

What health problems can be managed?

Virtually all chronic and most acute conditions may benefit from treatment by naturopathic doctors. People of all ages can be helped. The most common health conditions brought to NDs include:

CHRONIC ILLNESSES

- Allergies & Environmental Illnesses
- Arthritis, Fibromyalgia
- Chronic Fatigue Syndrome
- Cystitis, Prostatitis, Impotence
- Digestion, Constipation, IBS
- Eczema, Psoriasis, Acne
- Heart problems
- Hypertension, Atherosclerosis

ACUTE CONDITIONS

- Colds and Flu
- Ear and Throat Infections
- Headaches
- Intestinal Upsets

WOMEN'S HEALTH

- Endometriosis, Uterine Fibroids
- Enhancing Health in Pregnancy
- Fibrocystic Breast Disease
- Infertility
- Menstrual, Menopausal, PMS Issues

What treatments are used?

BASIC THERAPIES

Botanical / Herbal Medicine

The use of plants for healing predates written human history and to this day, plant are the foundation of modern pharmacology. Plant substances from around the world are used for their healing effects and nutritional value as their chemical compounds perform important biological functions.

Clinical Nutrition

Special diets may be recommended, and treatment may

include nutritional supplements such as vitamins, minerals, enzymes and other nutraceuticals.

Homeopathic Medicine

Homeopathic medicine was developed in the 1700s based on the principle of "like cures like". Minute amounts of natural substances are used to stimulate the body's self-healing abilities.

Physical Medicine

A wide variety of hands-on techniques are used for the spine, joints and soft tissues. Physical treatments used by NDs also include hydrotherapy and the therapeutic use of heat and cold, light, massage, and electrotherapy.

Acupuncture and Oriental Medicine

Based on balancing the flow of Chi (energy) through the body's meridian pathways, Oriental medicine includes the use of acupuncture and Oriental herbs.

BASIC THERAPIES

Functional Medicine

Advanced testing methods to determine hidden causes of illness and dysfunctions drawn from European and American approaches.

Chelation Therapies

Using Chelation to significantly reduce or even reverse heart/circulatory issues and auto-immune diseases by removing toxic heavy metals.

Thermography

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

Energy Medicine

Multiple energy healing techniques include microcurrent and bio-resonance therapies.

Airnergy

Naturopathic method to activate endogenous self-healing powers and everyday regeneration by means of energised oxygen.

Cosmetic Facial Acupuncture

A highly effective method to slow and reverse the signs of aging that is safe, painless and drug and toxin free.



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NATUROPATHIC MEDICINE

Dr Sundardas D Annamalai

Chief Executive Officer

BSc (Phys), ND, PhD, MD(MA), FUNM, ABAHP, DSc
Naturopathic Physician, Homeopath, Acupuncturist,
Integrated Functional Medicine Specialist



Dr. Sundardas, founder of Natural Therapies Centre, is well known as a determined researcher into the mind-body-biochemical causes of chronic illness and wellness medicine. He is a specialist and pioneer of bio-energetic medicine and functional medicine in Singapore.

One of the most well known Complementary Medicine

Practitioners in Singapore, he has formalized a Diagnostic Protocol and NTRC Healing System which allows the centre to handle a broad spectrum of difficult to solve health problems.

The Naturopathic Diagnostic Laboratory is his brainchild.

When asked why he changed the clinic from the traditional naturopathic clinic found in most parts of the world, Dr. Sundardas said, "It takes the guesswork out of healing".

Dr Sundardas has a passion for health and wellness. He lives what he teaches and is reflected in the company's mission of "Being your Natural Partner in Wellness."

Within the Sundardas Naturopathic Clinic, team members maintain their health and wellbeing through living the same belief and this is reflected via the knowledge that flows through the clinic to all clients.



Dr Mohd. Hadinta B Roslan

Clinical Director

PhD (Aust), ND, MNLP, ACTA
Naturopath, Homeopath, NLP Practitioner



Hadinata Roslan, is a Homeopath and Naturopath and heads the Clinical Laboratory Testing Department at Sundardas Naturopathic Clinic. He completed his Bachelors Degree in Natural Medicine from YINS College Worldwide (Australia) in February 2014.

He is trained in Malay and Indonesian Alternative Medicine. He has been researching into the mind-body-spirit Interactions and their impact on a patient's health.

Dr Hadinata has committed himself to understanding Islam. He has actively participated in the field of Da'wah through healing and writing in forums. He believes promoting the proper understanding and awareness of the Islam will create a more peaceful society. He holds

an Islamic Diploma with IOU and Fanar Institute, Qatar and intends to pursue Higher Studies in the Religious Studies.

Dr Hadinata has a deep and abiding interest in Silat. He has dedicated himself to being a Madurese Silat Instructor and ambassador for Singapore representing Chakra-V International HQ based in Surabaya with current rank of Wira Mandalika and holding the appointment of "Instructor Utama".

What Is Naturopathic Medicine?

Naturopathic medicine is a unique and comprehensive approach to improving health and treating illness. Focusing on prevention and using natural substances and treatments, Naturopathic Doctors (NDs) support and stimulate the body's ability to heal itself.

The primary goal of naturopathic treatment is to address the cause of illness, rather than simply treat or suppress symptoms. The patient is seen as a whole person and the ND takes the physical, mental, emotional and spiritual dimensions into account when diagnosing and developing a treatment plan.

The primary therapies used by naturopathic doctors are: clinical nutrition, botanical medicine, homeopathic medicine, acupuncture, Traditional Chinese Medicine, physical therapies and counseling.

