



AKGs

Homoeopathy Ensures Health Safely

OV HAMS

OM-VIDYA INSTITUTE OF HOMOEOPATHY & ALLIED MEDICAL SCIENCES

Homoeo-Psycho Cure & Care with Wellness



Mind the MIND

Feb. 2022 Issue – 101

Watch here the special event held on 26th January, 2022 for the release of the 100th issue of the Newsletter - <https://youtu.be/fjtarDhAupE>

LET'S
BEAT
CANCER

CANCER

CAUSES

- Tobacco smoke, Asbestos, Exposure to Benzene
- Faulty Diet, physical inactivity and obesity
- Infectious agents like parasites, bacteria, viruses, etc.
- Genetic reasons and mutations
- There are theories and hypotheses that even grief or any mental stigma can also cause a cancer

LOCAL SYMPTOMS

- Lung cancer can block the bronchus resulting in cough or pneumonia
- Oesophageal cancer can cause difficulty or pain while swallowing
- Ulceration can cause bleeding
- Ascites or collection of fluid in the abdomen

SYSTEMIC SYMPTOMS

- Unintentional weight loss
- Excessive fatigue and changes to the skin
- Persistent fever

METASTATIC SYMPTOMS

- Enlarged lymph nodes
- Enlarged liver or enlarged spleen
- Pain or fracture of affected bones and neurological symptoms

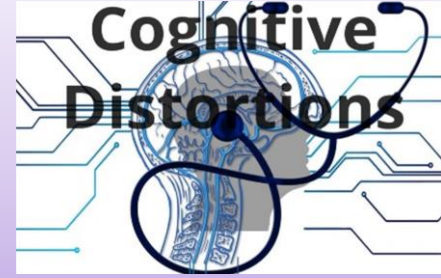
HOMOEOPATHIC MANAGEMENT

- Homoeopathy can improve the quality of life, vitality and general sense of well-being of the patient.
- It can help a great deal as a pain-killing measure.
- It can help to a certain extent, to stop spreading the disease process (metastasis) and its likely complications.
- It can help in tackling other symptoms and secondary effects, such as Ascites, Infections, and Vomiting etc.
- It can help minimizing the side-effects of cancer medicines, radiation and chemotherapy.
- However, Cancer is one condition where complete cure is difficult to achieve and the prognosis of the case entirely depends on the severity and stage of cancer.
- Homoeopathy helps cancer patients at various stages and its holistic treatment in the initial stages and complementary role in the later stages is strongly recommended.

Watch - <https://youtu.be/bmh2nuzgHh0> , <https://youtu.be/mfn6AAIFdS4>



MIND the MIND



Cognitive Distortions- II

In life, we all experience various upsetting events, eg. a disagreement at work, an argument with our loved ones, poor performance in academics etc, and in response to such events our mind often generates certain negative automatic thoughts (NATs), which directly/indirectly affect our emotional and behavioral responses as well. These negatively biased errors in our thinking are known as the Cognitive Distortions, which reinforces negativity, and may make us vulnerable to get stuck in a repetitive unhealthy pattern of “feeling bad” about ourselves and others around us. In the December issue of Mind the MIND (<https://ovihams.com/GetContent/Newsletter/114/V>) we had discussed about the various patterns of errors in thinking that we commit whenever faced with an unfavorable circumstance. In the current issue let’s look into identifying and modifying these errors to ensure our mental health.

