



# LEADERS IN PAIN MANAGEMENT

Natural Way of Healing and Holistic  
Approach to Musculoskeletal  
Healthcare



## A HOLISTIC APPROACH TO MUSCULOSKELETAL HEALTHCARE

# HOMEOPATHIC TREATMENT

HOMEOPATHY EXAMINES MORE THAN JUST PHYSICAL PAIN THAT HAS BROUGHT A PATIENT TO A PRACTITIONER. IT TAKES INTO ACCOUNT LIFESTYLE AND EMOTIONAL HEALTH AS WELL.

## WHO WE ARE

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Medica Pain Management is a medical practice and our Doctors specialise in providing comprehensive solutions for pain management. We specialise in creating individually tailored treatment plans to beat pain as quickly as possible. We are proud to work with the most advanced diagnostic tools and leave no stone unturned. Your evaluation process with us may include CT Scans, MRI scans, X-Rays, a full medical history – in short, whatever it takes to get to the root of your symptoms. Once we have established the cause of your pain, we can offer a wide range of interventions to tackle it.



MORE  
ADVANCED  
RESULTS

REGENERATIVE TREATMENT

PHYSIOTHERAPY

HOMEOPATHY

REFLEXOLOGY

## Appointments & Video Consultations Available

### MORE ADVANCED RESULTS

Your health and well-being are important to us! And we, as a medical practice, always strive to give our patients the best possible treatment available. Physiotherapy support alongside Regenerative treatment may provide more advanced results. The complete treatment should include the following:

- **Regenerative Treatment**

Series of PRP injections (subject to the severity of the condition) and full regenerative cellular treatment. After each treatment session, the patient may return to work immediately and resume light duties.

- **Physiotherapy**

Physiotherapy restores, maintains and improves mobility, function and wellbeing in a patient and, combined with Regenerative treatment, may provide more advanced results in joint pain treatment.

- **Personalised Post-treatment Care**

Personalised post-treatment care is a part of the Regenerative treatment package, including detailed post-treatment instruction manuals and nutrition guides.

- **Follow-up Appointment**

A follow-up appointment with our doctor within the next six months of your treatment is included in the Regenerative treatment package.

- **Homeopathy**

Homeopathy is a profound mode of healing which stimulates the body's natural healing ability. Homeopathic treatment strengthens a person's health, acting as a catalyst, stimulating and directing the body's ability to resolve any underlying susceptibility to disease and to fight infection.

- **Reflexology**

Reflexology uses deep pressure, massage and relaxation techniques on specific reflex points on the feet to relieve pain and internal body conditions, targeting the musculoskeletal system and encouraging healing that otherwise the body may not receive.



## **WHAT IS HOMEOPATHY: COMPLEMENTARY AND ALTERNATIVE MEDICINE, HOLISTIC, NATURAL, INTEGRATIVE MEDICINE?**

Homeopathy is a very specific system of medicine which falls into all of these general non-conventional medicine categories. It is a natural, safe, and effective medicinal form of treatment, but most people know very little about it. Following is all the information to get you started and to learn more about how homeopathy can help you with your ailments and conditions.

# ALL YOU WANTED TO KNOW

## WHAT IS HOMEOPATHY?

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Homeopathy is a complex therapy that examines and treats the individual as a whole, taking into account the cause behind her/his particular symptoms. It is a holistic approach of medicine that aims to promote healing responses to illnesses and conditions by administering specially prepared substances, also called remedies that mimic the symptoms of those diseases in healthy people. Throughout homeopathy's more than 200-year history, it has been the experience of homeopathic practitioners and their patients worldwide that homeopathy can make a real difference in managing illness on a whole-person level: mentally, emotionally and physically.

Although the first time as way of healing homeopathy is found in the writings of Hippocrates 2500 years ago, homoeopathy practised today was founded by German physician Dr Samuel Hahnemann in the eighteenth century and is now used worldwide, with a 200-year history of effective clinical experience. The World Health Organization also recognises homeopathy as a valid form of health care. According to the most recent WHO report on the progress of traditional and complementary medicines, homeopathy is used by the population of 100 of the 194 member states. In Britain, for example, five homeopathic hospitals are available under the NHS, including the London Homeopathic Hospital, and homeopathy is also widely accepted throughout Europe. In India, more than 10,000 doctors use homeopathic medicines to treat their patients, and the most popular cold and flu remedy in France is also homeopathic medicine.





