

Waking Up the Nation,  
One Reader at a Time...

# PUBLIC HEALTH ALERT

## Dr. Ravi Paneri and the future of Ayurveda Medicine



by **Dottie Ianni**

Recently I called a fellow advocate and asked them if they could refer me to a doctor in southern Illinois or the surrounding area. I had gotten a call from an elderly woman in the middle of the night and she was crying. She told me she lived in a town nearby and at one time she was diagnosed with Lyme disease. She told me her doctor said it was all gone by now, but I am still so sick, I know it has returned. I need to go back on antibiotics and I cannot find a doctor who will do this for me.

The advocate's

reply to me was, "I'm sorry, I will not be able to sleep at night sending you to a doctor who gives out antibiotics for this. Sorry I cannot help you." I had forgotten this advocate was from Arizona where they have many holistic doctors who treat Lyme and co-infections. I really had no alternative but to call the woman back and tell her there is no help in southern Illinois, BUT all that has changed now and we have a holistic doctor coming to our area!

Ayurveda (pronounced eye-yur-VAY-dah) medicine has been around for over the past 5000 years from the east. Used primarily in India, like Chinese traditional medicine of old, it uses the "whole medical system", meaning that it is based on methods of prevention and treatment of the patient's whole health and body conditions.

Wow, now there's a real concept we do not see in western main-

stream medicine! We all know most medical doctors in the west use a plethora of "big pharma" pills that have horrific side effects as band-aids, as they never really "cure" a thing. They just keep the affliction, at bay or the sickness worsens or worst case scenario the patient dies.

My journey with Lyme disease and Rocky Mt. Spotted Fever has not been an easy one, and certainly this is the status quo when it comes to being infected with any nasty bacterium or virus. As many of you know, my beloved doctor Edwin J. Masters passed away leaving me with very little choices to treat Lyme disease and Rocky Mt. Spotted Fever as a result from a tick bite.

After careful thought, and a lot of research, I found an article on pub med, which used melittin, (bee venom) to irradiate *B. burgdorferi*. I interviewed the researcher

and the interview was published in several newspapers and a magazine and titled, "To Bee or Not to Bee." You can also find it on the Illinois Lyme Disease Network site as well. Upon learning that bee venom really does kill the bacteria, I became the petri dish and used this method to heal my body and kill the borrelia that was killing me.

As I researched using bee venom to treat the Lyme, I discovered that Dr. Dietrich Klinghardt, a LLMD from the Seattle Washington area, used actual bee stings to diminish his patients' symptoms. But I was in so much pain on a daily basis that I was not going to use actual bee stings, so I found a company in New Zealand that makes bee stings available in honey and I found a distributor right here in the states where I could get this from.

They actually use

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Manuka honey in the hospitals in the UK for wound care, as it is a natural antibiotic. It is proven to kill the MRSA and MRSA in biofilm form. So I asked myself, "what do I have to lose?" Lyme and its complications are surely going to kill me. It worked and now 3+ years later, I am symptom-free from Lyme disease and Rocky Mt. Spotted Fever!

Candida was a big factor in my recovery, as that test came back "negative" just like the Lyme test did. I went from 130 pounds to almost 400 pounds in a matter of 2 years! My friend kept telling me I had Candida, but not until I went on a strict candida diet did I lose the weight.

Healing our bodies naturally is so much better. I really do believe that the antibiotic I was on for 4 years straight was keeping the bacteria hidden until I went off of them, and I was totally sick all over again. I believe that the antibiotics just bought me time, so I could figure out how to really kill this monster that was killing me. I am not saying that the method I used to kill the borrelia will work for everyone because we are so different, but what do you have to lose really?

Now that I have recovered from Lyme and Rocky Mt. Spotted

Fever I have not had to reach for the honey jar for over a year. Do I think I am cured from Lyme disease, probably not as Lyme disease is in the relapsing fever category in the taxonomy database. But, I can maintain my immune system so I will not have any more symptoms.

