

*Life surprises you in ways you'll never know; I never knew, at least, until I met her. She arrived like a bolt from the blue, held my hand at twilight and walked me to the new dawn. Sounds like a hackneyed beginning of a run-of-the-mill love story, doesn't it? Well, it's not... or, maybe it is! In a couple of days, I'll complete six months of this soul-enriching journey of vigour and vitality, all thanks to the beautiful and brilliantly adept health and lifestyle maven, Ms. Sonal V. My saviour!*

*Thankfully, I suffer from no life-threatening disease; only quite a list of Lilliputian-appearing ailments affecting different organs concomitantly since a pathetically long time. Describing about each of those in a wink to my then newly discovered ray of hope, Ms. Sonal V, seemed inordinate to me as at that particular point in time I was burning my insides with ayurvedic treatments and therapies for 2 most grueling diseases from my list: AEBB -acute exacerbation of bronchial asthma, and chronic constipation -no poop for a week or so had become usual for my system in those months. Instead of overwhelming Ms. Sonal V, I decided upon sharing only these two problems with her. To be honest, I didn't expect much at all. Try to understand why I say this. Exactly 26 types of tablets, concoctions, syrups, granules, etc. and heaps of water was what I was surviving on those days. There's no food intake since days due to no defecation and no sleep at night since weeks due to obstructive breathing. I had to sit all night long holding onto a steamer/vapouriser, asthma inhaler and paper bags gasping for oxygen until the break of the dawn. I have suffered this half of my life so it wasn't new to me. But the ferocity of my underlying health concerns erupted last winter in the form of exaggerated continuance of this situation with no end. This was an unnerving phase of my life.*

*Enters the ever-empathetic, Ms. Sonal V, with a charming smile that proclaimed, 'You're going to be fine'. She graced my life at a time when I had completely lost belief in many of the sciences regarding my health then be it allopathy, homeopathy, unani, ayurveda, naturopathy, sujok, acupuncture, cupping, moxi.. I didn't even know what all methods existed until I found them over the years and failed at each and every one I tried and tested to cure myself. All that I'd achieved was mere temporary relief for a day or two and then back to square one. As I suffer since almost 18 years now, my desperation for relief, for a life free of illnesses, doctors and treatments, for a normal life peaked so much that I brought irreversible damage upon myself. This is, at*

least, what my doctors succeeded in making me believe in the last 3 years but only until I met this compassionate soul, Ms. Sonal V.

However, as stated, initially, I didn't expect much. I had no clue of what I was getting into; I gave it a try out of despair as I'd failed innumerable times and had nothing to lose. As decided, I only shared 2 problems- I want to breathe and I want to poop. Only little did I know that this considerate health genius, Ms. Sonal V, would turn out to be the light at the end of the tunnel that I'd been waiting for so hopelessly all this time. She started off with patiently collecting details of my trouble and explaining to me about what and how we'll proceed with; I was scratching my head thinking if food's going to accomplish for me what no other science could until now. Whatever she explained was mostly alien to me but as they say- desperate times, desperate measures- I agreed to everything she asked me to do without thinking much (I repeat, I was desperate) and reaffirmed to do whatever she says.

Firstly, she asked me to stop all kinds of medications and treatments with immediate effect. In my head, I was like, 'Are you kidding me?', 'Will I survive the day?', 'What if I don't get oxygen?' and blah blah blah.. I had all sorts of doubts, I won't lie but I followed. I did exactly what she asked me to. Secondly, she suggested an instant remedy from our kitchen so I could defecate. The conditioned pessimist in me didn't believe it'd work; few hours later, it did!! Not once, not twice, I rushed 6 times in 5 hours and I was the happiest person that evening. At the same time, my saviour, my nutritionist analysed the gravity of my constipation as it took an instant remedy upto 3 hours to show effects on me and then a minimum of 10 visits to the loo was expected but that didn't happen either. I was instructed not to use this remedy again as it was only for that particular situation. I obliged, happily. Thirdly, she explained everything to do and not to do for the '7 day cleansing ritual' that was scheduled to begin the very next day.

