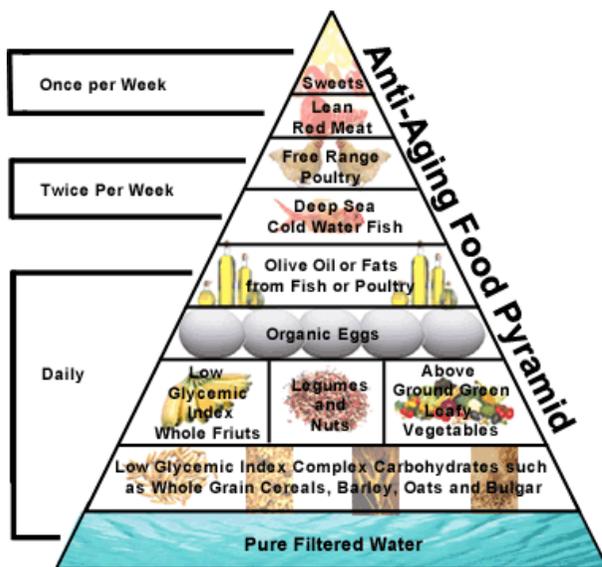


Essential Fatty Acids Essay

Essential Fatty acids may be some of the most essential nutrients in the human diet, critical for cell membrane structure and function and for local "hormonal" signaling. The number of diseases whose clinical course can be affected by fatty acid therapy is huge, including inflammatory disorders, cardiovascular disease, hormonal disorders, auto-immune disorders, arthritides, mental and behavioral disorders, and many cases of senile neurological degeneration.

Amino Acids Profile

Amino acids, such as tryptophan, phenylalanine, and methionine, can influence pain threshold, mood, and sleep patterns. Tryptophan is the precursor of serotonin, which influences sleep patterns and mood. Amino acids imbalance have been tied up to depression, heart disease and impaired detoxification.



CALL
Sundardas Naturopathic Clinic
Tel. 6323 6652

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

Cosmetic Acupuncture: Natural Facelift without surgery or botox.

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

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

Lymphatic Drainage: Hands-on system to very gently correct the lymphatic system of the body

Blood Type Diet: Your personalized nutrition program to slow down ageing, lose weight and prevent diseases.

Natural Hormone Replacement: Avoid the horrors of synthetic hormones (heart diseases, cancer and osteoporosis) using Natural Hormone Replacement Therapy (NHRT).

Blood Type Exercise Program: Your personalized blood type exercise program to optimize mind-body fitness and to slow down ageing.

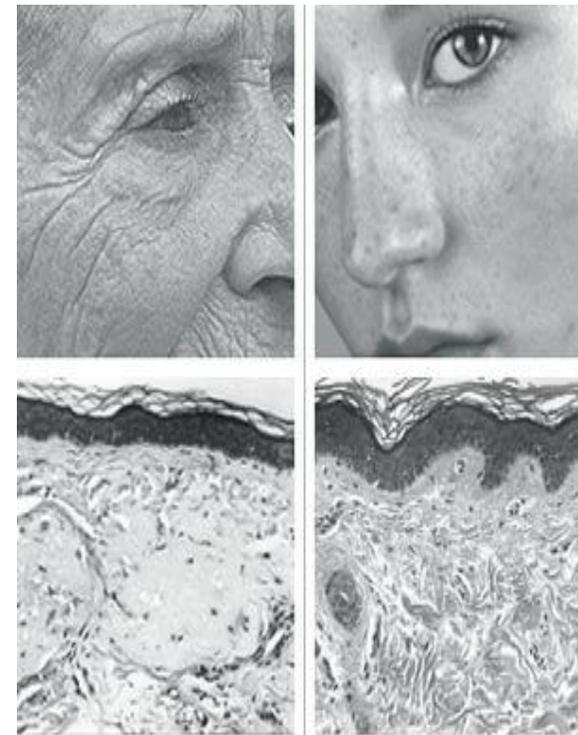
Blood Type Supplement: Your personalized nutrition to slow down ageing.

Mind Body Program: Special Psychological programs to wipe out disease patterns and extend your life potential.

Anti-Ageing Assessments: The only practice in Singapore offering you the best of Western Traditional Medicine and Complementray Medicine testing methodology.

