



**Dr. (Prof.) Ajay Singh Tomar (Homeopath)**

D.M.S. *Hons.* (Calcutta), P.E.T., F.W.T. (Calcutta)

D.I.C.H. (Germany), M.N.C.H. (U.S.A)



**MND/Cancer specialist**



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Specialist for **Cancer**, **MND/ ALS**, Hepatitis – B, Thalassemia, Kidney (Renal) disorders, Asthma, Skin diseases, Allergy, Children diseases, **Piles**, Gynaecological problems, Infertility, **Tonsils**, Joint pain, Arthritis, Stroke, Renal Stones, Blood Sugar, Blood Pressure, Thyroid, Gangrene, **Migraine**, Sick Headaches, **Psoriasis**, Vitiligo (Leucoderma) and other chronic diseases.

**Sri Sitaram Computerized Homeopathic Clinic**

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Consulting hours: Evening – 6 to 9 PM

(Only on prior appointments)

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See Videos at: [www.youtube.com/user/doctortomar](http://www.youtube.com/user/doctortomar)

## **KNOW YOUR DOCTOR**



### **Dr. (Prof.) Ajay Singh Tomar**

**Director: The Madhav Homeopathic Mission (Estd. 1958)**

**Chief Physician: The Sitaram Group of Homeo Clinics.**

**Secretary Research: The Asian Homeopathic Medical League.**

**Professor: Organon, Materia and Repertory at Homeopathic College, Indore.**

**Examiner & Evaluator: M. P. State Homeopathic Council, Bhopal, M.P.**

**Other Specialities: JAVA Sun Certification (USA), CIC, ACCPE (IBM), DCA.**

### **OTHER HOMEOPATHIC DOCTORS IN THE FAMILY**



**Late Dr. Madhav Singh Tomar, Gwalior (Father)**



**Dr. Mrs. Krishna Tomar, Gwalior (Mother)**



**Dr. Mahendra Singh Parmar, Bhopal (Brother in Law)**



**Dr. Mrs. Vandana Parmar, Bhopal (Sister)**



**Dr. Capt. Sanjay Singh Tomar, New Delhi (Brother)**



**Dr. Mrs. Kiran Tomar, New Delhi, (Daughter in law)**



**Dr. Mrs. Shobhna Tomar, Indore (Wife)**



**Dr. Mrs. Sadhna Rathore, Jaipur (Sister)**



**Late Dr. Mahendra Singh, CCH Kolkata (Uncle)**



**Dr. Subash Singh, NIH, Kolkata (Brother)**



**Dr. Virendra Singh Tomar, RGHMC, Indore (Uncle)**

**Dr. Mrs. Gita Tomar, Gwalior (Aunt)**

**Dr. Dashrath Singh Tomar, Ayodhya (Uncle)**

## **INSTRUCTIONS TO BE FOLLOWED DURING THE COURSE OF TREATMENT**

- ❖ Disease ails from unnatural causes, hence practice clean thinking, with use of plain simple, nutritious and natural food habits and living environment.
- ❖ During the course of treatment, avoid fragrant and acute smelling articles, Spices, raw Onions, Garlic, Ginger, Asafoetida (Hing), Strong Medicated tooth powders, Medicated soaps etc. (Cooked Onions may be taken in a small quantity).
- ❖ Strong and stimulating drinks like Tea, Coffee, Coco etc are to be avoided.
- ❖ All kinds of Intoxicating drugs, Smoking Cigarette, Bidi, Tooth powders containing Tobacco, Dabur Red tooth powder, Moosa Gul tooth powder,

Khaini, Zarda, No: 120, No: 320 (all Chewable Tobacco forms), etc. are strictly prohibited.

- ❖ To quit tobacco, prepare a mixture of coarsely ground 10 gm of roasted aniseed (black round pepper) and 40 gm of aniseed (Saunf) in ratio of 1:4 properly mixed; keep this mixture in your mouth at least 8 to 10 times during the Day.
- ❖ Before taking medicines, Clean mouth with water, make a gap of at least half hour between Lunch / Dinner, a gap of only 2 minutes is needed for light breakfast, milk or water.
- ❖ Take **4 pills** for every dose unless instructed otherwise. If you miss a dose by chance, take 8 pills while taking the next dose of the same medicine. Keep the pills below the tongue and let them dissolve slowly, they are not to be swallowed or chewed.

