

# Health Spectrum

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**HOLISTIC MEDICARE : A  
PANACEA FOR ALL MUSCULO-  
SKELETAL & JOINT AILMENTS  
DUE TO TRAUMA,  
INFLAMMATION OR  
DEGENERATION**

**LASER SKIN  
RESURFACING**

**TRIGEMINAL  
NEURALGIA :  
THE SUICIDE DISEASE**

## Male infertility

**lifestyle of the young men is directly  
responsible for low fertility or infertility**

HOLISTIC MEDICARE

A PANACEA FOR ALL MUSCULO-SKELETAL & JOINT AILMENTS DUE TO TRAUMA, INFLAMMATION OR DEGENERATION

**HOLISTIC MEDICINE**

<b>MODERN</b>	+	<b>ALTERNATE</b>
SCIENCE		ART
KNOWLEDGE		WISDOM
QUALIFICATIONS		SKILLS
CONVENTIONAL		TRADITIONAL
WESTERN		ORIENTAL
BODY		MIND & SPIRIT
EVIDENCE BASED		TIME-TESTED
DOCTOR – TREATMENT		HEALER - CURE

**UNITY IN HEALTH**

*Treats the individual as a whole : BODY – MIND – SPIRIT*

**"The natural healing force within each of us is the greatest force in getting well"** .....Hippocrates

An interaction with Dr. R. K. Tuli, the global pioneer of Holistic MediCare, reveals his passion in spearheading the all inclusive and comprehensive model of health care that complements the 'science' of modern medicine with the 'art' of various drug-free modalities of recognised traditional systems of health to make available an universally curative, easily accessible, most efficient, cost-beneficial and highly reproducible model of health to eliminate all sickness from root cause and restore positive health and total wellness, 'body-mind-spirit' in all.

Holistic Medicine = Modern Medicine + Traditional Medicine (Allopathic Medicine complemented

with drug-free modalities of Alternate Systems of Health.

**Case Study : Ms. Jennifer Tytler**

Ms. Jennifer Tytler, the Principal of J.D. Tytler School, New Delhi, states, "In year 1992 when I came to Dr. R. K. Tuli, I was bed-ridden for previous five years due to pain and disabilities of cervical spondylitis, three slip-discs in my lumbar spine, and sero-positive rheumatoid arthritis involving every joint in my body. I had been treated by the best specialists here, and later hospitalized under leading Doctors in London and New York. But, of no avail."

"Within three months of drug-free Holistic Medicine therapy comprising different modalities of Acupuncture,

Therapeutic Yoga and the Healing Touch of Dr. Tuli, I was miraculously CURED of all my ailments that have stood good with me over the last 25 years."

"A few years later I suffered multiple fractures in my left ankle. But, when after six months of advised orthopaedic treatment and physiotherapy, pain and discomfort didn't subside I had to think of Dr. Tuli. Once again, I recovered fast and have been ever since freely wearing my favourite but forbidden 'stilettos'. The whole world should adopt this whole-

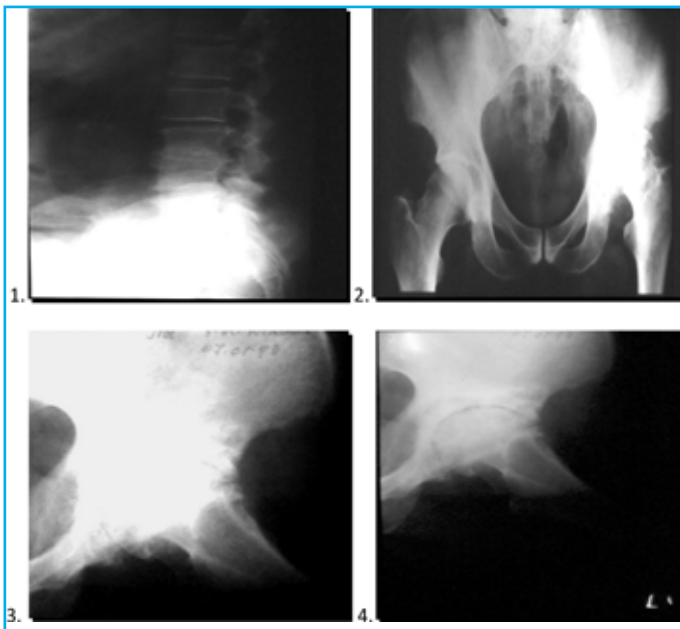


some therapy that restored me to fully enjoy health, fitness and well-being in spite of the years added to my age.”

