

Health Programmes

Anti Ageing Programme package Six Sessions

Intensive treatment and lifestyle management to reduce and slow down the effects of ageing physically and mentally. It involves 6 once weekly sessions, maintenance and follow up is recommended. Please ask the practitioner for further details or email at imc-delhi@msn.com

Health trip to Mountain Structured to boost your health

It is designed to de-stress and motivate you to adopt a healthy and balanced lifestyle. It is especially beneficial for people who are recuperating after a prolonged illness like cancer, useful for anyone who is interested in their health.



Dr. Mohammad Mohsin Ali, a pioneer in the field of alternative medicine, is a consultant Physical Therapist at Integrated Medical Centre, New Delhi. He completed his graduation from Calcutta and his further studies from Singapore. Over his 30 years of practice he has treated and worked on a wide range of medical conditions. He is well known around the world with a prominent client base of successful actors, industrialists, diplomats and media personalities. He specializes in Integrative Medicine and has mastered several techniques to treat a variety of diseases and disorders.

Dr Hasan Ali is an international pioneer of Integrated Medicine and the Director of the Integrated Medical Centre, New Delhi. Dr Hasan qualified from London, Hong Kong and India and has been working across the Europe, Middle East and India for the past 15 years

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Clinic Hours:
9:00 am to 6:00 pm
9:00 am to 3:00 pm (Sunday)
Friday Closed



Healing the World



If you value your health...
this is the right place for you

NEW DELHI • LONDON

The Integrated Medical Centre

The Integrated Medical Centre is a multi disciplinary facility providing health care for those who wish to maximize their health and fitness.

All the major medical disciplines are represented in the clinic and the "IMC team approach" means that patient receive the best care to suit their needs. The IMC headed by Dr Mohammad Mohsin Ali with a strong team of fully qualified and experienced practitioners. This ensures that patients have access to complementary medicine all at one centre.

A unique pioneering centre of excellence which creates a working model of effective health care by combining the best of ancient and modern health care system of the world, to provide a safe and effective treatment for the individual.

Our patients are generally those who have tried most forms of treatment including conventional methods of their problems but have been disappointed. Our treatment gives them hope and helps to make a monumental difference to their quality of life.

The Treatment

The First visit: Consultation will involve talking and medical history and exploration of the problem in order to formulate a structured plan and initiation of treatment. This can be revised after a few session depending on the response to treatment. Generally once or twice, weekly sessions are recommended for 6-10 sessions.

Subsequent Visits: Involve treatment sessions with combination or single therapy eg.marma massage and/or acupuncture as appropriate and planned.

THERAPIES

Acupressure: A natural healing technique, that applies pressure to specific points on the body to improve the immunity and that is used to clear blockage.

Acupuncture : The painless application of needles to stimulate channels of energy, allowing the body to balance itself and restore health.

Deep Tissue Massage : A Preventive treatment that works on neuro-muscular tissues, nourishing the body , mind and strengthening the nervous system.

Reflexology : Massaging the pressure points on the hand and feet that correspond to the different parts of the body, providing on overall relaxation and restoring balance.

Aromatherapy : Fragrant oils that have healing properties are massaged into skin.

Shiatsu : Oriental body therapy uses a variety of massage techniques together with assisted exercises and stretching that are helpful for a wide range of condition hanging from intestinal disorder to musculo skeletal problems.

Stress Management Therapy : The therapy restores the sense of well being with a soothing and safe atmosphere which allows the mind and body to unwind, become quiet and peaceful. Therapeutic massage allows to restoring harmony and quickness in healing and revitalizing effect.

Osteopathic Massage : is a form of drug- free non invasive manual medicine that focuses on total body health by treating and strengthening the musculoskeletal framework, which includes the joints, muscles and spine. Its aim is to positively affect the body's nervous, circulatory and lymphatic systems.

Ayurvedic remedies : The use of natural plants to speed up the healing process and strengthen the body.

Dietary Advice : Tailored to an individual's health to maximize benefit. It includes dietary modification to help lose weight, gastrointestinal problems and allergies.

Yoga Therapy : Powerful form of physical and mental exercise, used to treat acute and chronic disease. Emphasis is laid on the art of correct and controlled breathing, the most important function of the body.



Ailments

We can help you in treating the following ailments:

- Arthritis
- Backache
- Vertigo
- Sciatica
- Asthma
- Sinusitis
- Diabetes and its complication
- Gastrointestinal Problems
- Hormonal Imbalance
- Immune Deficiency
- Stroke, All stress related problems.
- Neuro muscular disorder
- Sports injury
- Spondylosis
- Migraine
- Slip disc
- Frozen shoulder
- Tennis elbow
- Multiple Sclerosis
- Insomnia
- Heart diseases

Positive Aspect of Complementary Treatment

No Side Effect — Works wonderfully for Chronic Ailments
Improves Immunity — Faster Rehabilitation