



dr. bharti's
HOLISTIC WELLNESS





OUR MISSION

Responsible Leadership

To provide responsible leadership in the integration of complementary, alternative and conventional medicine.



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OUR VISSION

Healing and Wellness



**GET FIT,
GET WELL,
GET INSPIRED**

To facilitate healing and wellness of mind, body, heart and spirit through clinical services, research and education.

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WELLNESS COACH

A Man Behind the Show



Dr. Pankaj Bharti
(MBBS, MD)

Internationally Renowned Holistic Physician **Dr. Pankaj Bharti** is a Medical Graduate from Ganesh Shankar Vidyarthi Memorial (GSVM) Medical College, Kanpur, Uttar Pradesh, INDIA. He has studied many Natural and Alternative Therapies.

Dr. Bharti is dealing with Life Style Diseases and his innovative Holistic Approach in treating such ailments has shown extra ordinary results. He is also working as **Holistic Physician and Head Of Department (HOD), Vivekananda Polyclinic & Institute of Medical Sciences, Lucknow.**

Dr. Bharti has organized various workshops in UK, Canada and many other parts of India and also delivered lectures among the top professionals.

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OUR ACHIEVEMENTS

In The Field of Treatments

- ❖ Dr. Bharti was invited to speak on his subject by the President of India Mrs. Pratibha Patil at Rashtrapati Bhawan on 9th July, 2012.
- ❖ Participated in CANADA-INDIA CARDIOVASCULAR HEALTH CONFERENCE. This event was held at Simon Fraser University in Surrey, British Columbia, Canada, from 19th June 2010 to 23rd June 2010. Dr. Bharti was the only participant from the field of HOLISTIC MEDICINE.
- ❖ Presented a paper in a national seminar on Holistic Nursing.
- ❖ Regular talks on life style are aired on All India Radio.
- ❖ Talk shows on the subject on media channel network.
- ❖ Organized many workshops on various kinds of life style disorders in UK, CANADA & many parts of India.
- ❖ Delivered more than hundred lectures in many corporate houses and top government organizations.
- ❖ Regular lectures on life style in IIM, Lucknow.
- ❖ Organized ten camps on joint pains in his hospital with an all-time patients record (more than ten thousand patients participated).
- ❖ Organized more than 25 camps in the city of Lucknow on various kinds of life style disorders, in association with many social organizations.
- ❖ Provides health consultation to eminent personalities like Mrs. Pratibha Patil (Former President), Mr. Kalyan Singh (Former CM of UP), Mr. Mulayam Singh Yadav (Former CM of UP), Mr. Narayan Dutt Tiwari (Former CM of UP & Uttarakhand), Mr. Nitin Gadkari (BJP National President), Dr. Harshwardhan (Former Health & Law Minister of Delhi) and many others.



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OUR ACHIEVEMENTS

In The Field of Medicine



- ❖ Innovative non-surgical management for severe Osteo-Arthritis & other surgical spinal disorders (patients are saved from Total Knee replacement & Spinal surgeries)
- ❖ Innovative treatment for the auto-immune disorders (these diseases have been considered incurable by modern medical science)
- ❖ Innovative obesity management programme with rejuvenation & anti-ageing effect
- ❖ Innovative treatment for various kinds of skin ailments (these diseases have been considered incurable by modern medical science)
- ❖ Designed top level Rejuvenation programmes without any hospital or home stay.

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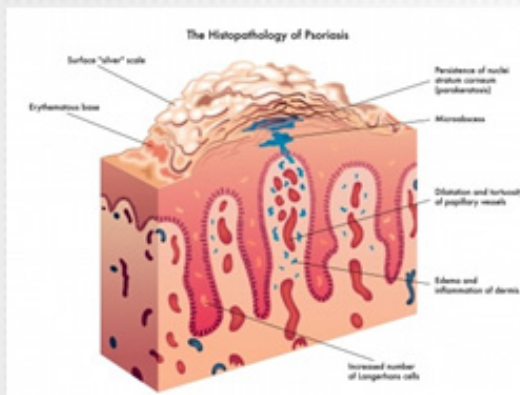




PSORIASIS CURE

Manages and Rejuvenates

How Psoriasis Develops ?



In Psoriasis, the life cycle of skin cells greatly accelerates, leading to a build up of dead cell on the surface of the epidermis.

- 1 | Psoriasis is a common skin condition that changes the life cycle of skin cells.
- 2 | Psoriasis causes to build up cells rapidly on the surface of the skin.
- 3 | The extra skin cells form thick, silvery scales & itchy, dry, red patches that are some times painful.

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PSORIASIS SYMPTOMS

Signs & Symptoms

Most types of Psoriasis go through cycles, flaring for a few weeks or months, then subsiding for a time or going into complete remission.

