



LUMS

School of Science and Engineering

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It is indeed a pleasure to write a letter of recommendation for Dr. Bashir A. Malik who is known to me as my family doctor. I know Dr. Malik since last two years and have the privilege to be treated by him for my illness related to tail bone (coccyx). My pain aggravated during last one year so much that it was hard to travel and sit in my office. Since my elder brother is a renowned Physician and Intensivist, I learnt that nothing much can be done except taking few pain killers. As a molecular biologist, I was never convinced of Homeopathy but I first visited Dr. Malik to consult for my youngest daughter's allergic asthma. My daughter, Maryam Tariq who is 3, has extremely frequent asthmatic episodes on weekly basis and she had to miss her schools for prolonged durations. She was almost of continuous nebulization. It was a pleasant surprise that frequency of Maryam's asthmatic attacks reduced within few months and her requirement for nebulization also came to almost zero in a month. Having experienced such a wonderful response, I discussed my tail bone issue with Dr. Malik while I was visiting for Maryam. I was in such a severe pain that I could hardly sit properly. I remember Dr. Malik with a big smile on his face, stood up and started giving me few drops of two different medicine off his shelf in his clinic. I must admit I came out pretty relaxed and had clear signs of relief in my pain. On my way back home, when I alighted from my car I could come out with much less pain than what I had in the morning when I visited Dr. Malik's clinic. All I could see RTX and BRY written on little bottles with small tablets in them which I took for next two weeks. I felt nearly 60% relief in my pain as I could easily drive, sit in my office and pain was significantly reduced. As the word against homeopathy states that they use steroids so I had a lengthy conversation with Dr. Malik in my next visit. He educated me with the origin of RTX and BRY and we had a detailed conversation about his theory how homeopathy medicine actually works. I could easily understand that Dr. Malik has full grip on Biochemistry and is well versed with a broad readings in fields of Biophysics and his explanations about energy patterns, nerve impulse, action potential makes sense about how modes of treatment. I must admit it was first ever time in my life someone explain me how a balance of cation/anions may have impact on health, how right energy balance and electromagnetic forces can be used to cure diseases. I am rather pleasantly surprised when he shared his book Quantum Mechanics of Homeopathy in which he nicely describes how homeopathy medicine works which I believe is actual Holy Grail. As a molecular biologist with more than twenty years of experience, who understands how genes get regulated and cell identities are maintained, I must admit there was so much to learn from my long conversations with Dr. Malik.

In the beginning of this year, I had to travel to Karachi and that interrupted my medication of tail bone for two month or so. I was also relaxed that after nearly two month of treatment I was all fine. However, this interruption of my medicine resulted in resurgence of pain. Again in pain, I visited Dr. Malik and I remember I was fasting. That was indeed a wonderful experience because Dr. Malik asked me to sniff BRY and RTX medicines through deeply inhaling each medicine for nearly 20 times in a matter of a minutes. In our conversation, I learnt that Dr. Malik is using olfactory system and I must admit, I got an immediate relief in my pain like nearly 50% right there in clinic. Since I understand molecular and biochemical basis of living cells, it was always a pleasure to learn Dr. Malik's theory about how disease can be cured by bringing back right ionic balance as well as energy patterns. I strongly believe Dr. Malik should get his theory as well as lectures recorded on You Tube because there is much more to what I just

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described above and next generation of cell and molecular biologist or students of medicine and biochemistry should learn them. Most importantly, I strongly believe if homeopathy is to have mainstream acceptance, it should teach concepts and theory of quantum mechanics and advance levels of biophysical patterns and biochemistry to next generation of students. I would highly recommend that curriculum for homeopathy medicine should contain Dr. Malik's book Quantum Mechanics of Homeopathy right from the beginning along with Energy and Equilibrium Physical Chemistry to all students, if it is not being taught already. This will certainly strengthen intellectual as well as professional skills of all future students of Homeopathy which is wrongly understood in general public. As a student of science, I always believe that there are no limits of human brain and we keep learning new things till our departure from this physical world. As someone who is involved in discovery voyage and creation of knowledge, my belief that knowledge has no bounds got further firm after my treatment from Dr. Malik and long conversations with him where I have certainly learnt new directions which I will certainly employ in my own classes in future.



Muhammad TARIQ

I received my PhD in 2003 from Friedrich Miescher Institute for Biomedical Research, Switzerland followed by EMBO postdoctoral fellowship at Centre for Molecular Biology at Uni. Heidelberg from 2003-2006. Before moving back to Pakistan in 2009, I worked as a Senior Researcher in Department of Systems Biology at ETH Zurich. My own area of expertise is Epigenetic gene regulation during development and we use *Drosophila* as a model system in our lab. The purpose of giving my own background is to reflect the process I have been through in my academic life and also give you a fair idea how many students I may have seen in last 15 years while growing as a scientist. Currently I am Associate Professor and Chair of Biology program in School of Science and Engineering (SSE) at Lahore University of Management Sciences (LUMS).

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