Maintaining our immune systems is so hard today with all impurities being thrown at it from the water we drink to the air we breathe. So this is why my friend and I are teaming up with an Ayurvedic doctor who treats holistically for many diseases. For a full list, but not limited to these illnesses, go to <http://www.drpaneri.com>.

Dr. Ravi Paneri is from Ahmadabad, Gujarat, India where his renowned Sharma Clinic has been treating and curing people around the world from many ailments the natural organic way. Dr. Ravi started his apprenticeship in Ayurvedic medicine at the age of twelve and his success rate in treating Parkinson's along with so many "incurable" diseases is at an alarming success rate. One could say he "cures the incurable."

We are so proud to bring the science of Ayurveda medicine to the St. Louis Missouri area. So many Americans

today are disillusioned by the mainstream medical establishment and more and more patients are seeking alternative methods to treat for their illnesses. Ayurveda medicine is no stranger to Illinois as there are two doctors in Chicagoland area. This can be set up in any state, just find out the regulations for your state and county.

We chose the name K.A.R.E™ for our clinic and it stands for Karma Ayurveda Retreat & Energize. We all agreed that this name was perfect, because as individuals coming together, we truly cared about helping others, especially those who are in pain and who are suffering. We totally KARE about the whole "you", mind, body and spirit.

Ayurveda is actually a science and art of holistic healing with natural organic herbs based on the patient's needs and their doshas. I will go into further detail about doshas a little later. It has only been in the last decade or so we have been exposed to such a pearl mainly because of the work of a wonderful doctor named Deepak Chopra, M.D., a physician who combines western medicine with Ayurveda.

An initial consultation with an Ayurvedic doctor may last several

hours as they ask you detailed questions about your lifestyle, diet and general health. Usually then the practitioner will examine your tongue and take your pulse. Ayurvedic medicine uses 12 different pulse points, whereas western medicine only uses several.

The nails, skin, lips, and eyes are also observed, evaluated and recorded. Every minute detail about you is in the doctor's chart and at his disposal when needed. After the assessment, the practitioner methodically determines an individual's unique balance of metabolic types they call doshas.

One dosha usually outweighs the others and is usually imbalanced because of poor diet and unhealthy habits. Americans have the unhealthiest diets due to the many preservatives, chemicals and GMO seeds found in our menus.

Ayurveda medicine believes everything is composed of five elements: air, water, fire, earth, and space. These elements combine to form the three doshas, Vata ("that which blows"), Kapha ("that which sticks"), and Pitta ("that which burns"), just think of them as metabolic types. In Ayurveda, doshas make up our individual differences between each other,

making us unique.

**Vata:** Governs bodily functions concerned with movement.

**Pitta:** Governs bodily functions concerned with heat, metabolism, and energy production

**Kapha:** Governs bodily functions concerned with physical structure, and fluid balance

Please welcome Dr. Ravi Paneri. He comes from a long line of healers. He is the 6th generation of doctors in his family. It was incredible when I thought of the magnitude of people they have helped over those years regain their health! It is like he has been predestined genetically to help and heal others ~ what a gift to be blessed with, so very nice. We are so very blessed to have the honor to work beside such a man.

In wanting to tell you more about the doctor and learn more about this science he graciously granted me an interview. I thought it would be a great way to show you what kind of a person the doctor really is. He is very humble, to say the least.

**Interviewer:** Doctor Paneri, so nice to meet you and thank you so much for granting my request for an interview. I believe that with our

current state of affairs with medical decay and failure in America, more and more people would benefit from your herbal remedies. I saw your data and positive results with Parkinson's disease patients being your primary focus.

I also saw that your clinic has positive results from an array of different autoimmune diseases with a joyful success rate, such as 95% as well and I believe and the clinic has helped a lot of people regain their health. You must be very proud of that. Please tell us about your practice and how it works.