Signs & Symptoms can vary from person to person but may include one or more of the following:

- ✓ Red patches of skin covered with silvery scales
- ✓ Dry, cracked skin that may bleed
- ✓ Itchy, burning or soreness
- ✓ Thickened, pitted or ridged nails
- ✓ Swollen or stiff joints



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TYPES OF PSORIASIS

A Chronic Skin Disease



Plaque Psoriasis

Most common form causes dry, raised, red skin lesions covered with silvery scales.

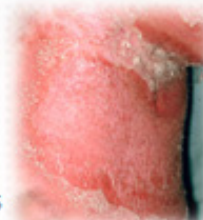
Pustular Psoriasis

This uncommon form of Psoriasis can occur in widespread patches or in small areas on hand, feet or fingertips. The pus filled blisters may come and go frequently.



Inverse Psoriasis

Mainly affecting the skin in the armpits, in the groin, under the breasts & around the genitals. Inverse psoriasis causes smooth patches of red, inflamed skin.

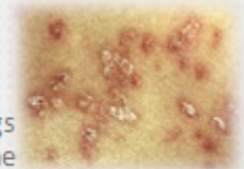


Erythrodermic Psoriasis

Least common type of Psoriasis. This type can cover the entire body with a red, peeling rash that can itch or burn intensely.

Guttate Psoriasis

It's marked by small water drop shaped sores on trunk, arms, legs & scalp. Sores are covered by fine Scales.



Scalp Psoriasis

Psoriasis on the scalp appear as red, itchy areas with silvery white scales.

Nail Psoriasis

Nail Psoriasis causes pitting, abnormal nail growth & discoloration. Psoriatic nails may become loose and separate from the nail bed.



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CAUSE OF PSORIASIS

No Single Cause Behind The Disease

Allergen Proteins

The ingested proteins may not be properly broken down and trigger an Inflammatory response



Figure 1: The "Big Eight" Allergens You Must Know



Stress

- ✓ Persistent stress or poor mental attitude
- ✓ Suppression of emotions
- ✓ Negative thoughts, fear
- ✓ Lack of love, lack of desire to live, emotional trauma, etc

Faulty Diet

Faulty (more or empty calories, bad food combinations, acidic food, nutritionally compromised & imbalanced diet) food



Pollution

Pollutants interact with each other & together promote a chain of events giving rise to disease or disorder

Not necessarily every person is exposed to the same causative agents.

Different people have different sets of cofactors / causative agents but are diagnosed with the same illness.

Most of the times we can recognize the major causative agents but many small factors go unrecognized.

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CAUSE OF PSORIASIS

No Single Cause Behind The Disease

Chain of events taking place at the cellular level gives rise to:

Digestive Disorders

Constipation;
Impaired Digestion;
Poor Assimilation, etc



Congested Vital Organs

- ✓ Congested (congestion of the ducts and vessels of circulation and elimination, blood, lymph, & vessels, energy channels & hormonal pathways)
- ✓ Vital Organs i.e. Liver, Gall Bladder, Colon, Kidney, Lungs, Heart, Brain, etc



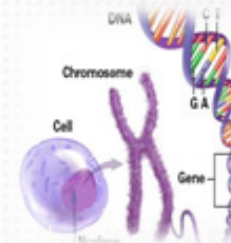
Toxic Cells

Cellular toxins in the form of metabolic by products, auto-intoxication & free radicals, etc



pH Imbalance

Acid & Alkali imbalance due to over intake of acid forming food



Genes

- ✓ Most of the times genes are factor of our health, but that is the only factor we can't do anything about.
- ✓ Genes only represent our predisposition & potential to encounter certain problems
- ✓ It is our food, life style & environmental condition as the whole that make the final decision on whether we are going to face the certain disease or disorders

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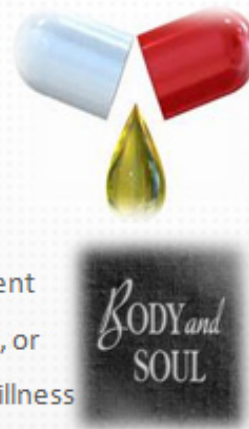
CURING PSORIASIS

The Key to Curing Psoriasis

You need to work in harmony with your body's natural defences by giving it natural "ammo" to fight this immune system disease!

Prescription Psoriasis Treatment Don't Work

- ❖ The only cover up the surface problems
- ❖ They don't get to the cause of the disease
- ❖ The most cause of the psoriasis is not a skin disease
- ❖ It's an immune system disorder
- ❖ Our soul, body, mind and spirit is one with our environment
- ❖ Anything that disturbs our balance inside the body, mind, or our relationship with the environment may promote the illness



Principle of Holistic Treatment

- Human body has a wonderful self-healing power
- Through excellent drainage system i.e. Liver, Colon, Kidney, Lungs, etc, waste material is thrown out of the body
- Body is a unit so it is treated in totality
- Body has a strong defense (immune) system
- At any point of time (age) live tissues can be regenerated
- Immune system can be modulated

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TREATMENT PROTOCOL

Correction of Digestive System

1 Avoid Allergen Food

Both, known to the medical world after various studies and known to the patient itself.



