care physician, who has a lot of decision-making clout. Talk to the doctor, take notes, and make it clear that you’re concerned and won’t just let any problematic issues drop.

- Learn to work the phones. Talk to the managed-care administration and understand exactly what’s covered and what’s not. Ask for a copy of what is known as the “formulary,” because it will spell out many of the restrictions placed on the doctors—particularly in the area of prescription drugs.

- Find a knowledgeable and sympathetic pharmacist and give that person all your business. Start off the relationship by showing the pharmacist the container of every prescription and nonprescription drug the patient takes regularly. That will reduce the likelihood that the patient will be taking incompatible drugs. A good relationship should also make it easier to flag and find acceptable substitutes for drugs that aren’t covered under a managed-care policy.

- Finally, if you feel that no one’s listening, Riddle recommends bandying about the word “complaint” because it has a legal connotation. He points out that “launching a ‘complaint’ starts a formal process and the provider has to respond. Once that process starts, it’s in the plan’s best interest not to get a black mark.”

Press Release

Quest For Perfect Health

Pramod Vora is a Counselor on Health / Beauty Care & Reverse Aging through Natural means. He is engaged in giving Seminars for the education of the masses and in training Doctors and Health Professionals who are interested in Alternative Approaches to Health and Beauty Care based on the concepts of “MODERN AYURVEDA” which he has evolved.

He has been an Advisor to the Medical Profession and a Personal Coach to Doctors in Modern Medicine / Ayurveda. He has personally counseled thousands of Patients, over one hundred Celebrities and hundreds of Doctors and guided them towards Perfect Health.

Pramod Vora has spent the last decade re-researching into the principals of New Age Science where mass, energy and consciousness are equated with each other. He is deeply involved in Natural Health Care and Healing of the Body, Mind & Soul and Spiritual Science. He is engaged in re-researching KAYA KALPA the AncientIndian Science of Rejuvenation and Anti-Aging of the Body and PHYSICAL IMMORTALITY with the aid of Ayurvedic Herbs, Aromatherapy, Bio-Electronics, Bio-Magnetics and Siddha System of Medicine (older than Ayurveda) coupled with the principles of Spiritual Science.

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