



*Achieve ultimate balance
and peace within your
mind and body*



BODISYNC

FACILITATED HOLISTIC HEALING
FROM IMBALANCE TO BALANCE





Sukh Padda

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I'm a Specialist Holistic Therapy Facilitator and the founder of Bodisync.

With over 20 years of clinical experience in private practice, I specialise in the facilitation of treatments for a wide variety of ailments ranging from physical conditions such as back, neck, shoulder pain and sciatica to internal conditions which include allergies, digestive disorders, hormonal imbalances and headaches. I also specialise in facilitating treatment of deep rooted emotional issues and infertility.

Other specialties include Avenue of Expression Therapy, Platelet Rich Fibrin Therapy For Skin Rejuvenation and Hair Loss, LED Light Therapy for Brain Entrainment, Cupping, Medical Micro Needling, Mesotherapy and Oxygen Therapy.

My Philosophy

The philosophy I adopt is to offer a facilitated holistic approach to natural health care through the fusion of traditional Eastern and contemporary Western techniques; a holistic medical hybrid model. My treatment protocol distinguishes itself as a complete system of prevention, diagnosis and treatment based upon a "whole person" approach, recognising that though a specific organ or area may become the primary focus of illness, the effects will be impacted to some degree throughout the body.

My ethos is to naturally improve the quality of life for my health partners by understanding their requirements, lifestyle and expectations to provide a fully bespoke treatment protocol. One which promotes wellness in mind, body and spirit by bringing balance to all four factors which influence a person's state of health: physical, emotional, energetical and spiritual.

Remember You Heal You, I'm the facilitator of your healing journey, your body has an in built self healing mechanism which I help to activate and enhance.

I am a member of the Complementary & Natural Healthcare Council, The Acupuncture Society, The British Register of Complementary Practitioners, Facial Enhance Acupuncture as well as the Chestnut centre for Japanese Integrated Medicine.

I look forward to welcoming you to experience my alternative holistic approach which will leave you fully revived and rejuvenated.



Therapeutic Alliance

When you choose Bodisync for your wellbeing you are not a client nor a patient, you are our health partner. Your healing is a journey which we embark on together. This is a concept known as Therapeutic Alliance and is at the core of everything we do and without which we would not achieve the results we do.

What is Therapeutic Alliance?

Therapeutic alliance refers to the collaborative, trusting relationship between our health partners and myself as a facilitated healer. It is a key factor in our successful healing, therapy, and personal growth, as it creates a safe space for you to explore your emotions, thoughts, and challenges without judgment. This alliance is built on mutual trust, empathy, respect, and a shared commitment to your well-being.

Key Elements of a Strong Therapeutic Alliance

- ❤️ Trust & Emotional Safety – You feel comfortable expressing yourself freely.
- 🗣️ Open Communication – A non-judgmental space for honest discussions.
- 🎯 Shared Goals – A clear, collaborative path to healing and progress.
- 🤝 Empathy & Understanding – We listen and validate experiences without judgement.
- 🔄 Active Participation – You feel empowered in your healing journey.

Benefits of Therapeutic Alliance

- ✓ Enhances Healing & Emotional Resilience – A supportive connection fosters deep emotional release and transformation.
- ✓ Improves Therapy & Treatment Outcomes – Studies show stronger alliances lead to faster and more effective healing.
- ✓ Boosts Motivation & Commitment – You are more engaged and willing to take action.
- ✓ Reduces Resistance & Fear, Feeling heard and supported encourages openness.
- ✓ Builds Self-Awareness & Confidence. You develop a deeper understanding of yourselves.
- ✓ Supports Holistic Well-Being – A well-established alliance nurtures the mind, body, and spirit.



Laying the Foundation for Optimum Natural Health

At Bodisync we can address many common reasons why people experience acute or chronic pain and other short or long-term health challenges be it Internal, Physical or Emotional. If something is not right with your body's foundations, then this needs to be addressed before true optimum health can be realised.

With your bespoke Bodisync Health Plan, your body must go through particular stages of care in order for true healing to begin and optimum health to stay, it involves peeling away layers of imbalances which have built up in the body over time.

The Three Stages to a Bodisync Health Plan

STAGE 1- RELIEF CARE

If you are suffering from pain be it on a Physical, Internal or Emotional level when you first visit us, our first goal would be to help you relieve that pain as soon as possible. Depending on how severe the underlying health challenge which is causing your pain is as well how long the issue has existed, will determine the length of this phase.