**Important:** Before taking the medicines, relax yourself mentally and physically, close eyes if possible and feel the action of medicine on your body after you place it under the tongue.

**Note:** when you take the single dose (morning empty stomach, whole packet), other daily medicines should not be taken on that day, you can continue the daily medicines from the next day and onwards.

- ❖ Patient should live in clean, airy environment, where there is plenty of sunlight. Observe regularity in daily life, have plenty of sleep with punctual arising time, regular exercise, walk or Yoga, take daily showers, and meals at fixed times of the day.

**Note:** In case you find that you may be late for Lunch or Dinner at the previously fixed time, don't remain hungry, just make sure you take some Biscuit, or a cup of milk at that particular fixed time, you can have Lunch or Dinner later at your convenience. Just make sure you don't remain hungry.

- ❖ If you find the symptoms of sickness increasing after taking a dose, please be patient. Sometimes, symptoms of earlier diseases also appear. They will disappear gradually.
- ❖ If during treatment, of chronic diseases, symptoms of cold, cough, fever or any other mild problems emerge, Just wait for some time and these symptoms will disappear by themselves. If they become acute or

intolerable, the advice of your family Physician may be taken and if medicines are advised by him, those can be taken along with these medicines with a gap of 20 minutes between the two.

**Note:** use of strong medicines like cortisone and steroids should be avoided.

- ❖ If you are suffering from Blood Pressure, Diabetes, Heart disease or any such disease, which require regular medications, then such medicines can also be taken along with these Homeopathic medicines. Just observe a gap of 20 minutes between both the medicines.
- ❖ Patients in whom the life's vital energy has got weakened owing to prolonged suffering and the high momentum of the disease, must exercise patience, Homeopathic medicines will gradually work out their way to improve illness, just give them proper time.
- ❖ The older the disease, time taken to cure it, is in proportion to it.
- ❖ Always breathe fresh air, use clean safe water and food stuffs.
- ❖ Walk everyday as much as possible. If walking is not possible, then do some exercise or yoga regularly at home.
- ❖ Include plenty of raw vegetables and fruits in your diet.
- ❖ Include sprouted beans and pulses in your diet on regular basis.
- ❖ After the age of 40, reduce intake of proteins and monitor fat intake and reduce it to minimum. After the age of 75, reduce the amount of cereals and survive more on vegetables, fruits and juices as much as possible.
- ❖ Do not take medicines to delay or pre-schedule the menstrual cycle. Ecbolics and Emmenagogues are very bad for the whole system.
- ❖ Maintain your mental calm, peace and serene. Avoid jealousy, enmity and superfluous pomp and show. These things generate unwanted anxieties and negative vibrations which cause untoward symptoms.
- ❖ Out of your daily routine, take out some time for your favourite activities or hobbies. Like Music, Painting, Dance, Singing, Reading. Make sure you do

them daily even for a very short time. These provide you with a lot of mental satisfaction which in turn heals your body.

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## **SPECIAL INSTRUCTIONS ACCORDING TO DIFFERENT DISEASES**

### **SUGGESTIONS FOR CANCER PATIENTS:**

- Do not get depressed on hearing the name cancer. Cancer is no longer incurable. It can now be completely cured by medication. Dr. Tomar's treatment has helped many people get cured and many more are on the way to recovery.
- A cancer patient needs huge amount of physical energy to fight this disease, and to stop its increasing momentum, during homeopathic treatment. Hence the patient must strictly follow diet related instructions by the physician. They can take special energy foods available in the market. If a patient becomes very weak, he/she can, under the supervision of his/her family physician, take injections or vitamins through intravenous saline and other energizing drugs, along with homeopathic medicines.
- When any member of the family or blood relation is found to have cancer; other members of the same family can take a few month's course of homeopathic medicines, which nullifies the possibilities of developing Cancer in their body. This is called "Impending Prophylaxis".