## HOW DOES HOMEOPATHY WORK? ---

Homeopathy can benefit people of all ages at any stage of life: men, women, fathers, mothers, pregnant women, very young and older children, teenagers and the elderly. It aims to treat the whole person, taking into account lifestyle, personality and hereditary factors as well as the history of the illness. Homeopathy is useful for treating chronic complaints and acute and first aid conditions. It is also very effective for assisting on an emotional or mental level with shock, trauma, grief, anxiety and depression. Homeopathy is also helpful for vague symptoms with no identifiable causes of illness, where the person does not feel well.

Homeopathy is a profound mode of healing which stimulates the body's natural healing ability. Therefore the homeopathic treatment strengthens a person's health, acting as a catalyst, stimulating and directing the body's ability to resolve any underlying susceptibility to disease and to fight infection. Homeopathy is founded on the principle of "like cures like" or the Law of Similars. The Law of Similars principle is based on a long-held belief that dates back to the Father of Medicine - Hippocrates, and other ancient healers, that substances that produce symptoms in a healthy person can be used to treat similar symptoms in an unwell person. Using specially prepared small doses of these substances can alleviate illness if prescribed based on the likeness of the symptoms. Homeopathic medicines can be given in various forms as liquid, granules, powder or tablets.

A homeopath will look at various factors during constitutional treatment to find the remedy that best corresponds to the person and their totality of symptoms, including symptoms on emotional, mental and physical levels, hereditary factors, temperament and past health issues. As the medicines are prescribed to treat patients as individuals, therefore in different patients, the same illness may be treated with different medicines according to the patient's individual symptoms.

# HOMEOPATHY AND HOMEOPATHIC MEDICINES, IS IT SAFE?

Yes. The remedies used in homeopathy are natural substances and are considered safe and free from serious adverse reactions since they are highly diluted and given in minimal doses. Thereby side effects are avoided, making them safe for use, even in situations in which conventional drugs would be inadvisable and dangerous, such as during pregnancy, breastfeeding or in the treatment of infants and children.

Homeopathic medicines are made from various sources, such as minerals, plants and animals. They are prepared according to stringent guidelines set out by international pharmacopoeias under the Therapeutic Goods Administration's (TGA) control.

The right care for you!

To find out more call our customer service team now on:

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CONSULTATION  
TODAY!**





## HOMEOPATHIC TREATMENT OF MUSCULOSKELETAL PROBLEMS

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A study has shown that homeopathic treatments can decrease the severity of long-term chronic conditions. Problems relating to our bones, joints and muscles are prevalent among all ages but can be incredibly challenging for more senior patients. Chronic musculoskeletal and rheumatic diseases are associated with pain and inflammation and might be accompanied by anxiety, depression, sleep disturbances and physical disability. Any of these factors can majorly impact an individual's general well-being and quality of life.

A study published in 2010 of older patients in Switzerland and Germany found that homeopathic treatment can benefit in long-term care for patients with chronic conditions such as sciatica, osteoarthritis and lower back pain. The study followed eighty-three individuals aged between 70 and 84 years suffering from a chronic condition for an average of 11.5 years. Eighty-two per cent of participants were taking conventional treatment in addition to the homeopathic medicine offered. The most frequent diagnoses were sleep disturbance and high blood pressure, as well as sciatica, osteoarthritis and lower back pain. According to outcome assessments by the patients and their doctor, there was a substantial decrease in the severity of their complaints following homeopathic treatment. The patients described the most significant clinical improvements in the first three months. The severity of the chronic disease, on average, was reduced by thirty per cent over this time. In addition, this level of improvement was found to be sustained throughout the entire 24-month follow-up period. These findings indicate that homeopathic treatment can positively benefit older patients by reducing the severity of the symptoms of some chronic conditions of long-standing.