STAGE 2- CORRECTIVE CARE

During the corrective stage of your care, your nervous system will be functioning better which will be giving your body the best possible chance to heal more optimally. The goal of the Corrective phase is to remove the root cause of your problem and to restore your body's functioning back to its optimal level. Again, this phase of care is very dependent on how severe the problem is and how long it has been there.

STAGE 3- WELLNESS CARE

Finally, once your body has had the chance to heal and balance, it is important to continue with maintenance achieved by regular balancing visits (every 4 to 6 weeks) in the future to ensure your body is functioning at its optimum status. Your health goals together with our best advice will determine the frequency of care you are comfortable with.



Our Holistic Approach

We're unique in the range of high quality technology led and natural holistic therapies as well as cutting edge diagnostic that we are able to offer and are leading the way in supporting mind and body wellness.

Our services will help you to;

- Reduce stress
- Reduce Anxiety and depression
- Reduce mental and physical fatigue
- Improve your immune system
- Rebalance your metabolism
- Relieve joint and muscular pain
- Re-energise, strengthen and rebalance your body, physically, internally and emotionally
- Optimise your mental performance
- Improve your sleep and rest quality
- Support emotional vulnerability and build resilience
- Help to identify root cause of your issue(s)
- Understand what is causing your issue(s)
- Understand your overall health status

Range of Services

- ✓ BodiSync Therapy - P7
- ✓ OrganSync Therapy - P8
- ✓ Core Reconnect Therapy - P9
- ✓ Thorax Reconnect Therapy - P10
- ✓ BrainSync Therapy - P11
- ✓ BreathMind Reset Foundational - P12
- ✓ BreathMind Reset Quantum - P13
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- ✓ Pregnancy & Children's Treatments - P23
- ✓ DermaSync - P24
- ✓ Vitamin & NAD+ Infusions - P25
- ✓ Internal Cleanse Protocol - P26
- ✓ NutriSync - P27

Our range of Diagnostic Services include:

- ✓ Medical Scans - Ultrasound, Xray, ECG - P29
- ✓ Blood Testing - P30
- ✓ Bio-Resonance Scanning - P31
- ✓ DNA Nutritional Analysis - P32





HOLISTIC THERAPIES





BodiSync Therapy

BodiSync is our core holistic healing approach designed to realign the body, mind, and internal organ systems for optimal health and vitality. By integrating natural therapies, energy balancing techniques, and personalized wellness strategies, this therapy will help you achieve inner balance, physical rejuvenation, and emotional well-being. It is a precursor to all our other therapies. The therapy is suitable for ages from babies, toddlers, children to the elderly and for expectant mothers.

The therapy focuses on realigning your body's natural rhythms, promoting healing through:

- ✓ Energy Balancing – Restoring the body's energy flow using Acupuncture
- ✓ Physical Alignment – Enhancing posture, flexibility, and muscular balance through Japanese orientated bodywork and movement therapy.
- ✓ Mind-Body Connection – Encouraging mental clarity, stress relief, and emotional resilience through cranial balance techniques.
- ✓ Personalized Holistic Healing – A customized approach that integrates the above therapies as well as cupping, gua sha, red light therapy, and more as needed to restore balance.

Benefits Include

🌿 Deep Relaxation & Stress Reduction

⚡ Increased Energy & Vitality

🛡 Boosted Immune Health

🛡 Boosted Nervous System Health

👨‍👩‍👧 Muscle & Joint Relief

🌟 Emotional & Mental Clarity

❤️ Enhanced Overall Well-Being

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OrganSync Therapy

OrganSync is a holistic healing approach focused on optimizing the health and function of the body's vital organs. By combining detoxification, energy balancing, and targeted natural therapies, OrganSync helps restore harmony, improve resilience, and support long-term internal wellness as well as supporting emotional balance as each organ is linked to a specific emotion.

OrganSync integrates modern & holistic methods to promote optimal organ function through:

- ◆ Detox & Cellular Cleansing – Utilizing our unique internal cleansing protocol to remove toxins from the liver, kidneys, blood and digestive system.
- ◆ Energy & Frequency Healing – Using red light therapy, neurostimulation, and vagus nerve activation to enhance organ function and circulation.
- ◆ Nutrient Optimization – Supporting organ health with Vitamin B-complex, NAD+ therapy, and targeted nutrition for cellular repair.
- ◆ Organ Balancing – Using specific organ realignment techniques to improve overall organ movement, circulation and vitality.

