

## TESTIMONIALS

**Constant gas & diarrhea, eye infection, blurred vision, headaches, occasional fever, fatigue, kidney infection, yeast infection.**

The symptoms began to gradually fade as I followed the diet requirements and took the various pills and medicine. Not all of my symptoms have disappeared yet, but they have improved. I've found more success with this clinic in two months of visits than with several years of various treatment from traditional medicine.

Melanie Botts (Journalist)

**Eczema, atopic dermatitis** since birth. Have been to many dermatologists, who typically recommend steroids coral and creams which work very well but have to be taken/used continually and have documented side effects.

After about 3 weeks, my skin began to improve. But there were some ups and downs and the treatment (especially the diet) was not easy to stick to. After about 2-1/2 months my skin cleared up noticeably. I now use only moisturizer and even then not so much..  
Angie Maniam (HR Manager)

### Chronic Pain

For the past ten years I used to have pains on my neck to lower arm and legs.

After removing all the mercury fillings on my teeth all the pain vanish. Almost immediately. Today I'm free of the above pain. I am grateful to Dr Sundardas, cause if not for him I would have continued poisoning my own body through the five mercury fillings done to my teeth.

Rathana (Insurance Agent)

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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 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

**Hypnotherapy:** "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

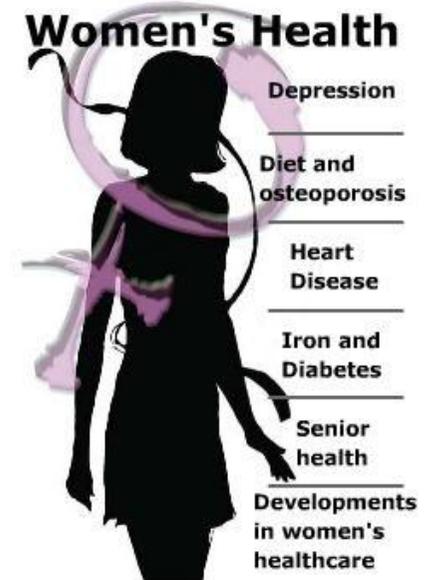
**Spinal Manipulation:** Hands-on system for pain. Used in conjunction with Craniosacral Therapy, Kinesiology and Total Body Modification

**Visceral Manipulation:** Correcting lesions of the internal organs

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# A NATUROPATHIC APPROACH TO

## HEALTH CARE FOR WOMEN



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Women's health issues have been the focus of naturopathic medicine and research for many years. The Sundardas Naturopathic Clinic is dedicated to identifying treatment options and approaches that address and treat women's health concerns. Treatment is individualized to the patient's susceptibility and current symptoms and is based on detailed assessments and understanding of the contributing causes. Some of the health concerns facing women are:

### Menstrual health

Painful period, mood changes and irregular bleeding – many women believe that these are a normal part of menstruation, yet they don't have to be. The causes for these symptoms may be hormonal imbalances, nutritional deficiencies, a build-up of environmental toxins, emotional factors and/or excessive stress. A naturopathic doctor can assist in understanding and identifying the specific causes for an individual's menstrual symptoms and will work with women to develop a treatment plan that assists in improving overall health and restoring balance.

### Breast health

Breast cancer and fibrocystic changes in the breast are prevalent amongst Asian women. Research indicates that environmental toxins and pollutants, hormones and chemicals added to food, overall diet choices, emotional concerns and excessive stress are all factors. Naturopathic doctors consider all aspects of breast health and develop treatment plans to aid in the prevention of breast disease.

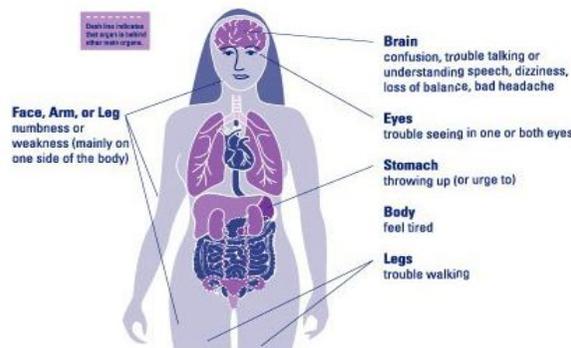
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### Menopause

Menopause is a significant part of woman's life with changes occurring at physical, mental, emotional and spiritual levels. Naturopathic therapies offer an alternative and/or complement to conventional medicine and address a women's concerns at all levels. For example, botanical medicine can often assist in addressing the common physical symptoms; homeopathic medicine can assist with emotional and spiritual changes as a woman adapts to a new phase of life; Asian medicine can have a balancing effect on both a physical and mental level; and clinical nutrition can assist in identifying and correcting any dietary deficiencies or imbalances that may be exacerbating symptoms.

### Osteoporosis

A serious concern for many women is the loss of normal bone mineral density that often occurs with aging and illness. The occurrence and severity of osteoporosis can often be addressed by working with a naturopathic doctor to develop an individualized treatment plan that addresses nutritional deficiencies, and includes exercise and lifestyle changes that may be contributing to your risk of osteoporosis.



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### Fertility

For each woman the issues around fertility are very unique. Often the causes are multi-factorial and a treatment approach that looks at the whole person can be very effective. Research supports naturopathic treatment plans for those having fertility concerns and also for those looking for natural methods for conception.

### Questions Commonly Asked

What are the kinds of treatments that naturopathic doctors use?

The basic therapies are clinical nutrition, botanical medicine, homeopathic medicine, Asian medicine (acupuncture and eastern botanicals), physical treatments and lifestyle counseling. The range of modalities allows naturopathic doctors to develop treatment plans that address not only the physical aspect of a person, but also the mental and emotional aspects. The naturopathic therapies are all based on the same principles, they all assist the body's healing response, and they are often more effective when combined.

What kinds of health problems can naturopathic doctors help with?

Naturopathic care can be helpful for many conditions, including fatigue, headaches, skin conditions, digestive difficulties and menstrual complaints. Naturopathic medicine can be particularly helpful for chronic conditions such as arthritis or recurrent colds and flu – in cases like these, stimulating the body's natural healing processes is very important.

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