Any marked reduction in pain and inflammation can profoundly affect other aspects of health and well-being, such as better sleep, more independence, less reliance on conventional pain medications and improved mental and emotional health.

Reference: Teut, M., et al. Homeopathic treatment of elderly patients – A prospective observational study with follow-up over a two-year period. BMC Geriatrics 2010, 10:10. Found at <http://www.biomedcentral.com/1471-2318/10/10>





## WHAT TO EXPECT DURING A CONSULTATION?

Your initial consultation will take 45 minutes to an hour and will involve a full case history. This includes thoroughly discussing your current symptoms and other factors affecting your health, such as nutritional status and diet, digestion, sleep, nervous system, other body systems, your history and family history. You should tell your homeopath about the current conventional medications you are taking and never stop taking conventional medications without the knowledge and approval of your doctor.

## HOMEOPATHIC TREATMENT

You will understand what is causing your health problem and symptoms and learn about your health concern. The treatment involves the prescription of the most suitable medicine, matching all the symptoms and individual characteristics of the patient to the medicine. The homeopath will discuss treatment options with you and come up with a tailored plan to suit your individual needs. Your practitioner might also advise general dietary and lifestyle changes as part of a treatment plan. One of the most critical aspects of treatment is giving you the motivation and guidance to make the crucial changes to improve your health.

## FOLLOW-UP CONSULTATIONS

A follow-up is usually required after 3-4 weeks to check your progress and modify any prescriptions. However, the number of follow-up consultations required varies according to your state of health and how long you have been unwell. Different areas may contribute to ill health, particularly in complex or long-standing health issues. However, taking the time to manage and treat the underlying causes of your health problems is the best way to stop your health issues from recurring and ensure optimal long-term health. For most individuals, it has taken years to get to their current state of ill health, so it may take some time to reach a state of good health.

## A HOLISTIC APPROACH TO MUSCULOSKELETAL HEALTHCARE & MORE

### WE CAN HELP WITH:

- REDUCING CHRONIC PAINS
- ACUTE & REPETITIVE INJURIES
- CHRONIC AILMENTS
- JOINT, MUSCLE & BONE PROBLEMS
- FRACTURES
- BACK PAINS
- WHIPLASH
- SPRAINS & STRAINS
- FIBROMYALGIA
- DEGENERATIVE CONDITIONS
- ARTHRITIS & OSTEOARTHRITIS
- OSTEOPOROSIS
- BURSITIS
- CARPAL TUNNEL SYNDROME
- SLEEP DISORDER
- ALLERGIES
- ANXIETY, DEPRESSION & STRESS
- TIREDNESS & LOW ENERGY
- WEIGHT REDUCTION
- STOMACH & INTESTINAL PROBLEMS
- HORMONAL & PERIODS PROBLEM
- FERTILITY PROBLEMS
- SKIN & HAIR AILMENTS AND MANY MORE CONDITIONS



## TESTIMONIALS

At a tender age of 15, getting a sports injury was shattering. Every Doctor I visited recommended surgery as the ONLY option. I wasn't ready! The back pain was unbearable at times. It was then when a colleague suggested I go see the Doctor, and that was the turning point of my life. I started feeling hopeful. I started thinking about my game again. The treatment was long, but she remained positive. After about a year, I am back in the court, all thanks to this diligent, selfless and dedicated Doctor who sat extra hours studying my case, who kept me in the loop, and who didn't make me loose hope. Thank you, Doctor!

M. Salahuddin

I am writing to thank you for your timely diagnosis and treatment of my underactive thyroid condition.

I am truly grateful that we were able to completely reverse my hypothyroid. I now feel no signs of fatigue, puffiness and sensitivity to cold. Thyroxine recommended by my GP had just lessened the pain and heaviness that I felt in my throat; however, with your successful treatment, it is truly a miracle to be living without hypothyroidism. You're a remarkable homeopathic doctor, and I wish you a future filled with success and health.

Regards,  
Ms Abbas

# TESTIMONIALS

Thank you, Doctor, for helping me with my chronic sore throat issue that no specialist or ENT was able to solve! As a teacher and parent, I lose my voice very often, and your medications have really helped me get it back. It had become impossible for me to conduct classes with constant irritation in my throat until I contacted you. Your caring personality and consideration when checking in with your patients are remarkable. Thank you once again!

