

Treatment approach for digestive problems

Naturopathic methods of treatment have an excellent track record in successfully treating allergies. You could expect to receive all or some of the following when being treated by an ND for allergies

Diet – removal of known allergens, elimination diet, counseling on food alternatives and recipes.

Immune support – vitamins, minerals, herbs, hydrotherapy

Adrenal support – vitamins, minerals, herbs

Digestive support and Gut Healing – digestive enzymes, acidophilus, supplements, herbs.

Stress reduction – breathing techniques, exercise programmes

Lifestyle modifications – chemical and scent-free living

All the treatments used

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 have 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

Hypnotherapy: “Mind effects body”. Used to improve thinking and learning faculty, healing, phobias

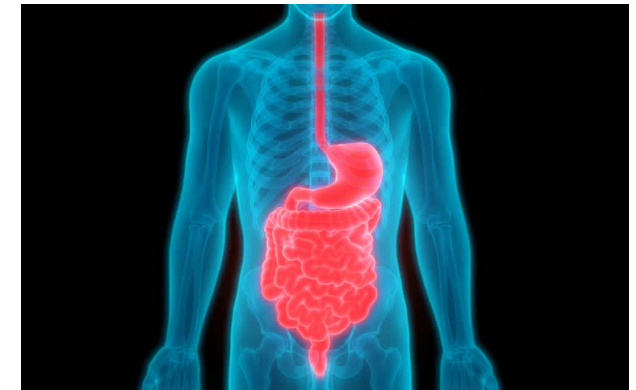
Thermography: Digestised temperature assessment technology to detect tissue changes 10 years before it's detected by conventional methods.

Kinesiology: Hands-on system. We primarily use this as a quick preliminary diagnostic tool

Naturopathy: The Western System of Natural Medicine Spinal

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

Visceral Manipulation: Correcting lesions of the internal organs



THE NATUROPATHIC APPROACH TO DIGESTIVE DISORDERS

Bloating • Diarrhea • Constipation
Vomiting • Abdominal Pain
Irritable Bowel • Gas and Flatulence Indigestion



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THE NATUROPATHIC APPROACH TO DIGESTIVE DISORDERS

Good health starts with good digestion, poor digestion impacts more than you may realise

Good Health Starts with Good Digestion

Your digestive system is one of the most important systems in your whole body – if your body cannot properly digest and absorb nutrients and eliminate waste products, then it's nearly impossible to achieve optimal health.

Proper gut function is critical to addressing what can be seemingly unrelated conditions. If your gut is not happy, your body is not happy!

Poor Digestion Impacts More than you May Realise!

When something goes wrong during the process of digestion, it often affects not just your gut, but also your immune, hormonal and nervous systems. Even if you eat an ideal diet, you may have impaired nutrient absorption and energy production and digestive issues can furthermore lead to the development of inflammation and allergies.

Common medications taken to suppress stomach acid may actually make digestion worse and often limit your body's ability to absorb nutrients such as calcium or magnesium. Naturopathic physicians are trained to help patients with simple, safe and effective herbal remedies.

Poor digestive enzyme function can lead to trouble breaking down food, which in turn can contribute to indigestion,

gas, bloating, and constipation. Plant-based digestive enzymes have long been a “go-to” remedy for naturopathic physician in solving this problem and often lead to quick results. Fortunately there are a number digestive enzyme remedies available to individuals, depending on their needs. Naturopathic physicians' advanced medical education enables them help a patient understand which remedy is best for their particular circumstances.

A significant portion of your immune system resides in your digestive track to keep microbes and allergens from getting into our bodies. If your digestive system isn't healthy, neither is this gut immune function, making you prone to immune dysfunction.

Naturopathic medicine excels in working with digestive problems

A holistic approach considers many factors of health and disease, taking into account physical, mental, emotional, genetic, environmental, social and other factors. Naturopathic physicians seek to discover and address the underlying cause of a disease, as opposed to treating symptoms as isolated and unrelated problems.



Digestive disorders helped by naturopathic medicine

- Constipation, diarrhea, irritable bowel syndrome (IBS)
- Celiac disease, gluten-intolerance
- Inflammatory Bowel Disease: Crohn's disease, ulcerative colitis
- Intestinal dysbiosis (gut microflora imbalances or intestinal candida overgrowth)
- Food allergies
- Leaky gut syndrome
- Ulcers
- Acid reflux / Heartburn / GERD
- Indigestion, gas, bloating
- Pancreatic enzyme insufficiency
- Gall bladder disorders
- Hepatitis, liver congestion or fatty liver (non-alcoholic steatotic hepatitis)
- Diverticulosis or diverticulitis

Other conditions related to digestion helped by naturopathic medicine

- Auto-immune diseases
- Allergies
- Migraines and headaches
- Fatigue
- Weight gain or loss
- Joint pain, arthritis
- Mental-emotional foginess