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### **INSTRUCTIONS FOR MND/ALS PATIENTS:**

- Prepare oil for Massage: Boil 100 gm Mustard oil in a pan, when it becomes hot, remove the pan from the flame and put 10 gm coarsely ground black pepper into it. After the black pepper burns and fumes out, and the oil is cold again, filter the oil. Massage the MND patient's affected body parts with this oil regularly and softly in a downward direction. Do not apply Jerks and excessive pressure. Also massage the neck and the backbone gently.
- After such a massage, the body should be exposed to green light, preferably green Sunlight which may be obtained by stretching a green

cloth or a green plastic sheet across and sitting underneath it for 15 minutes. A green low power bulb may be lit in the patient's room all the time.

- Remember if you need a teeth filling at any time, make sure your dentist uses, only white acrylic fillings, instead of the traditional silver, lead and mercurial based fillings. Such filling have been found to be causes of MND/ALS. If such mixtures of silver are already filled in your teeth, then take advice of your dentist.

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- From the root of brain, MND/ALS, the nerves of spinal cord get affected. To protect them from worsening, it is necessary to give them rest. For this, lie down straight on the bed, keep both hands on the sides of body straight, bend knees and bring heel 6 inches away from hip. After this, taking weight of the body on palms and both hands, push hip a bit downward and come back to normal at ease position. Straighten the legs. Ensure that while pushing hip downward, head should not slide downwards. One can keep pillow below the head. Remain still in this position for 10 to 15 minutes. Do this before going to sleep. If you feel sleepy, you can sleep.
  - When awake one can perform sputa tad asana ( a form of Yoga posture) also.

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**INSTRUCTIONS FOR BRAIN STROKE (PARALYSIS) PATIENTS:**

- As soon as symptoms of stroke become apparent, homeopathic treatment must be started without loosing time. With the passage of time, circulation in veins detonates and its restoration takes proportionately more time.
  - Avoid coil water and air. Keep taking B.P. medication on time.
  - Relax, do not lift heavy articles and avoid doing things which require more labour.
  - Mustard oil message as suggested for MND and sitting under green sunlight is also advantageous to veins.
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**FOR PATIENTS OF KIDNEY STONE AND URINARY PROBLEMS:**

- Drink maximum quantity of water. Take liquid items frequently such as syrup, cold drinks, lemon shikanji, fruit juice, soup etc.
  - It is not necessary to stop eating spinach, tomato, milk, radish and other white items.
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**INSTRUCTIONS FOR HYPER TENSION PATIENTS:**

- Maintain control on your weight. Take minimum salt, pickles, chutney, papad contain more salt. Hence, avoid these.
  - Avoid fatty items like ghee, cream, vanaspati etc.
  - Take fruits, green vegetables as much as you can.
  - Do not take bidi, cigarette, alcohol, tobacco toothpaste, gutka, zarda, pouch etc.
  - Get your B.P. checked regularly and keep its record. Take B.P. medicines with maintaining 20 minutes gap for Homeopathic medicines.
  - Make a habit of walking, light exercises, deep breathing, pranayam, shavasan and other yogas in the mornings and evenings. Try not to worry, remain cool and tension free.
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**INSTRUCTIONS FOR SKIN DISEASE PATIENTS:**

- Do not apply any ointment on the skin. This will give you immediate relief, but on stopping the use of ointment the disease will reappear in more virulent form. Never apply cortisone and steroids, cortisone is harmful for internal parts and has more than 2000 side effects.
  - When itching increases, one can apply coconut oil, olive oil, Vaseline or odourless herbal body lotion. Ordinary soap which does not contain any medicine can be used. Do not use any thing which increases itching.
  - When internal diseases try to affect tender internal body parts, then the body diverts its speed towards skin, so that the internal parts are protected from harm. By suppressing skin disease, danger of harm to internal parts escalated.
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**INSTRUCTIONS FOR PATIENTS WITH BURNING IN ABDOMEN, ACIDITY, ULCERS:**

- Take ¼ cup normal cold milk at 8/12/4 o'clock during the day and at 8 o'clock in the evening.
- Acidity in the belly is created by mention tension, worry and depression. Avoid these. Avoid toor dal (Lentil), fried items and besan delicacies.



