

TESTIMONIALS

Autistic son diagnosed at 2-1/2. Severe intestinal dysbiosis. Allergies, behaviour was uncontrollable tantrums, sound sensitivity, head banging, biting, withdrawn and extremely shy. No speech, some babble. Disrupted sleep at night. Gluten free, casein free, wheat free diet, egg free, within a few months showed improvement in behaviour when candida was eliminated. More improvement especially with sleep, within 3 weeks of taking NDF, became alert at school, listened to instructions better and on the third week tried to speak to classmates, teacher and sing along. After a year, diagnosis has changed to PDD, Speech is still delayed but getting better by the month. Awareness is almost 100%. Socialisation is almost normal. Plays well with other children same age.

Janet Ryder (Mother), September 2003

My son was nine when he was diagnosed as dyslexic. Remediation programmes at DAS and Enigma did not help. At eleven, we discovered he had Irlen Syndrome... His academic results had always been bad... I met Dr Sundardas and he suggested a Hair Tissue Mineral Analysis (HTMA). This led to my son's rapid recovery once Dr Sundardas knew what the problem was... Within 3 months of therapy, my son no longer sees printed words/letters as jumping. With the removal of mercury and other toxins from his body, my son has shown improvement in his memory and processing power. His reading improved and his handwriting too... he is now able to move along with his peers in school.

Mrs Joslyn Chua, October 2004

CALL US AT 6323 6652

We provide the following modalities to support children and adults:

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

Oligoscan 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

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

Naturopathy: The Western System of Natural Medicine Spinal

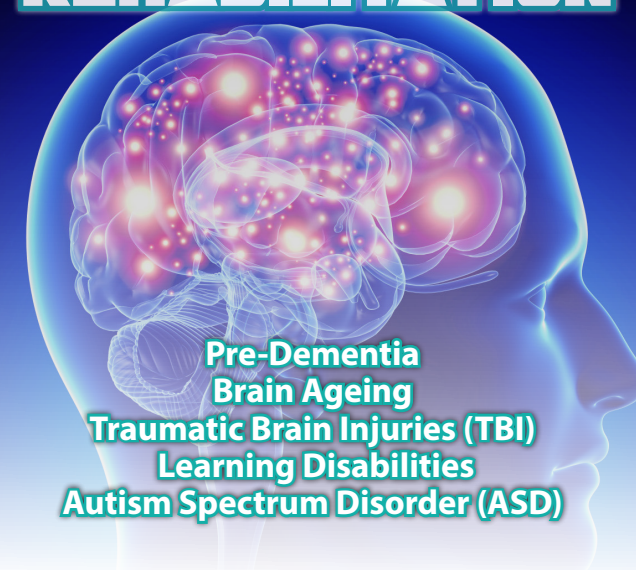
Osteopathy: Hands-on system for pain. Used in conjunction with Craniosacral Therapy, Kinesiology and Total Body Modification

Visceral Manipulation: Correcting lesions of the internal organs



*Sundardas
Naturopathic Clinic*

NEUROPLASTIC REHABILITATION



*Natural Therapies
Centre*



*Sundardas
Naturopathic Clinic*



20 Sin Ming Lane, #06-55 Midview City, Singapore 573968
Telephone: 656323 6652
www.sundardasnaturopathy.com • email: admin@naturaltherapies.com

Tue to Sat: 10:00am to 7:00pm • Sunday & Monday: Closed



Neuroplastic Interventions

Neuroplasticity, also known as neural plasticity, or brain plasticity, is the ability of neural networks in the brain to change through growth and reorganization. It is when the brain is rewired to function in some way that differs from how it previously functioned.

Toxins can cause inflammation, oxidative stress, infection, and allergy. Dr. Joe Pizzorno, a founding godfather of functional medicine, shares in his book “The Toxin Solution” that there are basic mechanisms by which environmental toxins affect our brain health. Emotional trauma and stress can also add to this.

BRAIN INJURY MECHANISMS

- Enzymes are molecules that speed up the rate of all chemical reactions inside our cells. Toxins poison enzymes, leaving them less effective.
- Toxins displace structural minerals, resulting in weaker bones. When toxins displace the calcium in your bones, there is a twofold effect: weaker skeletal structures and risk of increased toxin release when you start losing bone cells (for women, in menopause). The toxins being released by the loss of bone now circulate throughout the body and ultimately can affect the brain, increasing inflammation and brain cell loss in our elder years.
- Toxins damage organs like the brain through B4 (a breach of the blood-brain barrier), molecular mimicry, and collateral damage from neo-epitope formation. For instance, when chlorine binds onto thyroid receptor sites, it forms a neo-epitope. Then your immune system will make antibodies to that chlorine thyroid neo-epitope.
- Toxins damage DNA and modify gene expression. Our genes switch on and off to adapt to changes in our bodies and the outer environment. Many toxins activate or suppress our genes in undesirable ways. This not only results in individual brain health problems (such as depression and dementia) but also causes effects that can span generations.
- Old physical injuries like sports injuries, accidents and whiplash can have long lasting impact years after they occurred.
- Emotional trauma and stress can create biochemical changes that can affect your brain over many years

NEUROPLASTIC REBOOT SYSTEM

ASSESSMENT

Biochemistry Assessment: Nutritional status, toxicity like heavy metal and organic poisons and other enzyme systems.

Structural Assessment: Assessment of different physical and structural areas related to learning issues and traumatic brain injury.

Emotional Assessment: Trauma and stress responses

Brain Signaling Assessment: Neurofeedback Assessment

TYPES OF INTERVENTIONS

Biochemistry: Digestive Rehabilitation, Hormonal and Neurotransmitter correction, Detoxification.

Structural: Manual and structural correction for primitive reflexes and brain injury.

Emotional: Somatic trauma resolution approaches

Brain Signaling: Neurofeedback

Sundardas Naturopathic Clinic is the only such clinic that has been dealing with an integrated approach to improve neuroplasticity for more than two decades.