Benefits Include

- ✓ Digestive Detox & Metabolism Boost
- ✓ Improved Digestion & Gut Health
- ✓ Enhanced Lymphatic Function
- ✓ Heart & Circulatory Support
- ✓ Emotional Balance
- ✓ Fertility Support
- ✓ Balanced Hormones & Endocrine Health
- ✓ Cellular Regeneration & Longevity

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Core Reconnect Therapy

Imagine hitting the “reset” button on your body’s natural healing pathways right at the core. Our **Core Reconnect Holistic Therapy** is a gentle yet powerful blend of natural techniques that focuses on the navel area to harmonize your physical, emotional, and internal systems.

Your belly button (navel) isn’t just a scar from where you were once connected to your mother, it’s also a vital hub of nerves, energy pathways, and lymphatic flow. In traditional and modern holistic health, it’s seen as a key point for resetting and restoring balance throughout your body.

This therapy uses touch, breathing techniques, and essential oils to stimulate the belly button area, activating the body’s core energy like turning on a switch that reconnects all your systems.

Benefits Include

- ✓ Deep Relaxation
- ✓ Improved Digestion & Gut Health
- ✓ Enhanced Energy Flow
- ✓ Heart & Circulatory Support
- ✓ Emotional Release
- ✓ Holistic Balance

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Thorax Reconnect Therapy

Thorax Reconnect is a upper chest centered therapy that helps you reclaim your emotional and physical space within the chest. Over time, stress, grief, physical imbalances within the head, neck, shoulders, shoulder blades and guarded emotions can form an invisible armor around the thoracic region, restricting breath, posture, and emotional expression. These invisible “armors” block the natural rhythm between the lungs, diaphragm, and heart, limiting our ability to feel, expand, and connect.

Through a precise blend of fascial, physical, energetic, and emotional release, Thorax Reconnect gently dissolves these layers, restoring openness and rhythmic flow through the thoracic space.

It is a therapy of liberation, helping the body to exhale what it no longer needs, and allowing the thoracic area to breathe freely again.

The thorax is the crossroads of emotion and expression where breath becomes voice, and heart becomes truth.

Thorax Reconnect unites the body’s physical and emotional rhythms, helping you liberate your breath, open your heart, and rediscover your authentic voice.

Benefits Include

- ✓ Expands lung capacity and diaphragm mobility
- ✓ Releases restrictions in the neck, shoulders, jaw, and tongue
- ✓ Enhances vocal tone, resonance, and breath support
- ✓ Frees suppressed emotion and unresolved grief
- ✓ Encourages the release of unspoken thoughts and repressed opinions
- ✓ Promotes compassion, courage, and emotional balance

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BrainSync Therapy

BrainSync is a holistic neuro-enhancement approach designed to improve mental clarity, focus, memory, and emotional balance. By combining touch, palpation, imagery, acupuncture and dialogue together with cranial balance, BrainSync helps re calibrate the brain's energy, reduce stress, enhance cleansing, create space and neural communication and optimize cognitive function for peak performance.

BrainSync integrates cutting-edge brainwave optimization techniques with holistic wellness practices, including:

- 🧠 Neurostimulation & Brainwave Therapy – Using sound frequencies, light therapy (NeuroVIZR), and vagus nerve stimulation (Pulsetto) to enhance brain function.
- ⚡ Cognitive Nutrition – Supporting brain health with herbs, Vitamin B12, NAD+ shots, and MCT + CBD oil for mental clarity.
- 🧘 Mindfulness & Stress Reduction – Incorporating meditation, guided breathing, and biofeedback to balance the nervous system.
- 🧠 Neuroplasticity Enhancement – Stimulating memory and learning centers for better focus and long-term brain health.

Benefits Include

- ✓ Sharpened Focus & Concentration
- ✓ Boosted Memory & Cognitive Speed
- ✓ Reduced Brain Fog & Mental Fatigue
- ✓ Lowered Stress & Anxiety Levels
- ✓ Enhanced Mood & Emotional Resilience
- ✓ Support for Long Term Brain Health & Longevity

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BreathMind Reset Foundational Therapy

Our BreathMind Reset Therapy is a powerful multidimensional integrative healing experience that draws inspiration from **ancient Kemetic practices**, fused and enhanced with the science of **hypox** (intentional oxygen modulation) and our advanced holistic therapies. This therapy is designed to **reset your nervous system**, align your **mind, breath, and body**, and support deep emotional, physical, and internal release, thereby realigning the body from the inside out.

