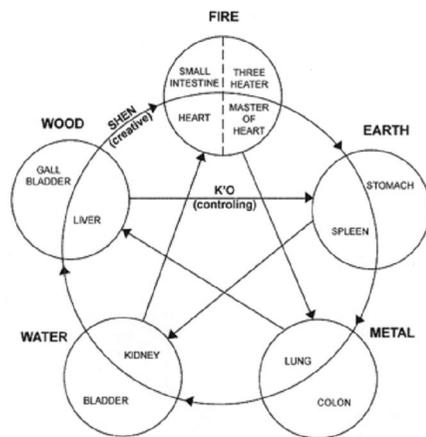


The above wellness assessment was developed from over 16 years of research over 8000 clients. It allows a spa or wellness clinic to implement a wellness program in very easy stages.

In thirty minutes, this noninvasive scanning process can screen for the following :

- | | |
|-------------------------------------------------------------------|--------------------------|
| Food Sensitivities | Nutritional Deficiencies |
| Spinal / Cranial Sacral | Adrenal Function |
| Environmental Factors | Hormone Levels |
| Biological Age | Organ Function |
| Hydration / Oxygenation | Acid / Alkaline Balance |
| Toxicities - exposure to excess chemicals, heavy metals / mercury | |
| Pathogens - bacteria, fungi, viruses, parasites | |
| Homeopathic Therapy | |
| Allergy Testing | |
| Meridian Imbalance | Chakra Assessment |
| Weight Loss Profile | Emotional Stress Pattern |



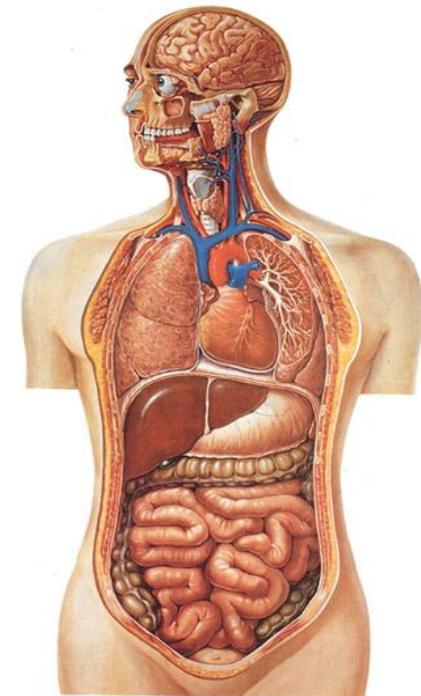
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**We provide the following modalities to support
Adults and Families**
a brief overview

- 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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**Optimal Health
at Sundardas
Naturopathic Clinic**



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Understanding Wellness

The human body is a complex sensing organism with innate intelligence capable of processing everything that enters into its environment. Processing stimuli thousands of times per second, the body strives to sustain homeostasis, or balance between systems. The body's self-regulation of major systems and sub-systems is critical to our overall well-being.

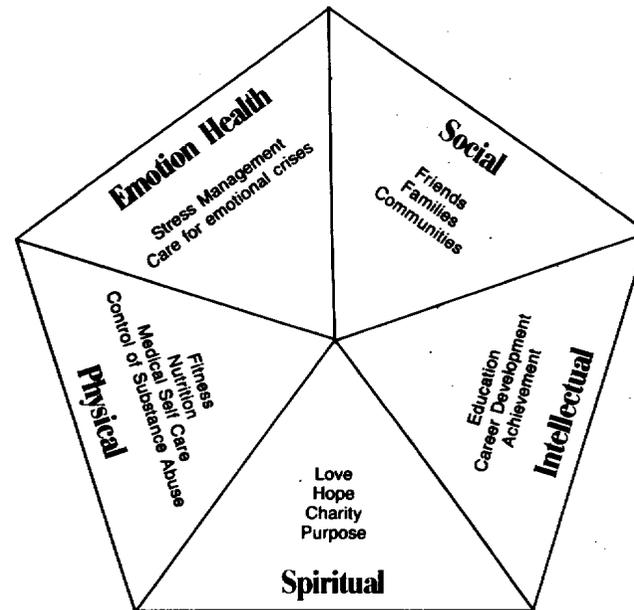
So remarkable is the body's drive to maintain balance that even in the face of extreme stress, we are often unaware of an imbalance until the body's coping mechanisms are overloaded and physical symptoms manifest themselves. For example, ailments such as ulcers, migraines, and aching joints, don't develop overnight although they may reveal themselves that suddenly.

The Optimal Health System

The devices and tests that we use in the Health assessment (which are all FDA approved) tap into the body's own data communication pathway. By monitoring the body's response to bio-chemistry, bio-physics and bio-mechanical and bio-emotional signals, it determines energy demands communication pathways and assists the practitioner in establishing a treatment protocol to bring the body back into balance. This highly individualized approach to wellness opens a new chapter in health science, introducing technology that bridges the gap between science and complementary medicine.

This comprehensive assessment takes place in the four dimensions of your life,

namely: bio-physical, bio-chemical, bio-energetic and bio-emotional (psychological). In each of these dimensions we evaluated the client through questionnaire and physiological measurements. After taking all these data points, we score them and then through a very sophisticated calculation determine the client's overall wellness quotient.



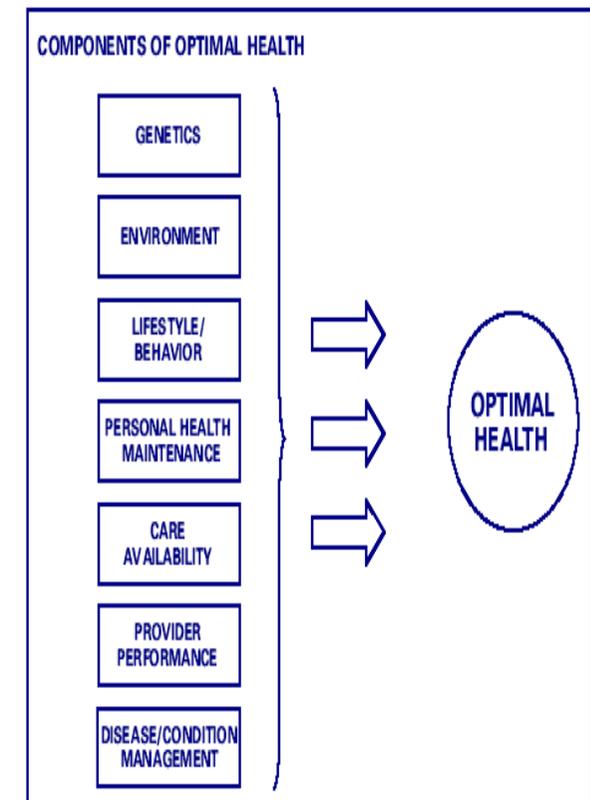
The following are the 4 different components that we assess in the Optimal Health Assessment.

Bio-mechanical: (structural effects of accidents, general wear and tear and the ability to walk and sit comfortably against the forces of gravity).

Bio-chemical (getting enough good water, proper nutrition vs. toxins of all sorts).

Bio-emotional: (Good or bad thoughts and emotions have a direct effect on our body. Family, social and spiritual relationships are all possible causes of stress or support).

Bio-energetic: The concept behind the bioenergetic evaluation is a marriage of the Chinese model of acupuncture and wellness with modern biofeedback and physio-feedback technology.



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