

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: Focussed on wellness Assessments and precisely tailored solutions

Hair Mineral Analysis: Checks for deficiencies in minerals and vitamins. **Homeopathy:** Remedies are in liquid form and works through high dilution

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

Hormonal Therapy: The use of natural substances for hormonal modulation and replacement

Spinal Manipulation: Hands-on system for pain. Used in conjunction with Craniosacral Therapy,

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Sundardas Naturopathic Clinic
Tel. 6323 6652

About Dr Sundardas D Annamalay

BSc(Phy), ND [Aust. & US],Dac (S'pore,Aust.)

PhD, [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. He has seen more than 15,000 people in his clinics and seminars.



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NATUROPATHIC MEDICINE

Helping Families
Heal Naturally



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Principles of Naturopathic Medicine

The Healing Power of Nature

Naturopathic Medicine recognizes an inherent self-healing process in each person, which is ordered and intelligent. If given the right environment, your body will establish and maintain wellness.

First Do No Harm

Naturopathic Physicians use therapies and medicines that minimize the risk of harmful side effects.

Identify the Cause

Health and disease are the result of various factors in our lives. Once identified, we find ways to enable patients to remove these factors and restore wholeness.

Doctor as Teacher

The origin of the word "doctor" means teacher. The Naturopathic Physician upholds this responsibility by viewing each visit as an educational opportunity.

Treat the Whole Person

Health and disease result from complex interactions between our internal (physical, mental, emotional, spiritual, genetic) and our external (social, environmental) experiences. Naturopathic medicine recognizes that optimal health is based on the harmonious functioning of these factors.

Preventive Medicine

Naturopathic Physicians emphasize the prevention of disease by assessing risk factors and susceptibility to disease. Appropriate interventions are made in partnership with the patient.

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Wellness

Your journey begins when you define what wellness means to you.

How Do I Get Started?

After scheduling an appointment, please gather any medical records, labs or pertinent information and bring them with you for your first appointment.

Initial Visits

Since understanding the whole person is crucial to naturopathic medicine, a typical first office call (FOC) will be 60 to 90 minutes. In this time, we get to know you, your health history and your present concerns. Your FOC is followed by a return office call, which includes physical exam, review of lab and suggestions on the type of follow up visits best suited to your needs.

These first two visits are crucial to truly understand who you are as a whole person.

Follow-up Visits

30 to 60 minutes follow up visits are scheduled as necessary for health monitoring or in the case of an acute illness. Each person has unique needs, we are committed to walking with you on your pathway to healing.



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Reasons to Schedule with your Naturopathic Physician:

General:

- Common Cold · Influenza (flu) · Headaches
- Food Allergies · Sinusitis · Wellness visit
- Insomnia · Fibromyalgia
- Autoimmune disease

Gastrointestinal Health:

- Heartburn · Celiac disease · Irritable Bowel
- Diarrhea/Constipation · Candida albicans
- Ulcerative Colitis

Women's Health:

- PMS · Menopause · Cystitis
- Urinary tract infections (UTI)
- Painful menses

Skin:

- Eczema · Psoriasis · Hives · Dermatitis
- Acne

Respiratory:

- Asthma · Bronchitis

Chronic Diseases:

- Cancer · Diabetes · Chronic Fatigue

Musculoskeletal:

- Arthritis · Sprain · Strain · Tendonitis

Mental Health:

- Depression · Stress · Anxiety

Cardiovascular

- High blood pressure · High Cholesterol
- Cardiovascular disease

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