1. **Identify the Cognitive Distortion:** Identification of the problem is always the first step in any resolving any problem situation. Similarly, in order to modify the Cognitive Distortions, first we need to identify our most frequently used Cognitive Distortions. Self-introspection and being mindful about our Cognitive processes across situations can greatly help us in this regard.
2. **Maintaining a journal:** A journal or ‘Thought Diary’ (as we call it in therapy) can be a helpful source to identify the errors in thinking. Here, we encourage the clients to note down their different automatic thoughts while encountering any upsetting situation. Analyzing the frequently occurring NATs, provide an insight about the dominant Cognitive Distortions of the client.
3. **Examine the Evidence:** Being an objective observer to our thinking can also come a long way in modifying the Cognitive Distortions. Rather than rushing, if we can pause and look into the event from a neutral stand-point, and then examining the connected thoughts would help us in verifying the validity of our NATs.
4. **Develop an attitude of Self Compassion:** Most often, when we find ourselves facing a failure or in an unfavorable circumstance, we tend to be harsh and demeaning towards our own selves. On the other hand, if we find someone we care about in a similar situation, we would never think of speaking in the same harsh way, rather we would be compassionate towards him/her. Building a similar attitude towards our own self, talking to self with the same compassion and encouragement can be protective against the cognitive distortions.
5. **Thinking in the Shades of Grey:** It is not necessary that the opposite of color White is Black. Similarly in life, it is not necessary that the opposite of Good is Bad or opposite of Success is Failure. However, unfortunately, our minds take cognitive shortcuts in order to hurry our ability to make a decision or choose a response, and we end up in the grip of the cognitive distortion known as “All- or- nothing thinking”. Instead of thinking about a problem/event in an either-or polarity, thinking in shades of Grey requires us to evaluate events on a scale of 0 through 100. For eg: when a plan/goal is not achieved as we had expected, we can also evaluate the experience as a partial success rather than calling it a failure.
6. **Cognitive Reframing:** It is one of the types of evidence based therapeutic techniques of Cognitive Behavioral Therapy (CBT). Here, the therapist and client work together to identify faulty thought patterns that are interfering with the client’s psychological health, and then practice techniques to help re-shape negative thought patterns. This technique helps in systematically deconstructing unhelpful thoughts and rebuild them in a more balanced and accurate way.

We all experience Cognitive Distortions at some point in our lives. However, when these forms of errors become our dominant ways of thinking, we are most vulnerable to create a distorted, unhealthy view of reality, and lead towards depression, anxiety, self-defeating behaviors or a range of other psychological issues. So, let’s learn to look into our pattern of thinking and take care of our mental health.



MRS. AKANKSHA RAJ

Nutritionist, Gold Medalist

Eating a healthy diet is all about feeling great, having more energy, improving your health and boosting your mood. Unless you maintain a proper diet for a healthy body, you may be prone to diseases, infection or even exhaustion. Some of the most common health problems that arise from lack of a balanced diet are heart disease, cancer, stroke and diabetes. Balanced diet means choosing a wide variety of foods from each food group in the specific amounts recommended, specifically - Milk and Meat products, Cereals, Grains and Pulses, Fruits and Vegetables, Fats and Sugars, Nuts and seeds. A balanced diet should provide around 50-60% of total calories from carbohydrates, 10-15% from proteins and 20-30% from fats.

Eating well does not have to be complicated. If you follow the advice of the professionals and eat a balanced diet you are well on the way to a better life. It is never too late -or too early-to make healthy changes to your diet to help prevent diseases, manage your weight, and feel better, that's why a balanced diet is good for your health

QUIZ TIME

send your answers to
info@ovihams.com

What causes
Cancer

A. Smoking

B. Genetic
Mutations

C. Both

What's the



FIRST AID
FAMILY /
TRAVELLER'S KIT

Prize?

Our Clinic Patient Says



Dr Sanket is very Courteous. Also, he tries and understand the complete case history before recommending any of the medicines. I have been treated from Him for my skin allergies. Before meeting him I had no belief in Homeopathy but it worked wonder this time after meeting Dr. Sanket .

Chandani Bura



ECZEMA



ALLERGIC REACTION



CONJUCTIVA HAEMORRHAGE



AKGsOVIHAMS Medical Centre dedicated to Homoeo – Psycho Cure n Care with Wellness has been a pioneer over the years in treating difficult and incurable conditions with a good success rate and we are continuously engaged and striving in our endeavour with Homoeopathic Clinical research to combat the dreadful -

- **Motor Neuron Diseases (MND)**
- **Epidermolysis Bullosa (E.B.)**
- **Behcet's Disease (BD)**
- **Spasmodic Dysphonia (SD)**

AKGsOVIHAMS MEDICAL CENTRE

Homoeo - Psycho Cure n Care with Wellness

(Accredited in LIMCA Book of Records; Global Healthcare Excellence Awardee)

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