She likes to add further, “Dr. Tuli’s therapy is truly Holistic in the literal sense that it addresses the person as a whole. It didn’t merely help my body or all my joints and entire spine concurrently; it brings an unimaginable equanimity to the mind and uplifts the spirit of the person to another level! The holistic role of his therapy was confirmed further when I developed High Blood Pressure a few years later - all the tests and medications by leading cardiologists couldn’t control my B.P. over six months. But, within seven days at Dr. Tuli’s Clinic and 20 years later my B.P. has remained within normal limits without any drugs, in spite of all the ups and downs of life!!”

### Case Study : Mr. F. R. Wilson

Dr. Tuli presented the remarkable complementary scope of Holistic MediCare by pictorial evidence of a 76 years old Royal Air Force veteran, Mr. F. R. Wilson, who came to him as a ‘cripple’ in miserable drug-resistant pain and wasting of his left lower limb due to inoperable advanced Spinal Degeneration and Severe Arthrosis of Left Hip Joint, as endorsed by following X-ray images:



The X-Rays No. 1 & 2 reveal severely advanced degeneration of lower spine and left side pelvis including the hip joint. After commencement of Holistic Medicine therapy, the patient had total relief from pain within 4 weeks. With continued therapy, the affected limb showed significant progressive structural improvement, regeneration and restoration of function over next few months, as supported by images at no.3 and 4, respectively. An orthopaedic surgeon commented that this natural recovery and radiological restoration is certainly beyond any expectation, while such reconstruction is not possible anywhere in the world!

According to Dr. Tuli, as evidenced by the pictures, Mr. Wilson got relief from his pain within a few days and about six months later he had regained full range of movements in the spine and hip joint. He was a fully rejuvenated to be able to do all yoga asanas, squat

## TESTIMONIALS

### THE HOLISTIC THERAPY HELPED ME TO SET A WORLD RECORD

“Dr. Tuli’s therapy benefitted me to fully recover from Cervical Spondylosis with Prolapsed Disc causing C7 Radiculopathy, and enabled me to achieve a world milestone of completing para-jumps as the first serving chief of a service, anywhere in the world.”

- **Air Chief Marshal S.P. Tyagi, Fmr. Chief of Air Staff, Indian Air Force**

### THE BENEFITS OF HOLISTIC MEDICARE ARE UNIVERSAL

“I feel rejuvenated and several years younger because of improvement in my Spine. The Healing Touch and dedication of both Dr. Ravi & Dr. Poonam Tuli have helped my wife to far improve her Arthritis Knees & Chronic Backache.”

- **Lieut. General Harish Dutta, Fmr. Army Commander, Indian Army.**

### CONCEPT OF HOLISTIC MEDICINE IS VERY CONVINCING

“My wife underwent treatment for Osteoarthritis Knees. She is feeling much better after treatment at the “SOHAM” Clinic.”

- **J .C. Verma, Fmr. Chief Justice & Chairman NHRC India**

### “THANK GOD THIS HAPPENED TO ME IN DELHI”

“A car accident in Delhi caused INTOLERABLE BACK PAIN, which would not respond to any pain killers, tranquilizers, anti-depressants, nor the injections pushed into my spine at the hospital. MRI’s, CT scan, X-Rays, Blood Tests, etc. all showed nothing was wrong. At Dr Tuli’s “SOHAM” Clinic, I got my life back. Seven sessions, and I was on a plane to Cannes sipping Champagne! I returned to enjoy galloping on horse and camel back through Jaiselmer!!

