

TESTIMONIALS

Neck Pain, Blood Pressure and Neuralgia

I would like to express my heartfelt thanks to you and testify how much I have benefited from my second session of spinal manipulation that you conducted on Monday, 19 June 2006. I feel really good. I cannot remember when was the last time I felt this good. Blood pressure at home is very satisfactory ...The only regret is that I should have consulted you 3 years ago and not spending lots of monies consulting all kinds of specialist (I have seen 3 cardiologist, neurologist, urologist etc), the most recent one was seeing an Orthopedic at ... for complaint of neck pain and numbness on the right arm until fingers tip. I spent less than 15 mins with him and spending almost \$1,000 to do MRI and only to be told that nothing can be done except to do a surgery or physiotherapy.I can't wait to tell all my friends about your centre.
Janice Chua

Neck and Backache, right elbow ache, right middle finger ache/twinges.

After the first treatment, the almost constant back and neck ache was gone. As I go through more ... sessions, I feel generally better. I dare to work on the computer again. I understand more about my body and definitely have a greater appreciation how trigger points and my muscles work. Relief from constant ache is a god send.
Tan Mei Ching (Writer)

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

Acupuncture: Working on the energy system of the body. We use disposable needles

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

Meridian Therapy: Working with the energy system of the body using **BICOM, ONDAMED** and **Microcurrent Therapy**

Biomesotherapy: Specific saline injections in painful areas

Homotoxicology: Complex homoeopathy for pain relief and healing

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

Total Body Modification: A branch of kinesiology

Visceral Manipulation: Gentle manipulation of the internal organs to correct musculo-skeletal and other conditions

Assessments: PosturePro, MyoVision

**We offer the broadest range of
manipulative therapies for pain
management in Singapore.**

Naturopathic Manipulation

Children

Glue Ears
Sinusitis
Lung
Infections

Adults

Headaches
Migraines
Neck
Problems
Cervical
Spondylosis
Asthma
Upper Back
Pain
PMS Pain
Lower Back



Relieving pain the natural way.

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251A Victoria Street
Singapore 188035



Tel. 6323 6652
www.sundarnaturopathy.com

What is Naturopathic Manipulation ?

Naturopathic Manipulation is the modern, scientific development of two of the oldest forms of treatment known to man—massage and manipulation. It is essentially a natural therapy, which seeks to overcome the wide range of diseases, disability and pains which results from disturbances of the body's framework and moving parts.

How does it work?

Just as structural engineers undergo a lengthy training to help them understand the mechanics of bridges, dams and high rise buildings, so manipulative therapist follow an extensive, four-year training including anatomy, physiology and pathology of the human body. This equips them to analyse your problems and diagnose your complaints, using a variety of clinical skills backed up where necessary by X-ray examinations and biochemical tests. Their treatment— designed to correct the faults revealed by this thorough structural investigation— is gentle and rarely causes pain. In most cases it is followed by explanation and advice to help you prevent a recurrence of your trouble. If other treatment is indicated, you will find that your practitioner will refer you to an appropriate source of help. Manipulative therapists include osteopaths, chiropractors, manipulative physiotherapists, and naturopaths.

Where can Naturopathic Manipulation help?

It is helpful in overcoming stiffness and locomotor disabilities, problem with walking, climbing stairs, dressing and getting up from beds and chairs. But most of all it is effective in alleviating acute and chronic pain.

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Athletic injuries

The growth of interest in sports and fitness training has led to an increase in sports-related injuries, which manipulative therapists are uniquely equipped to handle. Many of the world's top athletes today acknowledge the debt they owe to manipulative therapy.

Muscular rheumatism

Muscle pains— lumbago, 'fibrositis' and rheumatic aches in the legs and arms— are some of the commonest medical complaints. These conditions can be alleviated, but rarely cured, by drugs. To obtain more permanent relief it is necessary to try and eliminate their underlying cause, something such a practitioner is specifically trained to do.

Foot pain

The foot is an incredibly efficient piece of human engineering; a complex arrangement of twenty-six bones united to ligaments to form thirty-three separate joints. It is also a frequent source of pain, which can be severe enough to make walking difficult and life miserable, a disability which can often be relieved by manipulative treatment.



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Tension headaches

It is generally recognised that a large proportion of headaches - 80 percent or more - originate from stiffness and tension in the neck. This gives rise to pain, often radiating over the skull from the base of the neck to the eyes. Heat and analgesic tablets frequently ease this pain, but long-term relief often requires accurate osteopathic diagnosis and treatment of the underlying problem.

Back pain

A lot of adults will be crippled by backache at some time in their lives. This is one of man's perennial problems, a malady as widespread as the common cold, as painful as toothache and sometimes as crippling as stroke. The vast majority of back pains result from mechanical disturbances of the spine - postural strains, joints derangements, spinal disc injuries - and can be relieved or completely cured by carefully designed manipulative treatment.

MULTI-DIAGNOSTIC STEPS for diagnosing your aches and pain

The SNC Healing System will investigate **step by step using our many diagnostic tools** what is the cause for conditions such as your aches, asthma, back pain, constipation, haemorrhoids, joint stiffness, stomach troubles, The root cause may be bio-chemical, structural , energetic, psychological or emotional, or a combination of several causes.

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