Grounded in the wisdom of **Kemetic Egyptian healing**, enhanced by the science of **hypox** (oxygen modulation), and powered by our Bodisync **methodology**, this therapy supports your body's natural ability to heal, release, and reset; physically, emotionally, and internally.

It's a powerful aid to all our healing modalities.

Benefits Include

- ✓ Calms overactive thoughts and emotional overwhelm
- ✓ Restores healthy breathing rhythms disrupted by stress
- ✓ Improves posture, circulation, and lymphatic flow
- ✓ Supports emotional detox and subconscious trauma release
- ✓ Enhanced Mood & Emotional Resilience

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BreathMind Quantum Reset Therapy

A Deeper Descent Into the Mind. A More Profound Reset of the Nervous System

The BreathMind Quantum Reset Therapy is an elevated evolution of our foundational MindBreath Reset.

It is designed for those ready to go deeper beyond conscious effort into the subconscious and nervous system, where lasting change truly occurs.

This advanced experience incorporates bespoke binaural beats for each brainwave state, delivered through immersive, high-fidelity headphones, creating a fully enveloped internal journey.

Every sound, every frequency, every pause into silence is intentional guiding the mind and body into profound states of receptivity, release, and recalibration.

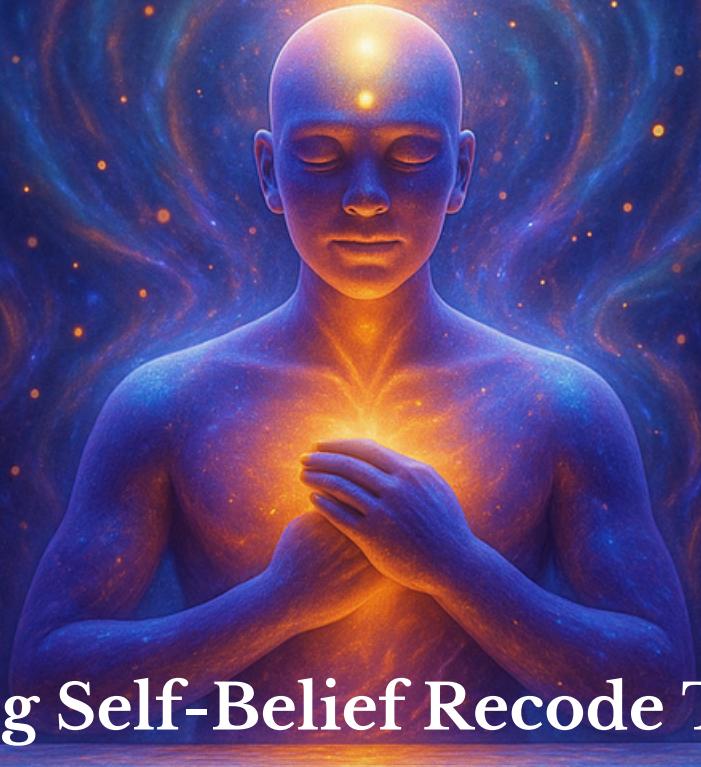
Completion of two full cycles of the foundational MindBreath Reset Therapy is required before entering the Quantum level. This prerequisite is not about limitation, it is about readiness, safety, and depth of outcome.

Benefits Include

- ✓ Access to deeply buried subconscious patterns and stored trauma
- ✓ Enhanced nervous system regulation and resilience
- ✓ Improved emotional processing and integration
- ✓ Greater embodiment, presence, and inner stillness
- ✓ Profound mental clarity and cognitive reset

Scan the QR code for more information
(refer to the bottom of the page)





Limiting Self-Belief Recode Therapy

The Self Belief Recode Blueprint is about shifting from limitation to possibility reprogramming the mind to believe in your own strength, resilience, and purpose in the comfort of your own home.

When we access our higher brain wave states we are able to reprogram our brain. This is where our Self Belief Recode Blueprint comes into play. Replacing old negative emotions and limiting self beliefs with positive affirmations to reprogram our thinking and bring us back to balance.

Our Self Belief Recode Blueprint is an advanced subconscious reprogramming experience designed to release limiting self-beliefs and realign your inner truth.

Because this process works at the deepest layers of the mind and energy field, it is only available to Health Partners who have completed at least one full round of our BreathMind Foundational Reset Therapy.

