



## Optimum Health Centre

“Wholistic Health Care for the Whole Family”

2/F., Prosperous Commercial Bldg., 54-58 Jardine's Bazaar,  
Causeway Bay, H. K. Tel: 2577-3798, Fax: 2890-8469

*Health Counselling*

*Ionictherapy*

*Naturopathy*

*Homeopathy*

*Chiropractic*

*Aromatherapy*

*Weight Control*

*Color Therapy*

*Colon Hydrotherapy*

*Constitutional Therapy*

*Physiotherapy*

*Live cell analysis*

*Food Allergy testing*

*Bio-Energetic*

*Oxygen & Ozone Therapy*

*Acupuncture*

*Nutrition*

*Herbal Medicine*

*Foot Reflexology*

*Massage*

*Computerized Testing*

*Health Products*

# CONSTITUTIONAL THERAPY

The Centre is, now, offering our patients the opportunity to receive **Constitutional Therapy** treatment on a regular periodic basis.

These constitutional treatments stimulate healing by enhancing the oxygenation and circulation of blood and lymph.

These treatments, also, promote better digestion of food and nutrition to the cells, increase the oxidation and elimination of toxins, strengthen the general defense of the body and assist in the restoration of nervous equilibrium.

***Patients of all ages can benefit from these treatments.***

Constitutional Therapy was developed and perfected by Dr. O. G. Carroll and his followers in the United States of America. It has been used with wonderful success in a wide variety of conditions for over 60 years.

It has been found particularly suited to:

Digestive tract problems, such as:

Dyspepsia

Crohn's disease

Irritable bowel syndrome

Ulcerative Colitis

Respiratory problems, such as:

Chronic Asthma

Bronchitis

Pleurisy

Infectious diseases, such as:

Colds

Flu

Lymphangitis

Female reproductive problems, such as:

Premenstrual Syndrome

Dysmenorrhea

Immunity deficiency problems, such as:

Environmental hypersensitivity,

e.g. Allergic Rhinitis

Circulatory problems, such as:

Varicose Veins

Hemorrhoids

Raynaud's Disease

Hypertension

And other ailments, such as:

Arthritis

Depression

Obesity

Psoriasis

## *A Treatment Session*

involves an initial examination by the doctor of your heart, abdomen, temperature, and urine. Our therapists will, then, determine the timing of each step of treatment as well as the placement of application of different electrical modalities. A series of hot and cold towels is applied to your chest, abdomen, and back, covering you with wool blankets. Autonomic Nervous System and lymphatic drainage enhancement is applied through Space Healer and color therapy.

This requires that you momentarily expose your chest and abdomen at different times. Please, let the doctor/therapist know if you are uncomfortable with any aspect of the procedure. Each treatment lasts approximately one hour. After each treatment, please confirm the time of your next appointment.

During a course of hydrotherapy treatments, a person may experience fever, aches, pains, fatigue, and other discomforts, or a return of old symptoms, which are commonly encountered as a result of the elimination and healing process. This beneficial sign of healing is called a reaction or a healing crisis.

If any of these discomforts are occurring, please contact your physician before using any measure (including aspirin), which might interfere with the natural elimination process and which could be more detrimental than helpful.

Remember: if you experience a reaction, you should not treat yourself without the advice of your naturopathic physician, who is trained to guide you through a reaction and toward the subsequent improvement of your health. Remember, at all times that only nature heals and that these treatments only assist your natural healing forces.

You are more than welcome to offer your comments and suggestions to improve this centre in our limited facility.