On the day 1 of the 7 day cleansing ritual, I followed her word for word. My experience of that first day of system cleansing was close to bad, physically troublesome, made me nauseous whole day, didn't feel like eating though I was hungry, uneasiness crept through-out the body and got me motivated to not follow further. I shared every minute detail and every feeling with my unprejudiced guide, Ms. Sonal V; being the benevolent and erudite self that she is, she calmly persuaded me to believe in the process and understand my body and it's response to it. Her conviction in the process, her deep knowledge about

*bodily responses to new inputs, her enlightening knowledge and her belief in the purpose and methods of Livpure made me move forward with her. And I can't be more thankful for this. That night, I evidently remember I tucked myself in bed frustrated with the days' happenings and I woke up next day around mid-day due to a phone call. It was my luminary, my nutritionist, who got worried for my health when I didn't respond to her in time. I realised I had slept for more than 10 hours; hadn't slept like this in ages. Without any medication of any kind, without any external assistance, I was breathing- breathing like a healthy person, breathing like I never had any chronic obstructive pulmonary disease. I was diagnosed with sinusitis and various allergies at the age of 16 and 19 years later, I could remember no night when I slept without some kind of medication, otherwise I would sneeze and cough up all night long and cry my eyes out due to pain in chest, burning eyes, breathlessness, heavy-headedness, etc. On an average, I have spent 7 out of 10 nights sitting next to wash basin, emptying tissues and pushing multiple Cetrizine down my throat. Whether it was examinations or meetings, nothing challenged me as much as my nights. So for me, possibility of sleeping like a log was a revelation and I couldn't have been any happier. I observed my breathing for that whole week and what happened was unbelievable. I have already completed more than 5 months without any medicine or inhaler or nebulizer, etc. She has just turned a new leaf for me and she has no idea. I always thought I'd never need one until I found my knight in shining armour in our warm-hearted health aficionado, Ms. Sonal V. Thank you Livpure for introducing this magnificent woman to people like me; for our kind, with the dedication she has, she is a blessing.*

*The kind of response my body presented to this new lifestyle free of medicines and doctors was more than enough to abide by Ms. Sonal V's every word, every instruction without a question. Believing in her abilities, I surrendered myself completely to her. Like no journey is easy, so was mine. The results of the 7 day cleansing ritual weren't impressive at all; my loving nutritionist got so worried for me that she started giving her 200% to me but I had no qualms whatsoever. My nights had taken a 360 degrees turn, I could notice improvements in various aspects of my health that I never mentioned earlier to our insightfully talented and always gentle, Ms. Sonal V. Gradually, I introduced that it'sy-bitsy list of troubles my body harbours to her which I clearly remember she responded to with, 'I can't believe all this is happening with you and you didn't tell me earlier yet you are laughing'. She strictly made me write all of the troubles I had so we could keep a tab on our progress. In my head, I was*

*already cured; I knew finally I am at the right place with the right person and everything's going to be alright now. She is always so confident everything will be cured that there's not even an iota of doubt soon she'll help transform me into a disease-free soul. Not just me, many-many more like me. If you have found Livpure and met this thoughtful soul, you've done your part, let her do hers and be ready to be surprised.*

*We identified I suffered from a constant headache; so constant that I couldn't differentiate between having a headache and not having one. But now I know because my head feels lighter than before. Ironically, headache was not on my list because I never knew I suffered one. Due to sneezing, my eyes were always itchy, watery, red and swollen. Forget a Kohl or a liner, I couldn't apply anything around my eyes as they would burn all the time. Well, this seems to have been very much improving with time. Due to congestion, there was no difference between a slightly stinky zone or a mildly fragrant flower for me; all thanks to my health and lifestyle wizard, Ms Sonal V, I am enjoying the various cuisines' smells that I had long forgotten. This reminds me of something very embarrassing to share but it would be unfair to not to mention it as it's totally worth it. So, I used to have stinky-yellow sweat but as I said- used to. I didn't even realize when and how during this period the yellow stains stopped appearing on my clothes and the foul smell of sweat reduced so considerably that one day I could not determine if my shirt actually isn't smelling even after no deodorant whole day or if I have nasal congestion again!! Also, this was also not on my list; nevertheless, significant enough to reassure me of the progress I was making. Little things do matter, right!!*

