



Dr. Bakshi's Healthcare
Transforming Health

Metabolism

Our metabolism is a cumulation of all the energy our body needs to function properly. While the metabolic rate is mostly dependent on genetic codes, the nutrients that our body receives, together with natural remedies, can support overall health and ensure a profound and lasting impact on our metabolic health.

Health Conditions

- **Diabetes:** Type 1 diabetes, also called insulin dependent diabetes, occurs in childhood, while type 2 diabetes, non-insulin dependent, is much more common and usually appears in adulthood.
- **Obesity:** Accumulation of excess body fat is a worldwide concern, which is caused due to genetic or environmental factors.

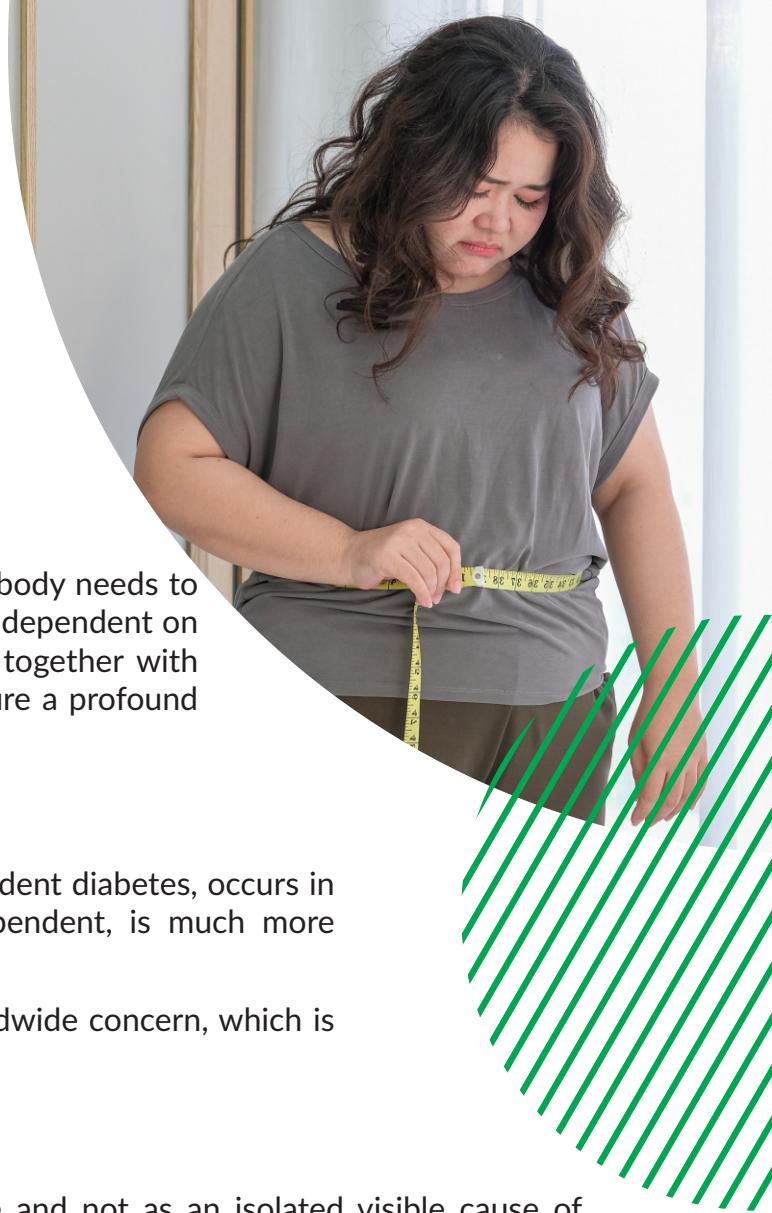
Holistic Approach

Holistic medicine addresses the human body as one and not as an isolated visible cause of symptoms or disease. Our holistic healers spend time with the patient to understand their food habits, lifestyle, family health, stress factors at work, any medical history, nutritional needs, which have a direct and indirect impact on the gut health and overall well being.

It is a well-known fact that the gut plays an important role in the overall well-being of the human body.

Holistic approach ascertains imbalance by detailed case analysis, a set of diagnostics tests, and advises a change management protocol.

Thus, an individualized holistic treatment roadmap is prepared which is easy to follow, adaptable, and does not impact the usual routine of the patient. Holistic care strives to address the micro needs of the patient through homoeopathic treatment, dietary choices, emotional counselling and lifestyle protocols.



Our units, Holistic and Kaleidoscope, work in collaboration to offer comprehensive programs and customized interventions for chronic lifestyle disorders and emotional wellbeing disruptions.



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