verified repeatedly at our Homeopathy clinics in Mumbai and Surat. As an award winning Homeopathic clinic, you and your family are always in the most trusted and safe hands when getting treated through the doctors at Welling Homeopathy Clinic.

We believe in our Homeopathic treatment and hold ourselves to the highest standards. We truly care for your family as much as you do, which is why we strive to offer the best homeopathic treatment for you and your family.

If its in the cloud below, we have treated one with your illness already.



ISO-9001 Certified