CALL
Sundardas Naturopathic Clinic
Tel. 6323 6652

ANTI-AGING ASSESSMENT at Sundardas Naturopathic Clinic



CALL
Sundardas Naturopathic Clinic
251A Victoria Street
Singapore 188035



Tel. 6323 6652
www.sundarnaturopathy.com

SNC ANTI-AGEING ASSESSMENT

Its too easy to take ageing for granted. If we don't do anything different, we are likely to age and experience all the discomfort and distress that our parents and grand parents experienced. Fortunately there is another route.

Preventive Medicine is the pleasant medical approach. You receive the therapies that help you to prevent illness before it happens -- instead of always getting therapy after the suffering has already begun. An important new aspect of Preventive Medicine is the **new scientific knowledge about the aging process and how it might be delayed or reversed** -- making your "healthspan" almost as long as your lifespan and making both healthspan and lifespan longer.

At Sundardas Naturopathic Clinic, Health Screening, our Anti-ageing Screens allow us to design custom made nutritional, homoeopathic and bio-identical supplements to optimize your life span. As the foremost Naturopathic and Prevention specialists in Singapore, we are uniquely positioned to look after your structural, nutritional, hormonal and emotional well being to have a long and fruitful life. We believe that regular Anti-Ageing health assessments help to determine the well being of an individual, minimise the risk of future illness and allow early detection of diseases, especially for those after 40. By identifying any potential risks or problems, we can work together to develop simple strategies to address these and help you maintain your physical and mental health for as long as possible. For the last 16 years we have been at the forefront of preventative medicine.

Why choose Sundardas Naturopathic Clinic Anti-Ageing Screening?

We at the Naturopathic Clinic are currently the only practitioners offering the range of testing

CALL
Sundardas Naturopathic Clinic
Tel. 6323 6652

services that include both the conventional type screening as well as the more subtle Complementary Type Assessments that look at early warning markers that are habitually overlooked in the more traditional Western Medicine type assessments.

The Assessment includes:
All the components included in the Gold Health Screen , plus the additional features.

IN HOUSE ANTIAGEING ASSESSMENTS

VITALITY AND LONGEVITY ASSESSMENT

Bio-Impedance Assessment

Bio-electrical impedance analysis (BIA) is a non-invasive measurement of how body tissues and fluids conduct electricity. These painless measurements give the practitioner a comprehensive indication of the clients state of health or disease, allowing improved client care. Nutritional medicine represents perhaps the most dynamic area of growth in medicine today. Proper body composition is vital to good health.

Body composition and fluid volume change with your nutritional state. Maintaining a healthy body composition is a key ingredient of good health, at least as important as maintaining a healthy weight. The proper lean-to-fat ratio and body cell mass are associated with longevity and reduced risks of cardiovascular disease and cancer. Achieving a natural balance maintains health, improves recovery and enhances well being. The BIA makes an accurate assessment of the body composition available to anyone. It's simple, fast, inexpensive and accurate. In fact, independent researchers have found that bio-impedance is a highly reliable method of assessing body composition. The applications for this system are many. It can be used as part of a routine physical exam or for monitoring changes in body fat from diet and exercise programs. BIA is a valuable component of our comprehensive health promotion services.

CALL
Sundardas Naturopathic Clinic
Tel. 6323 6652

H- SCAN – GOLD STANDARD IN ASSESSING FUNCTIONAL AGEING

12 functions that contribute to the quality of life

Quality of life depends on the ability to function. Beginning at about age 35, decline occur in functions that are essential for the activities of daily living. The H-SCAN measures 12 of the most important of these functions, including memory, reactions, hearing, vision, agility, decision speed, movement speed, tactile sense, and lung function. By measuring such biomarkers of aging and comparing scores to norms by age and sex, the H-SCAN determines a person's functional age for the 12 age tests, as opposed to his or her chronological age. In 1959, Hollingsworth, studying survivors of the Hiroshima bomb, introduced the use of biomarkers to measure human aging. Today, the H-SCAN is the most widely used instrument for this purpose.

All three assessments give you a marker of your biological ageing status.



CALL
Sundardas Naturopathic Clinic
Tel. 6323 6652