- **Avoid fasts/ vrat/ roza (Methods of religious fasting) etc. If such things are a must because of religious compulsions, then also care to eat and drink on fixed times.**
- **Quit chilli and spices, reduce quantity of salt intake.**
- **Fix a time for eating and if eating is not possible at that fixed time, take a couple of biscuits or some such things with a glass of water exactly at that time; even if you are in a position to take lunch or dinner after 15 minutes.**
- **Sour things like turmeric, pickles, mango powder (Amchoor) should be avoided. Lemon, tomato, myrobalan (Anwala), fresh curd or butter milk are recommended. It will be better a little amount of sugar is added in these.**
- **Take fruits, salad and boiled items as much as possible.**
- **Walk as much as you can. Drink more water.**
- **When there is burning sensation in the stomach, you can take cold milk, sweat soda, carrot juice, simple soup without any spices, barley water, alovera juice or sweetened lemon, shikanji.**
- **Make carrot, avola, gaurd, centil (Turai), pumpkin, and wheat chapatti as part of your meal. Raw cabbage and ripe banana is also advantageous.**

**GAS, CONSTIPATION AND PILES:**

- **Reduce intake of radish, cabbage and Besan. These things generate gas.**
- **Reduce intake of items fried in ghee or oil as best5 as possible.**
- **Avoid sago and items prepared with sago.**
- **Reduce consumption of rice products like poha, parmal, khaman, chiwada etc as much as possible.**
- **Avoid eating pulse items such as Mungodi, papad as well as besan and items made from it.**
- **Do not sit on chairs with hot seat Rexine and foam. Keep cotton pillow instead. In the car use cushions of wooden beads.**

**FOR PATIENTS OF ASTHMA, COUGH, COLD, SINUS AND NASAL ALLERGY:**

- After getting up in the morning do not put your foot on cold surface. Keep carpet (Dari) or betrummer below the cot or slip your leg straightaway in chapples.
  - Also after getting up in the morning do not put hands in cold water. There should be a gap of at least 20 minutes.
  - Avoid curd, buttermilk, lemon, orange, mosambi, guava, banana, pickles, turmeric, raw mango, cold drinks, ice cream and other items kept in the fridge.
  - Avoid direct air of cooler or air conditioner.
  - Avoid getting drenched in rain, cold bath, living in moist place, dust, soil pollution etc.
  - Do not eat those things which aggregate the problem.
  - Perform Jalaneti, 20 times, Anulom-vilom pranayam and Bhastika Prananyam for 10 minutes every day.
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**FOR PATIENTS OF GOUT, JOINT PAIN:**

- Do not wet in rainy season.
  - Avoid sour (Khatai) items.
  - Avoid direct air from cooler and air conditioners.
  - Do daily exercise or go for a walk. Message suggested in MND is also useful.
  - Never do fermentation by dipping hands or feet in warm water of you like fomentation, that use hot water bag wrapped in cloth or heating pad.
  - Avoid brinjal, besan, fried items, rice, toor dal (lentil), soyabean, meat, eggs etc. Which aggravate arthritis?
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### **HEART DISEASES:**

