

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

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

<i>Food Sensitivities</i>	<i>Nutritional Deficiencies</i>
<i>Spinal/Cranial Sacral</i>	<i>Adrenal Function</i>
<i>Environmental Factors</i>	<i>Hormone Levels</i>
<i>Biological Age</i>	<i>Organ Function</i>

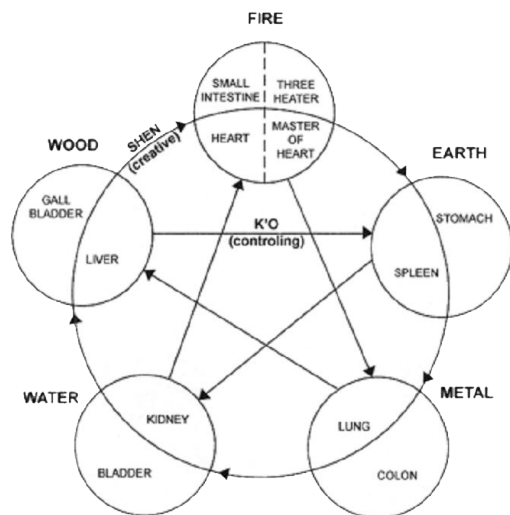
Hydration/Oxygenation Acid/Alkaline Balance

Toxicities – exposure to excess chemicals, heavy metals/mercury

Pathogens – bacteria, fungi, viruses, parasites

Homeopathic Therapy

Allergy Testing	Chakra Assessment
Meridian Imbalance	Emotional Stress Pattern
Weight Loss Profile	



## We provide the following modalities to support anti-aging programmes

### A BRIEF OVERVIEW

**Cosmetic Acupuncture** Natural facelift without surgery or botox

**Craniosacral Therapy** Hands-on system to very gently correct the musculo-skeletal system and fascia of the body and rejuvenate the nervous system

**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, eliminate toxins and slow down ageing.

**Blood Type Diet** Your personalized nutrition program to slow down ageing, lose weight and prevent disease.

**Natural Hormone Replacement** Avoid the horrors of synthetic hormones (heart disease, cancer, and osteoporosis) using Natural Hormone Replacement Therapy (NHRT)

**Blood Type Exercise Programme** Your personalized blood type exercise programme to optimize mind-body fitness and to slow down ageing

**Blood Type Supplements:** Your personalised nutrition to slow down aging

**Mind Body Programme** Special psychological programmes to wipe out disease patterns and extend your life potential

**Anti-Ageing Assessments** The only practice in Singapore offering you the best of Western Traditional Medicine and Complementary Medicine testing methodology

**Body Contouring** MaxLipo Light Therapy and Vibration Therapy

NTC Alliance  
**Natural Therapies Centre**  
 (ISO 9001:2008 Reg. No.: QAIC/SG/020)  
[www.naturaltherapies.com](http://www.naturaltherapies.com)

**Sundardas Naturopathic Clinic**  
 Your Natural Partner in Wellness

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**Sundardas Naturopathic Clinic**

Your Natural Partner in Wellness

## Are You Rusting Inside?

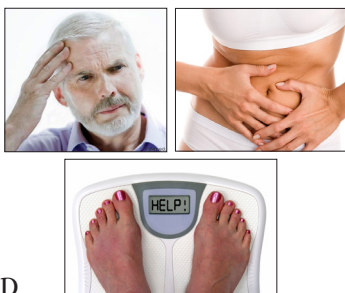


## GROW YOUNGER in 3 Months!

Call 6323 6652

## Signs and Symptoms of Functional Ageing

- Memory loss and confusion
- Joint and muscle pain
- Arthritis or osteoporosis
- Weak Eyesight and Cataract
- Hearing Loss
- Digestive problems like GERD
- Weight gain and diabetes
- Incontinence and prostate enlargement
- Dental issues like gingivitis and loss of teeth
- Skin ageing and skin cancer
- Muscle strength, coordination and reflexes declining



## Slow Down Ageing in 3 Months

What would your life be like if you could slow this down safely without using toxic drugs or dangerous surgeries? How would your life be different if you had the strength and vigour in your thirties and could enjoy it for another 20 years or more?

It's too easy to take ageing for granted. If we don't do anything different, we are likely to age and experience all the discomfort and distress that our parents and grand parents experienced. Fortunately there is another route.

### Using tailored

Nutrition  
Exercise  
Brain training  
Emotional Modulation

Diet  
Hoemoeopathics  
Manual medicine



## 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 individualised approach to wellness opens a new chapter in health science, introducing technology that bridges the gap between science and complementary medicine.

<b>Bio-mechanical</b> Effects of accidents, general wear and tear and the ability to walk and sit	<b>Bio-chemical</b> Getting enough good water, proper nutrition vs. toxins of all sorts
<b>Bio-emotional</b> 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	<b>Bio-energetic</b> The marriage of the Chinese model of acupuncture and wellness with modern biofeedback and physio-feedback technology.

The 4 different components of the Optimal Health Assessment

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.

