

The range of modalities allows naturopathic doctors to develop treatment plans that address not only the physical aspect of a person, but also the mental and emotional aspects. The naturopathic therapies are all based on the same principles, they all assist the body's healing response, and they are often more effective when combined.

### Testimonial

Before joining BICOM/Craniosacral program, our son, Clement, 12, has very little motivation to do well in school. He is always very restless, inattentive and behaves and talks like a small child both in school and at home. When the problems persist to the extent that it adversely affects his attitude towards his study, we decided to refer him to this Centre in the hope that alternative medicine may help my son with his problems.

Clement has shown not only marked improvement in his exams but has also changed dramatically in his behaviour and attitude towards his family friends and teachers. He is also able to concentrate and focus more on his work without much supervision. We are extremely pleased and satisfied with the results of the treatments he received and will not hesitate to share our experience with any parents who have similar problems with their children.

Wang Hung Jeng (Mother)

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## We provide the following modalities to support Adults and Families a brief overview

**Acupuncture:** We use disposable needles

**Bio-Energetic Medicine:** Uses equipment for diagnosis and treatment

**Biological Medicine:** An integrated system that uses many modalities for pathology and wellness

**Craniosacral Therapy:** Hands-on system to very gently correct the musculo-skeletal system and fascia of the body

**Functional Medicine:** Focused on wellness assessments and tailored treatments.

**Hair Mineral Analysis:** Checks for deficiencies in minerals and vitamins. Can also tell if you are pre-osteoporosis

**Homeopathy:** Remedies are in liquid form and tablet forms and work through stimulating your immune system.

**Herbal Medicine:** Remedies usually come in tablets in precise dosages, unlike Chinese herbals which are traditionally "brewed" at home

**Hynotherapy:** "Mind effects body". Used to improve thinking and learning faculty, healing, phobias

**Iridology:** Diagnosis using the markings in the eye. Also checks for genetic predisposition and constitutional strength

**Kinesiology:** Hands-on system. We primarily use this as a quick preliminary diagnostic tool

**Naturopathy:** The Western System of Natural Medicine

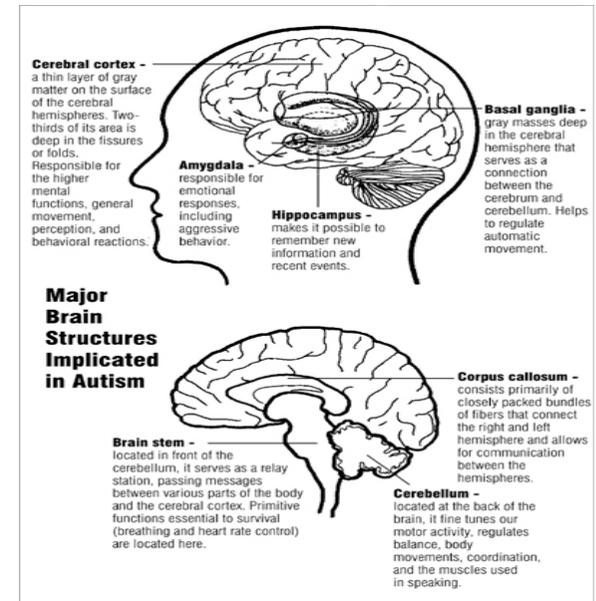
**Spinal Manipulation:** Hands-on system for pain. Used in conjunction with Craniosacral Therapy, Kinesiology and Total Body Modification

**Visceral Manipulation:** Correcting lesions of the internal organs

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# A NATUROPATHIC APPROACH TO

## ATTENTION DEFICIT DISORDER & ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADD/ADHD)



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## What is it?