- If you feel pain or uneasiness while on street or travel, just sit down then and there and relax. Never strain the body to reach your destination.
- Take light food. Take more vegetables, salad items. Cow milk and ghee can be taken.
- Do not do any heavy work which can cause heart pain, increase palpitation, makes breathing difficult, or causes perspiration or reeling. On such occasions, relax and chew sorbitrate or Isordil tablet by keeping it below the tongue. Tablets may be kept in a locket hung on neck. The locket must also have your emergency contact phone numbers, mobile and blood group details.
- Do not worry or loose temper, and don't shout.
- Do not use tea, coffee, bidi, cigarette, tobacco and alcohol.
- Avoid milk products such as curd, cheese, mawa and its preparations. Can take milk and pure ghee.
- Those who have constipation, are advised to take isabgol powder in milk at bed time, or boil 2 figs, half date palm in milk. Fibrous fruits can be taken daily.
- Flour (Maida) and its products like kachori, samosa, khasta, pettis, puri, biscuit, bread and bakery items as well as notorious fast foods are prohibited.
- Reduce intake of groundnuts, almond, corn, chhole, rajma, vrad, beans etc.
- Reduce intake of Brinjal, lady finger, Arabi, onion, garlic etc.
- Local ghee (Butter milk), is better than oil.
- Walk every day. Take dinner, 3 hours before going to bed.
- Unscientific fasts, keeping awake in the night, drinking tea and coffee increase mental tension, gas. Avoid these.
- Apple and banana cause constipation. Reduce their intake.

- Take buttermilk every day.
- Deep controlled breathing is useful in heart disease.
- Take care of yourself. Be happy.

**ADVICE FOR DIABETICS:**

- Avid these things: Sugar, Gur, Honey, Glucose, Sweats, Toffees, Syrup, Marmandale (Murabba), Cake, Biscuit, Ice-cream, Fruit juices, Sweet fruits like Grapes, Mango, Cheeku, Banana, Custard, Apple, Potato, rice, Poha, Maida, Parmal and corn.
- Take boiled green vegetables and salad without fail.
- Take cereals, dal, milk, curd, guava, tomato, apple in limited quantity.
- Walk everyday as much as you can. If walking is not possible, then do some exercise or yogasan regularly.
- Rose apple, karela, tejpan, wood apple and methidana are like natural medicines for diabetics.
- Keep sugar in control by periodic tests of urine and blood.
- If there is sudden weakness, perspiration, reeling, drowsiness or sleepy feeling, then get the tests done and take sugar or glucose. Stop diabetics medicines or consult your physician. It happens when super level drops.
- Obese persons should take less cereals and more salad and boiled vegetables and must reduce their diet.
- Diet should have roti made of branful atta, wheat, chana and barley – all mixed and ground. If this is not possible, then coarse ground wheat atta can be used for roties.

**VERY IMPORTANT: PAY DUE ATTENTATION TO YOUR OWN SELF:**

- Human life is a priceless gift of nature. Please pay more attention to your body. This will enhance the pleasure of life many folds. In households the head of the family and women become careless about themselves. Such an attitude yields bad results in the long run. Avoid such situations.

## **“HOMEOPATHIC TREATMENT?”**

### **WHY?**

### **WHEN?**

### **WHEN NOT?**

### **BY WHOM?**

#### **WHY HOMEOPATHY?**

- There are no bad or adverse effects of homeopathic drugs on the body. Children, pregnant women, weak and elderly persons can take them safely.
  - This is a safe method of treatment. Even if taken for a long period, they do not cause side effects or habit formation (addiction) to medicine.
  - It not only drives away the disease from its roots, but also removes the tendency of the body to catch the disease again and again, and thus increases the immune system of the body.
  - Taking the rightly chosen homeopathic medicine not only cures the current diseases of a person, but also the problems which are likely to emerge in future are nipped in their buds.
  - If any earlier treatments, have badly or wrongly subsided your disease and it emerges back in some other form, with many different complex symptoms, then homeopathy is the right choice which cures such basic diseases and removes complexities of symptoms from the system.
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#### **WHEN HOMEOPATHY?**

- Homeopathy is ideal for old chronic diseases.
- When by other methods of treatment symptoms of the disease get suppressed temporarily, but reappear again and again frequently.
- Hereditary diseases inherited genetically, such as MND/ALS, Asthma, Blood Sugar (Diabetes), Tuberculosis, Haemophilia, Thalassemia, Skin diseases,

Allergies, Psoriasis, Migraine, Gout etc. Homeopathy substantially reduces the chances of reoccurrence of such diseases in the next generation.

