

We are offering free radical testing by using the urine. Just a simple urine sample and you will know your level of free radicals. This indication will give you an idea on your state of health. We also measure other ways in which your body can generate free radicals as well as your Anabolic/Catabolic balance.

Our physician will explain and guide patients towards the key to good health and long life. You will leave the clinic empowered with the knowledge of how to maximize your internal defense to protect yourself from bombardments that may lead to disease. In fact, the clinic aims at getting all its patients to achieve total well-being and improved quality of life.

About Dr Sundardas D Annamalay

BSc(Phy), ND [Aust. & US], DAc (S'pore, Aust.)
 PhD, DABAAHP, FUNM, MIFHI [USA], MD [MA] [Sri Lanka]
 Naturopathic Physician, Homoeopath, Licensed Acupuncturist

Clinical Nutritionist, Clinical Hypnotherapist

Dr Sundardas is a Naturopathic Physician practicing for the last 20 years in Singapore. His clinical interests include children's learning disabilities (ADD/ADHD, Autism, Infections), Allergies, Women's Health Concerns, Musculoskeletal Pain and Healthy Aging. He is currently Professor of Naturopathic Medicine to the Youngson Institute of Natural Science (Australia) and runs a busy practice in Singapore.

Dr Sundardas is a board certified Diplomate of the American Board of Anti-Aging Health Professionals and a member of the American Academy of Anti-Aging Medicine. He is also a registered Naturopathic Physician with the Naturopathic Practitioners' Association (Australia). Dr Sundardas is a Fellow of the Faculty, University of Natural Medicine (Nevada) and a Defeat Autism Now network certified physician.

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The Paracelsus Biological Medicine Network is based at the Marion Institute and serves as the representative for Paracelsus Biological Medicine (PBM) in North America. The Paracelsus Biological Medicine Network is dedicated to the vision of healing embodied by PBM and making this medicine more available to people in North America. The PBMN coordinates referrals to the Paracelsus Clinic in Switzerland, trains practitioners, cultivates and networks with the ever-growing community of PBMN patients and practitioners, helps organize publications and plans public lectures when Dr. Rau is in the United States.

PBM is a highly sophisticated scientific, holistic medical philosophy developed by Thomas Rau M.D., Medical Director of the Paracelsus Clinic in Lustmuhle, Switzerland (www.paracelsus.ch). The basic approach to biological medicine is expressed by its name: bio-logic - the logic of nature. By working with the innate wisdom of the body and the natural life-force around us, PBM frees our natural healing systems to do what they were intended to do: rejuvenate, replenish and restore. And because every person is unique, PBM treats the individual and not merely the disease. Dr Sundardas was the first Naturopathic physician in Asia trained in these innovative Integrative Medical approaches for Cancer prevention and after care management more than 10 years ago.

Testimonial

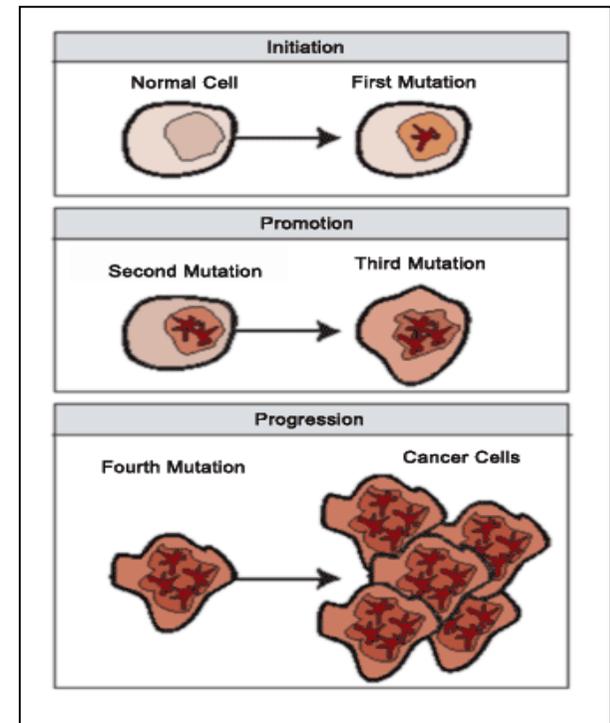
Advanced prostate cancer with a Lymph node involvement and bone metastases. Treatment started Jan 2007. Also on Hormone Therapy (Medical castration)

The bone metastases is not seen now in the latest bone scan. PSA has come down from 360mg/ml to 0.219mg/ml. Platelet count has gone up to within normal limits
 K. Shivakumar , (General Manager), India
 Dated: 31 May 2010,

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Cancer After Care

Naturopathic Approach



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Doctors may not prepare patients in remission on what to expect or do after treatment. This often leads to unrealistic expectations of wellness of patients, families and friends. They may be concerned and constantly worried about recurrence.

The main objective of the Naturopathic Clinic's, Cancer After Care Department is to help patients remain cancer free with proven treatment in terms of scientific evidence and published journals.