- **Philippa Kaye, U.K.**

### “ONLY DR. TULI COULD CURE IT”

“Dr. Tuli’s comprehensive and all integrative method of drug-free and natural Holistic Medicine therapy has helped me get rid off an old ‘Achilles Heel’ and certain other chronic ailments at the same time which had made my life miserable. I feel so well, healthy and strong now that I want to tell the whole world that this treatment is the best for all diseases”

- **P P S Gandhi, Paschim Vihar, New Delhi**



freely, and even became an exercise freak to pedal exercise bicycle for 30(!) kms a day. He truly resumed to 'Live Life Fully' with jest greater than any 18 years old.

### Case Study: Mr. Anil Mittal

The 35 years old patient suffering from Severe Low Backache, radiating down the Left Lower Limb developed weakness to be unable



to walk, or stand due to numbness in the lower limb and foot drop for the previous six months. He was advised urgent decompression surgery by all spinal and neurosurgeons. But, he was reluctant to undergo surgery as no surgeon could assure him for complete recovery from pain, numbness and foot drop. He commenced treatment w.e.f. 13th



October 2009, and started showing subjective clinical improvement just after the first week, and felt full restoration of strength, mobility, sensa-

## TESTIMONIALS

### "I FOUND A BETTER DOCTOR IN INDIA THAN IN THE U.K."

"I arrived in New Delhi when OSTEOARTHRITIS of my KNEES caused me immense PAIN. A famous surgeon in London had prescribed strong painkillers and called me three months later for Total Replacement of Both Knees. But, a compassionate friend escorted me to Dr. Tuli's Holistic Centre. What a miracle! I improved by the day, and my pain was gone before I could realize it. Within two months I was walking so well that I CANCELLED my appointment for surgery. Today, three years later, I recall what a divine blessing it was to be able to write this note with my good old original knees serving me loyally and without any discomfort.

-Margaret Tandau, High Commissioner of TANZANIA

### "I SURVIVE AFTER ALL TREATMENTS FAILED"

"The miserable pain in my left wrist and shoulder girdle only denigrated further in spite of various pain killers and all efforts including injections into the joints by four successive top orthopedic docs of Delhi. But, once with Dr. Tuli, I've fully recovered and that too without any drugs!! The greater miracle is that my 15 year's of post-surgical restrictions in shoulder movements, muscle wasting and loss of sensation in right arm have disappeared concurrently. I am also relieved of nagging pains in knees, neck and low back; the headaches that were a part of me ever since I remember have vanished too. Such can be the wonder ONLY of Holistic Medicare.

- Dilshad Mustafa, Embassy of Iran, New Delhi

### "MAY THIS TREATMENT BE AVAILABLE TO ALL PEOPLE"

"I'm grateful to Dr. Tuli to help me get over drug-resistant and persistent numbness in my fingers and problems with my shoulder due to Cervical Spondylosis-Radiculopathy and Peri-Arthritis Shoulder. The treatment sessions helped me to relax, tensions were gone and I felt rejuvenated. This therapy, also, helped my husband suffering from Parkinson's Disease.

- Margaret Alva, Fmr. Union Minister GOI and Governor Uttarakhand & Rajasthan

tion, and function of his whole limb. The repeat MRI on 14.1.2010 revealed natural decompression commensurating with patient's full and complete recovery.

**Case Study :Arjuna Awardee Ms. Chhaya Adak**



Ms. Chhaya Adak, had represented India in Weight Lifting at several international meets and turned a national coach after retirement from active sport. She states, "I came to Dr. Tuli in year 1992 for treatment of my pain and chronic injuries in almost all the joints of my body and spine, accumulated over the years as a result

of my sport.

Within a few weeks of commencing holistic therapy I



**Arjuna Award** fine."

recovered from all problems I started feeling so good that with Dr. Tuli's encouragement I resumed active weight lifting, once again, and soon found to do better than ever before! A few months later I bid for Gold Medal at Asian Weightlifting and won a Bronze Medal at the World Championship in Bulgaria. Even now, I feel perfectly

Following her achievements in international forums, Chhaya Adak received the coveted ARJUNA AWARD from President of India in year 1995, and rewarded with the job of Assistant Commandant in CISE.

