

# feats of healing

**Dr Lajpatrai Mehra believes in the body's ability to heal itself, with a little help from some well-placed feet, writes IAN FRAZER**

**D**R LAJPATRAI Mehra, who usually lives in an ashram near Mumbai, has just spent a fortnight in a unit in Palmer St with a fridge full of unwanted softdrinks.

The presence of 14 types of fizzy drink and absence of fresh, unprocessed milk intrigued Dr Lajpatrai on his first visit to Australia.

So did our blind faith in the contents of our refrigerators, and taste for icy cold beverages.

"Fridges should be removed from houses and 50 per cent of diseases would disappear," he said on Wednesday, with a smile that conceded the mysticism of this statement.

Dr Mehra, 71, is used to challenging conventional wisdom. He says he and the practitioners he has trained have cured more than one million patients in 60 years by treading on them with their bare feet.

Two-hundred patients with conditions ranging from cancer to the common cold consulted him in Townsville this week and last on the rumour of his belief that all diseases can be cured without medicine.

I was at the coughing and snivelling end of the spectrum.

He treated us while teaching his Indian medicine system called Neurotherapy, a type of massage aimed at stimulating malfunctioning glands and organs.

Payment was by donation.

His 18 students were mostly the patients' friends and family members, keen to try a new approach to healing.

However, they also included seven natural healing therapists, four of them from Robynn Morro's College of Natural Medicine, in Kirwan, where the course was held.

Ms Morro said on Wednesday she had not heard of Neurotherapy be-

fore a friend of Dr Mehra's asked if she could provide a venue.

"My belief is similar to Dr Mehra's," she said.

"Even when I prescribe vitamins, minerals and herbs in a lot of cases there can be regeneration from the body. It's good to get back to basics."

She said each of the 200 patients treated by Dr Mehra and two assistants from India reported improved flexibility of movement.

"A lot of the people who came had been rejected by hospitals as incurable. These are the ones we have seen the greatest change in."

The daughter of a 66-year-old man with Alzheimers Disease told me her father could talk with her for the first time in months after five massage sessions.

"He called me his daughter - he has not done that for months," she said.

"I think the wonderful thing is that it provides help without chemicals."

Learning the Neurotherapy technique had given her a practical way to help.

Another patient, suffering from back and hip pain, said she was sleeping better after three treatments.

Film-maker Reza Borhani invited Dr Mehra to Townsville after meeting him in Mumbai in 2001.

Mr Borhani, a satisfied patient after receiving neurotherapy for tennis elbow, said this week he was impressed by Dr Mehra's spirituality.

"His way of thinking was so different to other doctors," he said.

"He wants to help people. He has a very small clinic (in Mumbai) but the amount of people that go there is amazing. They are queuing each day from morning to the last minute."

His technique was well suited to



India where many people could not afford medicines.

"After talking to many of the patients who were seeing him I thought it would be very unfortunate not to introduce him to the West."

(In fact, Neurotherapy clinics have been established in Britain and Canada as well as 200 centres in India operated by the non-government organisation Seba Bharati).

Mr Borhani arranged his trip to Townsville with sponsorship from the Warrina AUR Supermarket.

Dr Mehra, his wife, Brij, and assistants Nilesh Yogesh Singhanian and Srinivas Ramchandran appear to have enjoyed their stay.

"I am thankful to Mr Reza, Mr Schaff (of Warrina Supermarket) and Robynn Morro for giving me the opportunity to show my ability to the people of Townsville," Dr Mehra said.

"The love and affection showed by the people of Townsville mean I don't feel I am out of India," he said.

He had been able to follow his routine of rising at daybreak, doing 50 sit-ups and 40 push-ups, working 12 hours, studying medical books and retiring to bed by 10pm.

"Still two to three hours every day I study, because through studying, new treatments might be produced," he said.

Dr Mehra said he had begun working in his father's weaving factory in Armritsar aged 12.

He had found he had gift for massage with his feet, following an ancient Indian therapy, and had begun giving treatments to other workers which grew into Neurotherapy.

He quit the factory to concentrate on healing in 1986.

"This is my ambition to serve the people," he said.

"All diseases can be cured without medicine, because God has given us each and everything in our bodies that we need, but we should know how to stimulate the glands which produce chemicals for the body."

"I started 60 years back. I must have cured more than one million people in my life."

He said he used his feet, not hands, because their larger surface made the procedure potentially less painful.

Rhythmic pressure drew blood towards the desired region and created small shifts in physiology required to return a malfunctioning body to a healthy state.

My treatment, initially for cold, sweaty palms, not the common cold, entailed having my arms and legs stepped on for five minutes by the

conscientious, bearded Srinivas Ramchandran.

Twenty minutes later I was able to give Dr Mehra an H.G. Nelson handshake.

At least I wasn't among the 80 per cent of patients who surprised him by complaining of chronic fatigue.

"Patients are patients, either here or in India," he said.

"But one difference is very interesting... I am astonished that each and every patient is saying they have chronic fatigue - everyone is running after everything."

"In India they are working for 16 hours, even myself, I am working 12 hours... yet we are not fatigued."

He suspects diet is a factor in fatigue, and with the common cold too.

As for the content of our fridges, he would like to see more fresh, unprocessed milk, less softdrink and less icy cold water.

"I am astonished that here in Australia you have cows giving millions of litres and yet fresh milk is not available," he said.

"I am very much fond of milk and ghee butter and a fresh diet," he said.

"I am deadly against white flour, white bread and pizza."

His prayer for a drink of milk was answered on Tuesday when a patient arrived with a bottle of cold goat's milk.



LEFT: Dr Lajpatrai Mehra with a patient at the Robynn Morro clinic, watched by his wife, Brij Mehra. ABOVE: Dr Lajpatrai with his wife and assistants Nilesh Yogesh Singhanian and Srinivas Ramchandra looking on. Photos: EVAN MORGAN

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