3 Cellular Detoxification

Through various natural chelation / detoxification methods



5 Nutritient Supplement Cover

Along with phytonutrients (ONA allowance followed by RDA allowance)



2 Decongestion of Vital Organs

Decongestion of vital organs i.e. Liver, Kidney, Colon, Gall bladder, Lungs, etc



4 Alkalization of The Body Fluids

Through alkali forming foods & nutrients



6 Some Immuno Modulator Herbal Extracts

7 Healthy Life Style Choices

Healthy life style choices hasten the process of recovery



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HOLISTIC PROGRAMME

Results into Psoriasis Free Life !!!



- ❖ Treatment is easy to follow at home
- ❖ Major treatment lasts for a day in a month
- ❖ Holistic programme fits to your busy schedule

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Results are permanent with healthy life style choices

Duration of Treatment :-

- Duration of treatment varies according to the type, duration & severity of the illness
- Positive results may be observed within a month's period
- For best results, time period may vary from 3 to 6 months

Added Advantages :-

- ✓ Holistic Programme treats body as a unit
- ✓ Other life style related disorders are also addressed at the same time



HOLISTIC PROGRAMME

Trustworthy & Harmless

“The Highest ideal of cure is the speedy, gentle, and enduring restoration of health by the most trustworthy and most harmless way.”

SALIENT FEATURES

- ❖ OPD programme
- ❖ Fits with your busy schedule
- ❖ Suits to all age groups
- ❖ No hospitalization / home stay required
- ❖ Easy to follow
- ❖ Not only cures ailment but also rejuvenates
- ❖ Enjoyable programme
- ❖ Quick recovery



WHAT WE ACHIEVE

- Freedom from all your disease
- Improved body chemistry
- Better mood, sleep, digestion
- Increased blood circulation
- Removal of excess body fat
- Better memory & reflexes
- Pain free flexible joints
- Optimum energy level
- Better skin color
- Youth and longevity

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SUCCESS STORIES

— Patient Testimonials



Before

After

Laliteshwar Pandey (Name Changed)

*Retired Judge, Varanasi
2nd February, 2014*

I developed Severe Psoriasis in the year of 1972 after undergoing a serious road accident. I was admitted to the Hallet Hospital, Kanpur for 15 days for my broken leg. After discharged from the hospital, I slowly developed Psoriasis. The patches had itching and the often bleed. My disease use to disappear from March to November. The winters were very difficult for me as disease use to flair up. I consulted physicians from almost all the systems of medicine. Sometimes allopathic did help me in suppression of my symptoms.

Finally I consulted for Holistic Treatment. And to my surprise, I am free from my ailment after 40 years. Almost 4 years have passed without any traces of disease. I am not only psoriasis free but also lead better digestion, more energy and life free from diabetes. I firmly recommend Holistic Treatment to all suffering from such disorders.

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SUCCESS STORIES

— Patient Testimonials



Before

After

Mohan Singh Yadav

Police Inspector,
5th January, 2013

I was suffering from psoriasis for last 10 years. I had tried allopathic medicines like Methotrexate and steroids, which resulted into chronic digestive problem along with depression. I had lost all my hopes. Doctors I consulted told me that this disease is incurable. In our police department one of my colleagues suggested me to visit Holistic Health Hospital, as she also had taken treatment of the same and was very happy and satisfied. I got convinced with her experience and visited Dr. Bharti's Hospital.

Dr. Bharti explained me all the treatment details and assured me that I will become disease free. I started his treatment. Initially the response of the treatment was slow. All my psoriatic patches cleared within 4 months. I feel energetic. My blood pressure and diabetes are also under control without any medication. Holistic treatment has given me a new life.

I am Psoriasis free for last 5 years & enjoy my life.

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SUCCESS STORIES

— Patient Testimonials



Before

After

Prashant Arora

London

10th Dec, 2012

I am a software engineer working in London with a multinational bank. I developed Psoriasis on my whole body and nails when I was an engineering student. Allopathic treatment harmed my liver and digestive system greatly. It was really scary when doctors told me that the disease is incurable. One day I was searching on the net and heard a testimonial by a successfully treated patient on You-tube. I visited Dr. Bharti's website which was quiet convincing to me. I travelled back home in the month of December 2006. I planned for the treatment by Dr. Bharti at Lucknow. I got complete relief within 6 months treatment.

After complete recovery I strictly follow healthy lifestyle and food recommended by Dr. Bharti. I go for a walk and do regular breathing exercises. I am entirely a different person now. I am disease free even after 7-8 years.