ADD is a persistent and frequent pattern of inappropriate inattention and impulsiveness, with or without hyperactivity (excess activity). Often children with ADD/ADHD have difficulty paying attention when presented with numerous stimuli that compete for their attention. However, when presented with tasks of their own choosing – or those they find interesting – their attention span may increase dramatically. Conventional treatments commonly include prescription stimulants such as Ritalin and Dexedrine, however, these medications may have undesirable side effects. Naturopathic medicine offers a number of treatment alternatives for children with ADD/ADHD.

## Nutrition

Dietary changes may significantly impact the symptoms of ADD/ADHD. Artificial colourings, flavourings and preservatives in food may aggravate sensitive children. Your naturopathic doctor or supervised clinic intern can help identify chemical culprits in the diet such as BHA, BHT and salicylates, which have been linked to hyperactivity. Supervised dietary modifications or special hypoallergenic diets could be helpful as components of a complete treatment plan.

## Nutritional Supplements

Calcium and magnesium are calming to the nervous system. B-complex helps to relax a stressed nervous system and improve mental functioning and concentration. Essential fatty acid deficiencies can lead to hyperactivity. A licensed Naturopathic Doctor can recommend the appropriate dose and balance of supplements for your child.

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## Botanical/Herbal Medicines

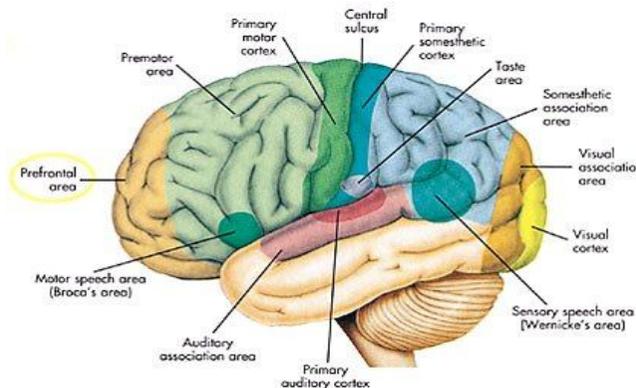
Herbal medicines have long been used to relax the nervous system, relieve stress and calm the mind. Potentially beneficial herbs include chamomile, skullcap, bupleurum, oat straw, valerian and rosemary. Herbal medicine should always be used under the supervision of a qualified practitioner.

## Traditional Chinese Medicine (TCM)

This ancient form of medicine understands disease to be a disharmony within the body. When the body is out of balance the mind and emotions can be affected. An ND can assess disharmony according to TCM theory by looking at symptoms in combination with traditional diagnostic techniques, such as evaluation of the tongue and pulse. Harmony can be restored in the body through the use of diet modification, acupuncture and herbs.

## Homeopathic Treatment

Homeopathic medicine is the science of using small, potentized doses of medicine to stimulate the body's ability to heal itself. These remedies are selected based on the Law of Similars,



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which states that a substance from nature that has the ability to cause a set of symptoms in a healthy person can cure those same symptoms in a sick person. Homeopathy can help treat ADD/ADHD by addressing the specific behaviours, characteristics and personality of your child with a prescription tailored to the unique personality and symptoms s/he displays.

## Questions Commonly Asked

What is naturopathic medicine?

Naturopathic medicine is a unique and comprehensive approach to improving health and treating illness. It is based on the healing power of nature and it supports and stimulates the body's ability to heal itself. It uses a combination of natural medicines and gentle, hands-on techniques.

What training do naturopathic doctors have?

Like a conventional doctor, dentist, or chiropractor, the naturopathic doctor first completes pre-medical studies at pre-university. The naturopathic student then moves on to a four-year, full-time program at an accredited naturopathic college. The first two years of study focus on basic medical sciences and diagnosis. The last two years concentrate on naturopathic principles and therapeutics, including extensive clinical practice in a supervised teaching clinic.

What are the kinds of treatments that naturopathic doctors use?

The basic therapies are clinical nutrition, botanical medicine, homeopathic medicine, Asian medicine (acupuncture and eastern botanicals), physical treatments and lifestyle counseling.

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