**Dr. Ravi:** It's nice to meet you as well and blessed to be interviewed by you. I follow Ayurvedic principle and stick to Authentic Ayurveda practice. Please, call me Ravi. (Robbie)

**Interviewer:** Please tell us about your protocol, herbs, and farm.

**Dr. Ravi:** My protocols are based on Authentic Ayurvedic approach to treat any disease or illness. This means more than focusing on disease or naming the illness, I rather try to bring balance of Tridosha which bring out illness or symptoms if they are imbalanced. The cost varies from herbs and the dif-

ferent diseases a patient may have. I have patients all over the globe. They can visit me in India; I can visit them by internet email and over Skype, and now at the K.A.R.E™ Retreat located in southern Illinois. I will be there 2 times a year for a 2-week stay to see patients.

**Interviewer:** On a more personal note and to get the readers to know you a little better, do you mind answering some general life questions?

**Dr. Ravi:** Of course not, go ahead, ask.

**Q.** Have you made any mistakes that helped or hurt you in a way that you would like to share?

**Dr. Ravi:** Yes, as an ordinary human being, I have had made mistakes which rather than hurting has helped me more becoming a better human being and better person.

**Q.** Do you have any special or important dates that mean something to you?

**Dr. Ravi:** Yes, mine and my close ones birthdates.

**Q.** Are you religious or have a religion?

**Dr. Ravi:** Yes, I am Hindu by religion, but more I am spiritual.

**Q.** If I may ask, what are some things that you want out of life? Like your career, marriage, education, relationships with anyone?

**Dr. Ravi:** In time, these things have and will all come to me.

**Q.** What are some qualities that you value in a person? Example: like honesty, trustworthiness, caring, respectful, etc.

**Dr. Ravi:** To be caring, respectful, but above all mentioned, honesty is most important.

**Q.** What inspires you to do good works?

**Dr. Ravi:** God.

**Q.** Where did you grow up and what was it like?

**Dr. Ravi:** I grew up in the city Ahmedabad, Gujarat India. It's a city that never sleeps.

**Q.** Describe your parents, what are they like?

**Dr. Ravi:** Amazing, I am so blessed to have taken their shelter and knowing them as my parents.

**Q.** Do you have any siblings, and are they in the medical field? How's your relationship with family members?

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**Dr. Ravi:** I have one brother who is a Cyber Lawyer and we have a great relationship. He made me an uncle not too long ago!

**Q.** Describe your grandparents, what are they like?

**Dr. Ravi:** My grandfather has always been my SUPER HERO. I adore him so much it's a pity that I could not have spent more time with him. I always pray to him before seeing patients.

**Q.** Is there anything in particular that you wish you could do over?

**Dr. Ravi:** I wish I could have been a pilot.

**Q.** What things do you find yourself doing that you said you'd never do?

**Dr. Ravi:** To become overstressed with work.

**Q.** Tell me a time in your life that was a time you'll never forget?

**Dr. Ravi:** It is going on now!

**Q.** After all your family has to be proud of, what is something that you're really proud of and why?

**Dr. Ravi:** That my patients they come to me with so much hope, I keep alive their hope and don't let them down.

**Q.** What are some goals you're still trying to accomplish?

**Dr. Ravi:** Bringing Ayurvedic awareness to every individual around the globe.

**Q.** Any nicknames you go by?

**Dr. Ravi:** ALOO, which means potato. When I was born I was heaviest in my whole family and have been so far... hahaha

**Q.** What are you scared of?

**Dr. Ravi:** The loss of anything.

**Q.** What activities did you enjoy in school?

**Dr. Ravi:** Playing with my friends.

**Q.** If you could change one thing about yourself, what would it be?

**Dr. Ravi:** I would not change a thing.

**Q.** How would your friends describe you?

**Dr. Ravi:** Jetsetter.

**Q.** What do you do with your spare time?

**Dr. Ravi:** Don't have much or otherwise more in research.

**Q.** What is the most important event that has occurred to you in the last five years?

**Dr. Ravi:** I am blessed with travelling around the globe, helping others recover from diseases.

**Q.** What would you do on a perfect day?

**Dr. Ravi:** Work.

**Q.** What are your best attributes?

**Dr. Ravi:** My smile and my eyes.

**Q.** What is your greatest fault?

**Dr. Ravi:** I am not able to spend enough time in GYM!

**Q.** As a child, did you have pets? Were any special to you? Do you have any pets now?

**Dr. Ravi:** Yes I love dogs and in childhood I had dog named Alice. She was Doberman breed. Now I have one Labrador male name Joy and one female pug name Snoopy.

