

The Integrated Medical Centre

Integrated Medical Centre is a multi disciplinary facility providing healthcare for those who wish to maximize their health and wellbeing.

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

A pioneering centre of excellence which works in a unique model of effective healthcare 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 but have been disappointed with limited or no improvement. Our treatment gives them hope and makes a monumental difference in their quality of life.

The Treatment

First visit: Consultation will involve taking medical history and exploration of the problem 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 6-10 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 this is used to clear blockages.

Acupuncture : Application of fine needles to stimulate channels of energy, allowing the body to balance itself and restore health.

Chiropractic Manipulation: Chiropractic Manipulation is the articulation and manipulation of soft tissues combined, joints and vertebral disc spaces to improve range of movement, flexibility, overall wellbeing and releasing built-up knots and tension. It mostly concerned with the diagnosis and treatment of mechanical disorders of the musculoskeletal system, especially the spine. Treatments vastly improves general health and the nervous system.

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.

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

Stress Management Therapy : This therapy restores a sense of well being with a soothing and safe atmosphere which allows the mind and body to unwind and calm the inner self and become peaceful. Therapeutic massage allows restoring harmony and quickens healing and revitalizing effect.

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

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

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.

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



Ailments

We can help you in treating the following ailments:

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

Positive aspect of complementary Treatment

No Side effect—works wonderfully for chronic ailments—improves immunity—faster rehabilitation

Health Programmes

Anti ageing programme of six sessions

Intensive treatment and lifestyle management to reduce and slow down the effects of ageing both physically and mentally. It involves weekly sessions for six weeks maintenance and follow up is recommended.

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 and also useful for anyone who is interested in re starting a healthy life.

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

Integrated Medical Centre

121, Crawford Street, off Baker Street
London, W1U 6BE , United Kingdom
PH.: + 44 207 224 5111 Fax: + 44 207 317 1600
drhasanali@msn.com
www.integratedmed.co.uk



Healing the World



Integrated Medical Centre

D-40, East of Kailash, New Delhi-110065 (India)
Clinic : +91 11 4652 2945, 99 11133 557
M : +91 99 11111 557, 99 11111 457, 99 11122 557
E : imc-delhi@msn.com • www.reliefpain.in

Clinic Hours:

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

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

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