Our Objectives:

- To help cancer patients in remission to remain cancer free.
- Cellular support to minimize risks of recurrence.
- To improve overall quality of life.
- To increase life span.

The consultation involves advising patients on how to achieve and maintain optimal health so as to reduce bombardments by free radicals and carcinogens that increase the chances of recurrence. This includes enhancing immunity, anti-oxidant and detoxification functions and this must start from within the body. We emphasize on ensuring that all our patients understand the important knowledge in making use of their body's most powerful healing agent within the cells to achieve the objectives of the clinic.

In addition to leading a healthy lifestyle such as healthy diet, lower stress levels, exercise and regular checks with the oncologists to ensure that the cancer has not returned, it is important to understand what are the causes of cancer so as to know how to reduce the risks of the cancer returning.

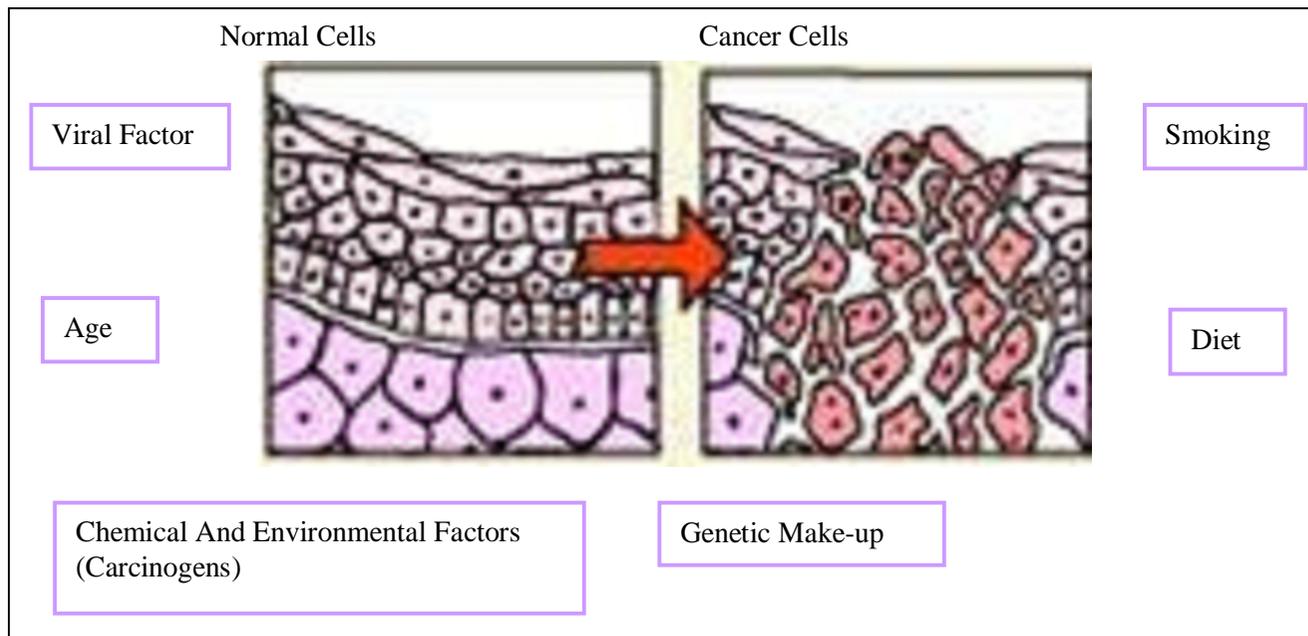
Two major considerations in Cancer Rehabilitation are:

A) Anabolic/Catabolic Balance

Anabolism refers to cellular buildup. Catabolism refers to cellular breakdown. These two processes are involved in ageing. As you age poorly due to chronic diseases like cancer, catabolism increases much faster than it should.

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RISK FACTORS FOR CANCER



Cachexia and Cancer

Progressive weight loss is a common feature of many types of cancer and is responsible not only for a poor quality of life and poor response to chemotherapy, but also a shorter survival time than is found in patients with comparable tumors without weight loss (The Journal of Nutrition Vol. 129 No. 1 January 1999, pp. 243S-246S).

B) Oxidative Stress – Environmental Damage and Hidden Infections

Oxidative Stress is a significant marker in disease and ageing. Oxidative stress is caused by Free Radicals. Free radicals have been classified as an important class of carcinogens, ie cancer causing agents. (European Journal of Cancer, 1996 Jan;32A(1):30-8). Free radicals damage and destroy cell walls, cause cell deaths and disrupt DNA

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patterns that lead to diseases such as cancer. Cancer recurrence shares the same logic. Today, there is no doubt that anti-oxidants help diminish cell damage, lessen the threat of disease and slow down the harmful effects of ageing.

Antioxidants are substances that protect cells from damage caused by free radicals. They help prevent the free radicals damage that is associated with cancer. Pharmacies and health food stores are resplendent with a large array of different antioxidants. Although these antioxidants including vitamin C and vitamin E are "natural", they may be given to you in a form that is not natural or bio-available. If you take a nutrient that is not bioavailable, no matter how good it may be, your body may not be able to use this.

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