Alena

I can't thank you enough for treating my acid reflux issue, which had made life extremely distressful. After my gallbladder removal, I was experiencing heartburn, and my family doctor's prescriptions were to no avail. Your combination of homeopathic remedies have brought ease and comfort to my otherwise unsettling health condition. I would highly recommend my family and friends to experience your healing homeopathic touch! God bless!

Mrs Samina

Acne was my worst nightmare. Hoping from one clinic to another was not only stressful but caused a lot of anxiety, too, only to realise that nothing seemed to be working! Doctor was God sent. She studied my case with utmost care, and her medicine concoction, which consisted of tablets and cream, started showing results within a week. I highly recommend this Doctor to all teenage girls struggling with skin issues.

S. Rayaz

Only effects, NO side effects. That's the beauty of homeopathy. I came under the Doctor's treatment after much reluctance. Not knowing what to expect! But I was tired of my frequent bouts of sciatica. The pain seemed to increase many folds every time. I decided to give the Doctor's treatment a try when all hope was lost. The medicines started showing results in no time. It was actually working. My nerves behave now, and I am forever grateful to you.

The Doctor is amazing. Always available for any problems needed. Cured our countless medical issues and, most importantly, always vigilant regarding issues related to minors. Thank you so much for your kind and thoughtful concern in regards to me and my family's health and providing me with excellent medical and physical care. You are just an amazing healer. God bless you.

S. Farrukh

Doctor, you are God sent. I have named my daughter after you! After trying for 9 years and being disappointed every time, I was going into severe depression. I was losing my will to live, but undergoing your treatment for just 3 months, I conceived. You are not only my Doctor but also my mentor. Thank you!

Forever grateful

A. Ahmed

# TESTIMONIALS

One of the best doctors my family has been to!

The Doctor does not follow the one treatment fits all approach but studies each case with utmost care and depth. Her medicine combinations are customised, and she follows up on her patients regularly.

S. Zulfiqar

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It is going to be ok!

These comforting words coming from a doctor hold a lot of weightage, and you feel you've landed at the right place.

The Doctor has always been so patient and diligent. Her treatment has been spot on, and the cure permanent. Using her medication and treatment protocol for skin allergies made me a firm believer in homeopathy. Her focus is never to treat superficially but to heal to the core.

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When I had my twins, they used to fall ill all the time. Being premature with low birth weight, there was a constant worry that one would get better and the other would fall sick- the classic identical twin case.

The doctor's medication helped them in building up their immunity, and in a time frame of around 2 weeks, they started to gain some health. I have recommended the Doctor to many of my family members and friends, and all of them got back to me extremely satisfied. Thank you for being a beacon of health and hope for so many mothers out there.

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1. I totally believe in homeopathy, which is a holistic approach toward a cure.
  2. I am feeling much better after the treatment of recurrent sinusitis, on the other hand, modern medicine only suppresses the symptoms.
  3. I am completely satisfied with the treatment, and even I give it to my son, who is also much better alhamdulillah.
  4. After the treatment of recurrent sinusitis.. It hasn't come back. Otherwise after eating or drinking cold food/drinks aggravates the symptoms. All thanks to homeopathy.
  5. I used to take ibuprofen for severe pain in my head, but not anymore.
  6. I am not taking any more painkillers.
  7. Without any fear, I am having all sorts of cold foods and drinks, my son as well.
  8. I already have recommended Doctor's treatment in my household and will also recommend it to others as well.
  9. I am completely satisfied and happy with the Doctor's treatment, and I always go to her for any kind of Problem.
  10. My best wishes for her future. Keep up the good work. Thanks for making people healthy and pain free by using the best homeopathic Remedies.
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I would like to take a moment to thank you for treating my eczema that was horribly spread on my fingers. I had tried allopathic ointments and medicine, but it had gotten worse and worse. When I completely lost hope, your homeopathic treatment did the magic on my fingers. Since then, I've had no issues! I pray and hope that more people can take advantage of your deep knowledge and treatment. God bless!!

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