Dr. Tuli highlighted that it's perhaps unique in the history of world's sport that a retired sportsperson, turned coach, bounces back into active sport and achieves heights never attained before. There are a few more sportsmen who have brought glory to the nation in the form of medals at international meets, received Arjuna Awards and other accolades following his support. The list includes the only Asian gold medalist in golf, hockey players Dhanraj Pillai, Dilip Tirkey, Gagan Ajit Singh, Deepak Thakur, and Prabhjot Singh, etc. To name a few cricketers, he informed that Allwyn Kallicharan of West Indies and Manoj Prabhakar are the famous beneficiaries of his treatment; besides Nikhil Chopra, Rahul Sanghvi and Murali Karthik could play for India only subsequent to successful therapy of their respective ailments with him.

Dr. Tuli has, been, himself an international mountaineer of significance. He was instrumental to conquer a virgin peak along with a Japanese team in the Lahaul-Spiti region of Himalayas which was named, after his then fiancée, Mt. Poonam in year 1973. He has been Medical Adviser to Air Force Sports Control Board and the Indian Hockey Federation.

**CONCLUSION:** It's revealing that this holistic model of health based on non-medical or surgical interventions of

## TESTIMONIALS

### "THIS MIRACLE COULD HAPPEN ONLY WITH DR. TULI "

"I was referred to Dr. Tuli as I suffered from 'UVEITIS', besides Chronic Prostatitis & Orchitis for 10 years; Cervical & L-S Spondylosis with PA Shoulder and Osteoarthritis of T-M & Both Knee Joints; Bronchial Asthma & Sinusitis; in addition to Hypertension, Hyperlipidemia and CAD: DVD-PTCA over the last 20 years. I feel so happy to announce that I have been CURED here at this "SOHAM" Clinic of all these problems over one year and I do not need any medicines, now.

- **AJAI CHOWDHRY, Founder-HCL**

### HOLISTIC MEDICARE IS BEYOND WORLD'S MEDICINE

"In April 2000 I had a Lumbar Canal Stenosis operation, by a visiting surgeon from U.K. at Delhi's Apollo Hospital, as my L4 & L5 Vertebrae had collapsed pressing on the Nerve Roots causing excruciating PAIN and Weakness in Both Legs. I had difficulty in even getting out of the bed or walking, which persisted even after the operation. Now, after a few sittings at the Holistic Medicine Department, I feel remarkable improvement and do my Yoga daily."

- **C.D.D. Reddy, Managing Director, Apollo Hospital, Ahmedabad**

### I AM CONVINCED BY HOLISTIC MEDICARE

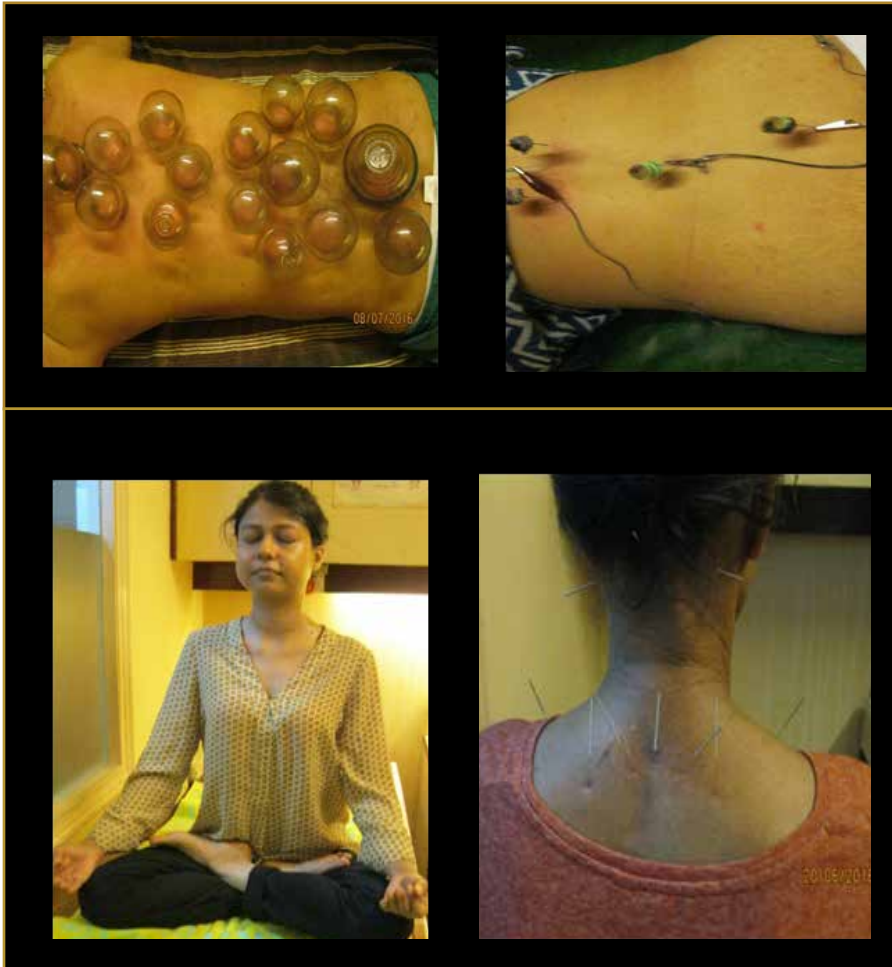
"I came to Dr. Tuli in a desperate condition with unbearably severe LOW BACK PAIN due to Inoperable and Advanced L-S Degenerative Spondylosis + DDD & PIVDs L1 to L5, Spinal Canal Stenosis and Radiculopathy BLLs causing Anxiety, Sleep Disturbance & Hypertension. I already had both Knees as well as a Hip joint replacement. Now, I am completely relieved and I'd like to share that I am able to play better Golf today than I did 10 years ago!"