- When all tests are normal, but the patient is still in trouble, then Homeopathy works like magic.
- Many diseases for which Surgery is advised, can be treated with Homeopathic medicines. e.g. Tonsillitis, Appendicitis, Gall Bladder calculus (Stone), Renal (Kidney) stone (calculus), bile duct complaints, urinary tract problems, prolapse of Uterus, prolapse of Rectum and Anus, enlargement of Prostate, piles, cysts, Cancers / tumours in different parts of the body.
- For Disease related to brain or nervous system, like Migraine, Depression, Delusion, Delirium, MND / ALS, Multiple Sclerosis etc. Homeopathy provides excellent solutions.
- Change in nature e.g. children becoming irritating, disobedient, reckless, more anger, fear, tendency to steal, getting violent, desire to fight, very cruel nature, very soft nature, religious or sex related rabidity, too miserliness are situations, which can be remedied by homeopathy.
- Other diseases such as falling of hair, rough skin, itching, shingles, Psoriasis, other skin disorders, headache, migraine, Hemicrania, insomnia, psychological symptoms, hysteria, epilepsy, children's inability to concentrate, forgetfulness, injury, power of specs constantly rising, sinus allergy, asthma, heart diseases, tendency to worms, Leucoderma, impotency, infertility, Mal Union or Non Union of broken bones, effect of old serious injuries even if received years ago, are all treatable by homeopathy.
- In cancer, homeopathy medicines are capable of destroying the root causes of the disease. They weaken the roots of the disease and managing the acute symptoms by allopathic medicines is producing excellent results.
- Homeopathy can root out Asthma, Tuberculosis etc. And when the attack is acute immediate relief can be found by allopathic medication.

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**WHEN HOMEOPATHY IS NOT ADVISABLE?**

- In the event of an accident, bone fracture, cuts, injury caused by cane, ballam (Club), pharsa (axe), knife, pistol etc. allopathic treatment should at

once be sought. Drawing, getting burnt, electric current, lightning, snake bite, bite of big scorpion, poisoning, toxin of rabid dog, wolf, rat etc. Also call for immediate intervention by Allopathy.

- Heart attack, very high fever, diabetes, rupture of brain veins, unconsciousness due to some drug are also fit cases for allopathy acute intervention.

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#### HOMEOPATHY BY WHOM?

- Such physicians who have obtained diploma, degree from a recognised college and who are registered by the government. One should get treated by such Homeopaths only.
- The physician must give full time and attention to you. A doctor, who does not fully listen to you, does not examine you properly, attends to 2-3 patients simultaneously and also keeps on writing prescriptions, cannot be trusted. Even if such practitioner cures some big ailments, it is prudent not to entrust your health in their hands.
- A homeopath who patiently does not ask about your problems, your case history as well as that of your family or is not interested in knowing these details, can never give right medicines, these information's are of prime importance.

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#### INFORMATION REGARDING CONSULTATION:

- Most of Homeo drugs come from Germany, England and America. Hence they are a bit costlier, but these original medicines are very effective.
- During rainy season and moist atmosphere the medicines too should be wrapped in plastic and kept between clothes in the cupboard.
- Always make a prior appointment, it would be convenient to you and others. If you have to ask some ordinary things, please take permission of the gentleman who is in queue before you.
- Avoid bringing those children to the clinic for whom consultation is not needed. They affect the process of medical examination. However, if they are sick they can always be brought.

- If, before treatment, your family doctor suggests miscellaneous tests like blood, urine tests, X-ray, ECG or sonography, and then his instructions should be complied with.
  - In case of emergency consult your family physician. If necessary, other medicines can also be taken along with Homeopathic medicines after maintaining a gap of 20 minutes.
  - Consult on phone only if necessary otherwise personal visit is always better.
  - No home visit would be possible for any emergency.
  - Out patients, who are not in a position to come to the doctor, can get medicines through courier after telephonic / skype (Video) consultation.
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Homeopathy does not distort diseases by suppressing them. Instead it roots them out and provides good health to the patients, cultivate naturalism in life. Mother nature would certainly bless you with good and perfect health.

Director – Shri Sitaram Homeo Clinic

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## **Dr.(Prof.) Ajay Singh Tomar** (Homeopath)



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**Thanks.**

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