Benefits Include

- ✓ Freedom from hidden self-sabotage.
- ✓ Greater alignment between who you are and who you want to be.
- ✓ Emotional resilience and inner calm.
- ✓ A body that feels lighter, freer, and more connected.
- ✓ A life lived with clarity, confidence, and purpose.

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Brain Wave Recode Therapy

Reprogram your subconscious. Re-balance your emotions. Reignite your inner harmony. Your mind is an orchestra of electrical frequencies constantly transmitting thoughts, emotions, and subconscious patterns.

BrainWave Recode is an advanced integrative therapy designed to harmonise these frequencies, bringing your brain, body, and emotions into complete coherence.

This unique experience combines scalp acupuncture, red light therapy, vagus nerve stimulation, sound therapy, Oxygen therapy and the PandoraStar LED light system a multidimensional approach that gently reprograms emotional imprints and restores optimal brainwave balance.

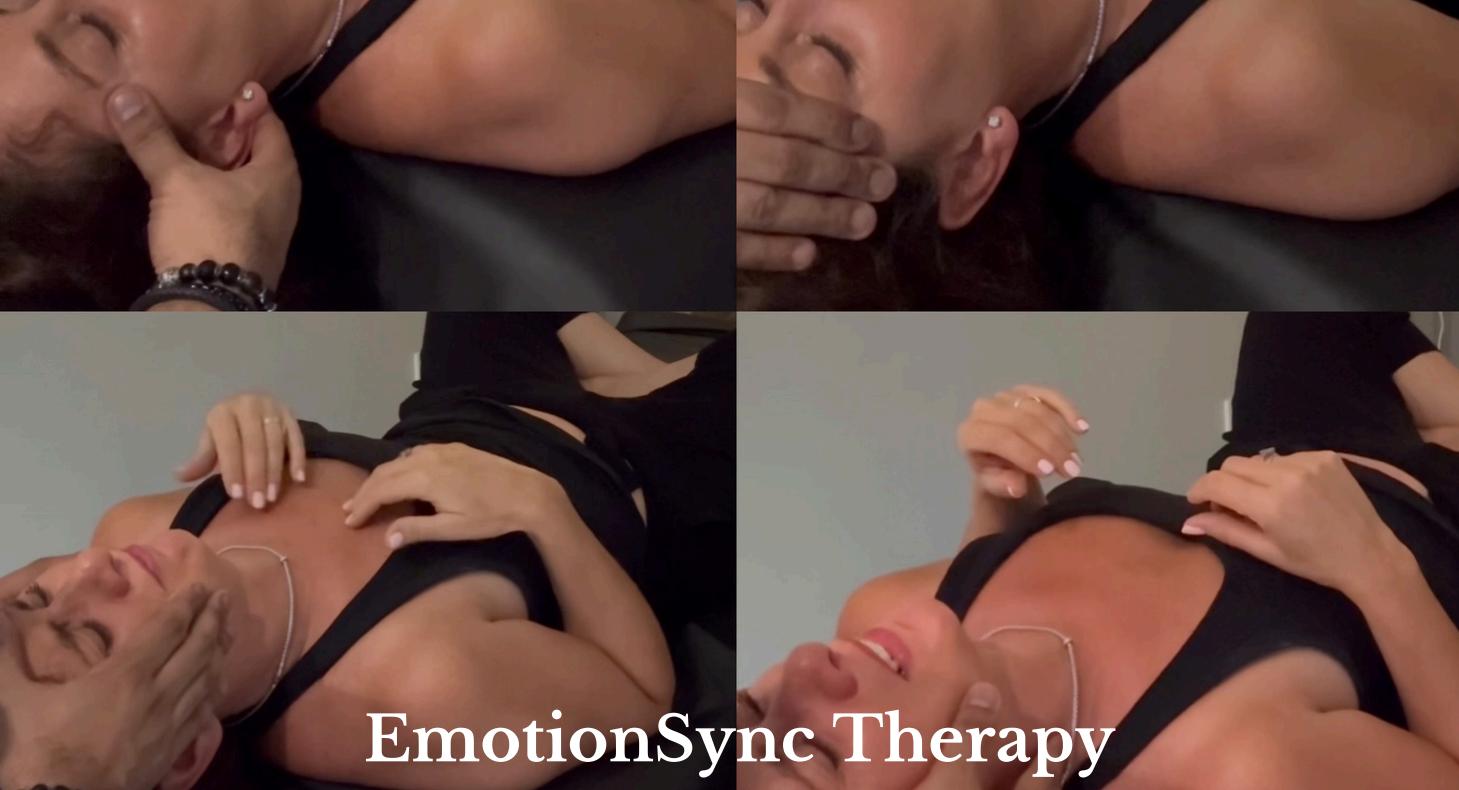
BrainWave Recode is an advanced therapy in the BodiSync Healing Journey, suitable once your body, brain, and breath have reached a foundational state of balance through our BodySync, BrainSync, BreathMind Reset & Self Belief Recode therapies. This is because true subconscious healing requires readiness both physiologically and energetically.