*Path to your goals always looks as straight as an arrow, simple, easy, within sight and within sniffing distance. But is it always what it appears to be? With my limited experience, I can at once say no! Be it career goals or health goals, hurdles and challenges are bound to happen and all you do is believe and be consistent. Similarly, I have had my own set of obstructions during this journey of mine. To begin with, 'the 7-day cleansing', didn't work for me in ways it does for others easily (i.e. cleansing via loose motions), but that doesn't mean it didn't work at all. I was breathing fine, sleeping well, needed no medicine or other assistance to survive since day 1 of the process. So it worked for me clearly, only the method was different. I was worried why other patients have different results than me; though, I could see the benefits evidently yet I was anxious why only my results are different. Thankfully, Ms. Sonal V, our soft-*

hearted and tolerant nutritionist helped me calm down and made me understand how different every individual is and so are their systems, and how I must focus on comparing my progress with only myself and not others. I must admit this was not the only time she helped me address this anxiety, in these 6 months, this must have happened 60 times as I used to freak out every couple of days (still do), regardless, she was always there for me. And I mean it when I say this as I have sometimes freaked out in the middle of the night and Whatsapp-ed her without checking if it 2300 hours or 0200 hours and the kind, loving and dedicated soul that she is, if she had read the message at night, she had responded then and there or otherwise, I'd received my answers before I wake up next morning. What level of commitment, just commendable!

I would like to grab this chance and apologise to her for all the trouble I have given to her even after knowing that I am healing at so many levels, I kept losing my patience but she stood with me. Maybe I got greedy to get well in the blink of any eye. I'll learn to keep my cool, I promise.

Speaking of hiccups, I got itchy, cracked skin, something like rashes all over my body in the initial weeks of the process. Those rashes even bled a little and they stayed on for about 2 weeks and made routine life difficult. Firstly, I thought of it as some external allergy due to some new product but when I discussed with my mentor, it turned out to be my body's reaction to the process. Not a bad reaction, but a reaction towards healing. I had accumulated so many toxins in my body that they started coming out in whatever ways they could. Like my dripping ears. My ears have been dripping every single day ever since I was 18. I have ran from pillar to post, from one city to another, from one science to another to get this treated and spent thousands of bucks but it has just gotten worse and worse. I can't let even a drop of water around my ears or fungus grows. Head baths depress me. Every monsoon, they get swollen, so does my face; ear holes get blocked due to swelling and start suffocating me, pus starts dripping, and I am rushed to ENT in emergency. During this cleansing process, my ears started dripping much more than before, I was dead-worried; but this was the first monsoon I didn't have to be taken to a hospital. So, although, dripping is a constant 24x7 thing, I am hopeful it will be cured soon as well. You see, if my mentor believes so, so do I.

Since the process started, I had bad PMS yet missed that month's cycle. Next month, it was delayed and horribly painful. In the third month, it was on exact date, painful, but the cycle lasted 5 days only (which never happened in entire

life as I was diagnosed with PCOD at the age of 18 and since then I have never had a fix cycle date, no cycle lasted less than 8 days and has gone to even 20 days with heavy flow through all the days). Though I was cured of PCOD by the age of 20 as per medical reports, but the cycle pattern, symptoms, pain, etc. everything remained the same. Since the time I have connected with Livpure and, most importantly with our loving and gifted nutritionist, Ms. Sonal V., my menstrual cycle has been improving little-by-little every month. The girl who would faint at least once every day of the cycle due to cramps and body pain, survived on IV painkillers, and laid on the bed all the while unable to walk can now easily move, have lesser cramps, needs no injections and doesn't need to announce to the world anymore that 'I've got my chums, be on stand-by anything can happen anytime'. Only to help you understand how bad the situation was, I had to quit my job once because of what I went through during my monthly cycle. No organization would give you a week's off every month, right? I am short of words to express my gratitude to have found Ms. Sonal V. Another thing on my list was excessive urination. No tests could determine the problem why I would urinate on an average more than 20 times in a day. A glass of water was nothing but pain to for me. 250-300 ml of water intake would make me urinate so many times and for so long that I had literally lived on 1-2 glasses of water all these years and yet tests showed that my bladder was never empty. A family of road trip lovers that we are would keep fighting and arguing all the way over, 'Why she needs to pee every 30 minutes when she is not even having a sip of water?'. Embarrassed, disheartened, and most of the times I was ashamed of ruining everybody's mood because of my stupid health. I didn't know then what was wrong, I don't know now even. But what I do know is, on our last family road-trip, I was a considerably a much better passenger that even my family took clear notice of my progress. And my water intake has reached about 2-3 litres a day. Ms. Sonal V, I can never thank you enough.

