

Health Programmes

Anti ageing programme package of six sessions

Intensive treatment and lifestyle management to reduce and slow down the effect 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 e mail at : info@alimohsin.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. Nevertheless, it is equally useful anyone who is interested in their health. For more details please visit www.imcdelhi.com, www.alimohsin.com

The essence of the IMC approach is to help the body to heal itself by using combination of IMC Lifestyle programme including nutrition, stress management, massage, exercise, yoga and back management as well as specific treatments such as acupuncture or acupressure as and when necessary to reactivate the body's healing resources. These programmes are all tailored to the individual.

Mohammad Mohsin Ali, Senior Physical Therapist & Director, Integrated Medical Centre- New Delhi, working with clients, senior political leaders, high ranking bureaucrats, diplomats, famous artists, successful sportsmen, well known lawyers and industrialist both from India and abroad.

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Healing the World



Integrated Medical Centre

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Clinic Hours:
9:00 am to 6:00 pm
9:00 am to 2 pm Sunday
Holiday: Friday

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

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 is headed by my 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 for 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 sessions depending on the response to treatment. Generally once or twice, weekly sessions are recommended for 6-8 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 preventative 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 an 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 conditions 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.

Hypo-health alert Analysis: Which gives comprehensive Analysis, Qi and Blood flow, Yin and Yang Diagnosis, Multiple Organ function report & General Analysis which directly diagnosed from Singapore.

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 include 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
- Depression
- Diabetes and its complication
- Gastrointestinal Problems
- Hormonal imbalance
- Immune deficiency
- Stroke, All stress related problems.
- Neuro muscular disorder.
- Chronic Fatigue Syndrome
- Sports injury and many more.
- Spondylosis
- Migraine
- Slip disc
- Frozen shoulder
- Tennis elbow
- Multiple sclerosis
- Insomnia
- Heart diseases.

Positive aspect of Complementary Treatments

No side effects — works wonderfully for chronic ailments — improves immunity — faster rehabilitation