**Q.** Did you attend church or religious services?

**Dr. Ravi:** I recently attended church in May in Innsbruck Austria.

**Q.** Take a look back at your life, how do you

want to be remembered?

**Dr. Ravi:** Best phase is now and happy to be in this phase. Most people in America have just not figured out big pharma is behind the band-aid western doctors are using; believe that the western doctors are basically gods. Some just cannot or will not think out of the box and only believe in western medicine and think you are not a "real doctor" because you were not trained in the U.S or use pharmaceuticals.

**Q.** Would you please tell us about your medical background and how long you have studied medicine and please share your credentials with us?

**Dr. Ravi:**

(a) Well they are doing their job and I am doing mine! I am born in family of Ayurvedic lineage where I am 6th generation Ayurvedic doctor and have been active in clinic since age of 12.

(b) Have studied Diploma in Ayurveda and Yoga, Bachelors in Alternative medicine and Homeopathy and Proficiency in Ayurvedic medicine. I started medical college at age of 17.

**Q.** Can you explain the Ayurveda science to our readers in your own

words?

**Dr. Ravi:** Ayurveda is the system of traditional medicine in India. It is based on many centuries of experience in medical practice, handed down through generations. Composed of two Sanskrit words, "Ayu" or life, and "Veda" or knowledge, Ayurveda is regarded as "The Science of Life" and the practice involves the care of physical, mental and spiritual health of human beings. I eat, breathe and see Ayurveda.

**Q.** Can you tell us a little about your beautiful family of healers?

**Dr. Ravi:**

Mr Khublilalji Sharma started Sharma clinic in Ahmedabad in 1916 then was carried on by my Great-grandfather Rajvaidya (Royal medical practitioner) Bhavanishanker Paneri who was Ayurvedic doctor, then my father Dr Mukesh Paneri who is internationally famous and now I am carrying on further.

**Q.** How long have you known that you had this special gift and talent of wanting to help others heal naturally? Do you think you're special?

**Dr. Ravi:** Every Individual is special in their own way. It's been

28 years now that I know I am special.

**Q.** Since you were raised with Ayurveda medicines have you ever been sick or had an operation?

**Dr. Ravi:** No, I never had any operation and yes, as an Human being I did feel sick but I follow Ayurveda which keeps me healthy and I do not take any medication for any illness.

**Q.** What you say about operations? Do people ever need them?

**Dr. Ravi:** Of course if it's surgical condition then there is but Ayurveda does help in few cases where operation can be avoided.

**Q.** Do you say that the patients are "cured" after your medicines, or do they have to come back for other post medical tune-ups?

**Dr. Ravi:** Well, cure is a very controversial term however, there are patients I can say cured. But more than cure we focus on creating Balance in Ayurveda so if a person lives according to Ayurveda then no but if not then yes.

**Q.** What do you think about western medicine?

**Dr. Ravi:** No comments.

**Q.** What is your success rate on an average of people you have treated and do your medicines work for everyone? Do you have a specialty?

**Dr. Ravi:** More than 80 percent but mostly based on different criteria like stage of disease, patient's mental condition, following of diet and regimen, Positive thinking and other factors.

**Q.** What are some of the diseases you have made people well from?

**Dr. Ravi:** Autism, Parkinson, Ulcerative colitis, Arthritis, Psoriasis, Eczema, Hair fall, Weight loss, Thyroid imbalance, Migraines, Cough and Cold, Leukoplakia, Pemphigus, Chronic stomach ailments and many more. However, as I said we bring balance of doshas in the body and that's how we treat any illness rather than focusing on single symptoms or naming disease.