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SUCCESS STORIES

— Patient Testimonials



Before

After

Mrs. Shivangi Pandey (name changed)

Lucknow

5th June, 2011

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I had severe dandruff in my scalp. I consulted many dermatologists but could get only temporary relief.

One doctor at K. G. Medical College Lucknow had a doubt about my dandruff. He advised me for scalp biopsy, which diagnosed my problem as psoriasis. I also developed some patches on my palms and soles Doctor told me clearly that drugs do not provide long lasting relief. I also tried a renowned homeopath Dr. Girish Gupta in the city.

Finally I decided to go for Holistic treatment. I am disease free now. After recovery, I could imbibe that only holistic management can be helpful in such disorders.



SUCCESS STORIES

Patient Testimonials



Before

After

M. Pillai (Retired as an executive engineer)

Nagapattinum, Tamilnadu

10th March, 2010

I am M. Pillai from Nagapattinum, Tamilnadu. I had Psoriasis for last 25 years with itchy and scaly skin.

I tried various kinds of treatment. Sometimes my symptoms were suppressed for a while but reappear again. I was mentally depressed. I confined my self at home for years. Somebody told me about Holistic Treatment of this disease. I mailed my pictures to Dr. Bharti. He told me that it is the most common form of psoriasis called Plaque psoriasis and assured me of complete relief from the suffering.

I started this treatment on 10th July, 2004. Initially the treatment was a bit difficult to follow but slowly I was fully adapted to the regimen. I got almost 80% reliefs in first 3 months. I was disease free within 5 - 6 months. Since then I am following the do's and don'ts told by Dr. Bharti. The symptoms of the disease have not reappeared since. I remain in touch with the hospital. It is almost 6 years of disease free condition

I thank God!

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SUCCESS STORIES

— Patient Testimonials



Before

After

Sulochana Srivastava

English Teacher

10th December, 2009

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I am 32 years old lady working as a teacher. I developed psoriasis at the young age of 18. I never knew that a disease could be so distressing and serious in nature. When my parents knew that this disease is considered as a social stigma, my whole family was depressed. After 5 - 6 years of regular treatment when I could not get any relief I finally decided to focus on my carrier not on my marriage.

One day I saw an advertisement during Google search. I went through the website and contacted the office of Dr. Bharti. They send us a detailed information booklet. Though the treatment was a little expensive for my parents but still they agreed for it.

I underwent treatment for 4 months followed by maintenance therapy . I enjoy not only psoriasis free life but also a good health. Dr. Bharti has modified my unhealthy lifestyle to health one.

Thanks to Dr. Bharti and his team.

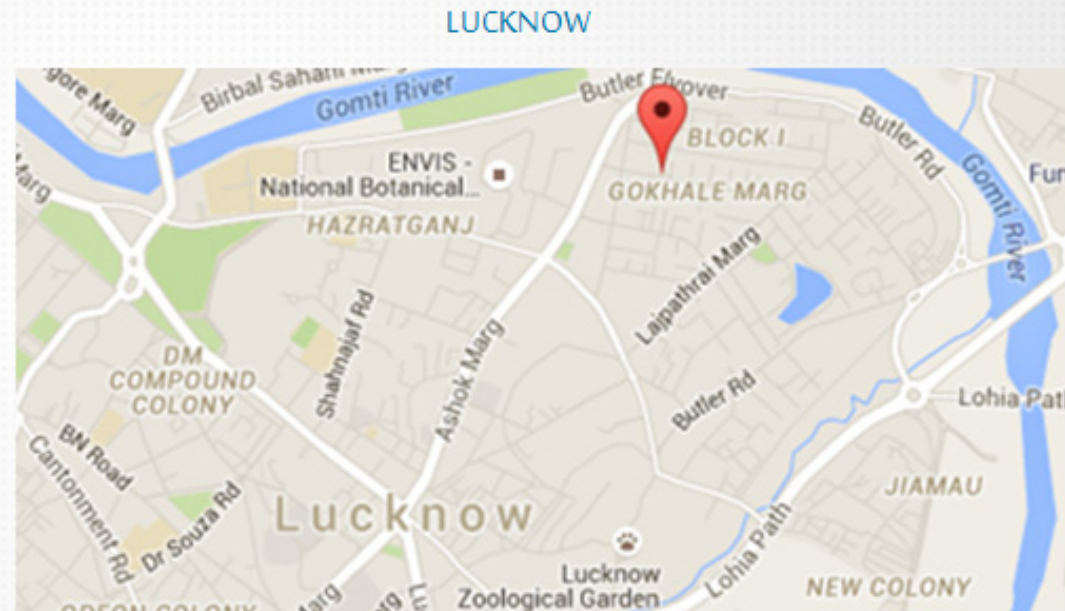




CONTACT US

All you want to know about our contact...

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treatment contact us on,
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THANK YOU