- **Dr. Kavita Sama, Sr. Obst. & Gyn., SAMA Nursing Home & Sir Ganga Ram Hospital**

### DR. TULI IS A MIRACLE DOCTOR

"I rushed to Dr. Tuli when I suffered from uncontrollable PAIN due to three fractures in my right Ribs as the result of a fall. Also, I had been in SEVERE PAIN in left foot due to a few cracks (Fractures) & several Spurs - as I, also, suffered from 'OSTEOPOROSIS'. Coming here was more than a MIRACLE - I felt comfortable with my chest pain just after the first treatment! In one week's time - most of the pains was gone!! After two month's time I'm back wearing my stilettos!!! I'm RELAXED - all round - like never before - I'm SLEEPING through the night - which I hadn't done in years!/"

- **Cynthia Newman, Embassy of the United States of America**



“The Father of Modern Medicine, Hippocrates had opined that the Natural Healing Force within each of us is the Greatest Factor in our getting Well. Therefore, every time a sports person, whether it’s Sania Mirza, Saina Nehwal, Ishant Sharma or Zahir Khan is injured and is forced out of active sport, my heart prays to reach out to them to offer this Healing Force within each one that can spring them back into action in fraction of time in comparison to conventional medical interventions. I, also, wish that I may reach out to M.S. Dhoni, Gautam Gambhir, Leander Paes, or Sushil Kumar for they can be rejuvenated to further extend their years in their respective sport, and even enable to bring out in them the better than their best so far.”  
 - Dr. R. K. Tuli

fers excellent and lasting curative rates, often beyond the best of conventional medicine worldwide, with lasting rehabilitation of various inflammatory, degenerative, or traumatic musculoskeletal, joints and spinal ailments. It, also, helps recovery from sports injuries in quickest possible time; in most cases restoring health capabilities even much better than the best of the same person ever before.

Large scale studies shall further establish complementary role of Holistic Medicare in improved post-surgical rehabilitation of patients, and also a healthy scope for those who need a major surgical correction but are medically not fit due to systemic ailments; as well as those whose outcome after surgery has not been satisfactory or rehabilitation is inadequate ❑



Dr. R. K. Tuli

The all inclusive and integrative approach to health termed Holistic MediCare, available at the unique Dr. Tuli’s Clinic helps to extend the best of each system of medicine, at the same time overcome inherent deficiencies in the respective systems, to offer a ‘synergy’ of all of them to ensure ‘Health For All’ at all ages of life, and all stages of every sickness. This latest speciality of medicine is called Holistic Medicine. It’s a board certified specialty in the U.S. for nearly two decades, and is catching up very fast amongst all the developed nations. Therefore, it’s high time that we adopt it into our health care and make our living years happy and productive.

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