Benefits Include

- ✓ Improved mood, sleep, and cognitive function
- ✓ Enhanced clarity, creativity, and intuition
- ✓ Reduction in anxiety, overwhelm, or burnout
- ✓ Harmonisation of mind–body–spirit connection
- ✓ Emotional release and nervous system regulation

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EmotionSync Therapy

EmotionSync is a holistic emotional healing approach designed to align your mind, body, and energy systems, helping you to release emotional blockages, reduce stress, and cultivate inner peace. By integrating therapeutic techniques, energy balancing, and neurostimulation, EmotionSync helps restore emotional equilibrium and enhance overall well-being.

EmotionSync creates emotional resilience and mental clarity through:

- ❤️ Neurostimulation & Vagus Nerve Activation – Using Pulsetto, NeuroVIZR, and sound frequency therapy to regulate the nervous system and reduce stress.
- 👩 Facial Tension Release – Somatic Techniques that support emotional release through touch focusing on the face, neck, scalp & shoulders
- 🌿 Nutritional & Hormonal Support – Including Vitamin B12, CBD + MCT oil, and adaptogenic herbs to balance mood and emotions naturally.
- ⚡ Energy Healing – Scalp Acupuncture
- 💡 Cognitive Rewiring & Mindset Shifting – Techniques like affirmations, guided visualization to support emotional transformation.

Benefits Include

- ✓ Reduces Stress, Anxiety & Emotional Overwhelm
- ✓ Promotes Mental Clarity & Emotional Resilience
- ✓ Balances Mood & Nervous System Regulation
- ✓ Supports Trauma Release & Emotional Healing
- ✓ Enhances Self-Awareness & Mind-Body Connection
- ✓ Boosts Confidence, Positivity & Inner Peace

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Fascial Flow Classes

Release the tension → Release the story → Return to yourself

Fascial Flow is a gentle guided movement method designed to release tension, hydrate your fascia, and restore balance through fluid, intuitive motion. Our classes teach you how to free your body anywhere, anytime, supporting both physical and emotional healing. This practice supports and deepens your BodiSync healing journey, keeping your body in a state of fluid balance every day.

Our Fascial Flow classes are designed to teach you the art of self-release, helping you understand your fascia, unlock stored tension, and support your healing journey between BodiSync sessions.

These classes teach you movements you can do anywhere, anytime at home, at work, before bed, after the gym, or whenever your body calls for release.

Whether in a group environment or a 1:1 personalised session, Fascial Flow guides you to reconnect with your body, release restrictions, and activate your innate healing

Benefits Include

- ✓ Reduced pain & stiffness
- ✓ Improved posture & movement
- ✓ Deeper, easier breathing
- ✓ Increased mobility and flexibility
- ✓ Emotional softening & stress relief
- ✓ Enhanced lymphatic & blood circulation

Scan the QR code for more information & to register





Compression Therapy

Dynamic Air Compression Treatment, is a proven technology that positively affects the entire body with instant results. This treatment is versatile, and it works great with other body treatments such as our body balance therapy.

It is a pressure therapy massage that gently activates your lymph system, boosts your metabolism, and increases blood flow to your skin and fatty tissue. Specially developed pressure-wave massages boost metabolism even in the deeper layers of connective tissue triggering detoxifying processes and allowing waste and fat deposits to be broken down and washed out as well as helping sore and tight muscles.

It also increases venous return, rapidly accelerating the body's natural re-absorption of the elements which cause soreness and fatigue in the muscle and effectively removes metabolic waste faster than any traditional mode of recovery or rest alone.

Compression therapy also helps to release edema with unwanted toxic substances focused on eliminating excess fluid from the body in order to reduce swelling.