**Q.** Is there any disease you do not treat and if so why?

**Dr. Ravi:** Well I am not God.

**Q.** Have you treated HIV or AIDS patients?

**Dr. Ravi:** No.

**Q.** Is there any sickness you have not been able to "cure" or maintain?

**Dr. Ravi:** Blood cancer, Aids, Muscular dystrophy, multiple cancers, but I am in research.

**Q.** Has anyone died in your care?

**Dr. Ravi:** Never.

**Q.** What about pre-natal? Do you treat such?

**Dr. Ravi:** No, I only advise diet and life style according to Ayurveda.

**Q.** Could you explain how your office works, give us a sort of guidance for new patients?

**Dr. Ravi:** Waking up at 5 am then Exercise, Yoga and Meditation, then Prayers.

I then make herbs as I use my own prepared herbs.

9 30 AM to 12 30 PM clinic 1

4 30 PM to 7 30 PM clinic 2

In between making stocks, sending parcels to patients.

After 8 to 10, online consultations around the globe.

**Q.** Does your office accept American health insurance? Are there any excluded?

**Dr. Ravi.** No, but when you visit our clinic or I

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see you in person, I will give you a form to submit to your medical insurance for reimbursement of services.

**Q.** Let's say hypothetically, a patient here in southern Illinois needs to speak with you and if having a specific problem how do you deal with this? What if the patient does not use the internet and cannot travel to India to see you?

**Dr. Ravi:** If patient does not use Internet then they can write me a letter on their disease condition. After that, I send them form to fill out and then on phone. If they use Internet then they can submit online form and Online consultations by Skype and other methods.

**Q.** How much is the cost involved with treatment? How does the patient pay you?

**Dr. Ravi:** It differs from disease to disease and they can directly pay in my bank account.

**Q.** Do you have any special rates for low-income people? Do you ever offer "free" services?

**Dr. Ravi:** Yes of course, as being doctor is not a business for me. Yes I treat free to children under age of 3 in India and to poor people. We

will implement the same for the K.A.R.E. Clinic in Illinois.

**Q.** Knowing that everyone's bodies are different, typically, when does the patient start showing results from your medicines?

**Dr. Ravi:** Based on disease and condition but generally if it's not degenerative then within a week.

**Q.** How long does it take to maintain Parkinson's? What about other ailments?

**Dr. Ravi:** 4 to 5 years approx. for degenerative disease could be less or could be more. Again, it differs from patients to patients, disease condition, following diet and life style, regimen and other factors.

**Q.** Do you have any one special case that has been a personal triumph for you?

**Dr. Ravi:** Mostly degenerative diseases like Parkinson's, Autism, Epilepsy, Psoriasis, Lupus and more.

**Q.** What about a case that was a personal defeat? Have you experienced this?

**Dr. Ravi:** None to date.

**Q.** What or who is your

biggest inspiration?

**Dr. Ravi:** My mom and dad, without them, nothing is possible.

**Q.** What is the best thing you like about being a doctor?

**Dr. Ravi:** That I can help those who are suffering and patients can trust me.

**Q.** Is there anything you do not like? What is the least?

**Dr. Ravi:** Dirty politics.

**Q.** What are some of your thoughts on the new K.A.R.E™ Retreat?

**Dr. Ravi:** My thoughts on the new center are: Karma Ayurveda Retreat and Energize will be in true sense for taking care of an individual.

K.A.R.E™ is committed to the preservation, digitization and promotion of ancient Indian knowledge systems like Ayurveda, Yoga, Vaastu, Astrology, and Meditation.

Our mission is to rediscover the complete science of life as propounded in our ancient Vedic texts, which helps in establishing a peaceful and harmonious society.

At the K.A.R.E™ Retreat more than treating disease or illness we will teach and guide peo-

ple how a minimum changes in life style can bring about the maximum benefit in terms of living healthy and joyfully with true serenity. More than that, we envisage opening a school, restaurant and K.A.R.E™ hotel in the future.

In closing, Dr. Paneri, I would like to thank you so much for granting this interview and we look forward to helping so many through your knowledge. Do you wish to leave our readers with some words of wisdom?

**Dr. Ravi:** Yes, "Just love yourself for who you are."

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