My progress was evident still human body is a mystery. It's not just what you eat or drink or do (yoga, walk, aerobics, etc.) but also what you think that makes for what you are. After following my nutritionist religiously, when desired results were not achieved regarding constipation, my dear guide helped me find the root cause of all the problems by becoming my confidant, my philosopher, my therapist. The efforts this truly talented, determined and empathetic woman has put in me have indebted me forever. Being a professional is one thing, being absolutely devoted to the cause is another.

*Thanks to her analysis that my problems lie in my thoughts and that I need cleansing up there as well, she suggested I pursue Vipasana meditation. I got another life-changing experience because of her and yes it indeed helped me calm my mind and understand myself and my body better. All the mental exercises that she'd suggested to me earlier started making sense after my experience at meditation centre. I have cautiously and consciously started making efforts to align my thoughts and heal my body. Interestingly, my hairfall has reduced since my visit to centre. Over the years, I have lost about 70 % of my original hair and have big bald patches all over and my hair wouldn't grow even in length. Suddenly, the rate of hairfall has reduced and it's making me happy and why not! After all, my super-nutritionist has assured me of a head full of hair with time and patience and unswerving efforts and I have no reason to not believe. Am I right? I am tired of this bald girl and hoping to see my hair grow back. Fingers-crossed.*

*Looking back at this journey, under the guidance of my angel, gives me so much relief to have invested for the first time in something worth. In all honesty, I hadn't heard of Livpure. Nobody around me had a faintest idea of what they are or what they do; yet I gave it a try because 'what more could I lose'. And here I am today about to complete 6 months when I initially thought it was a 7-day thing. It is overwhelming to see how with each passing day the progress in my health is furnishing the quality of my life as well. Healthy mind resides in a healthy body or is it vice versa, whatever it is, I am sure to discover it on my way as my journey still continues and I am yet to go a very long way. I have achieved a lot yet there's so much more to gain from this brilliant pool of science. Did I mention how my mentor showed me my way to the kitchen as well! What to cook, how to cook, when to cook, etc., and well, I've been doing all that I never would, my mother was more than glad until I started interfering with her cooking methods referring to my new found love, Ms. Sonal V. Definitely hasn't gone down well with my mother though. Anyway! This piece of paper is only an attempt to extend appreciation to Livpure and team for the amazing work they are doing and I hope you are able to help mankind as much as possible. To everybody who connects with you I would say, have faith- that's all you'll need to heal.*

*Last but not the least, my awe-inspiring, incredible nutritionist, where do I start with. Thank you for understanding me and for making me understand myself. Thank you for giving me a life free of medicines, nights free of tissue*

*paper and inhalers. Thank you for bringing fans, coolers and air conditioners back in my life. Thank you for motivating me time and again whenever I was drained. You have brought belief back in my life which is inexplicable -belief in healing, belief in self-love, belief in energies, belief in the Universe, belief in myself. I have an unending list of reasons that I should extend gratitude to you for. Ms. Sonal V., all I can say to you is thank you for being the best surprise of 2023 for me. Every day I think had I met you a little earlier. Thank you for everything, thank you for being you. You are love!*

*P. S.:*

*I am unapologetically happy to admit how cheesy the beginning of this write-up is.*