Benefits Include

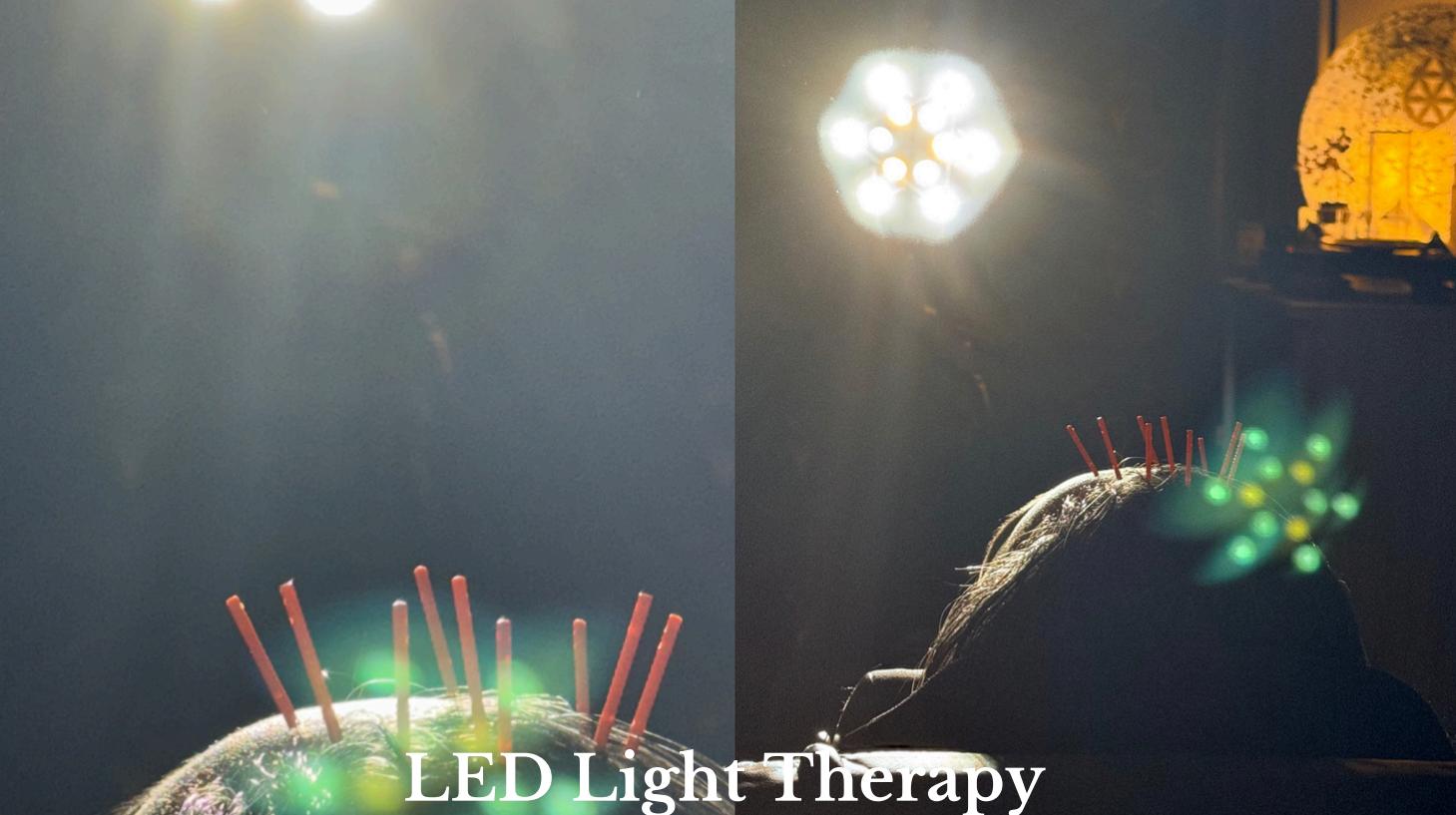
When lymph stagnates in the body, various ailments can occur. Compression therapy accelerates the lymph flow, preventing pathology.

- ✓ Impulse action activates blood circulation and metabolic processes at the cellular level.
- ✓ All tissues and organs benefit from the intake of increased oxygen and nutrients
- ✓ General improvement in the body occurs
- ✓ Excess fluids and toxins leave the body
- ✓ Fatigue, stiffness of movements are reduced
- ✓ There is a general increase in mood with a surge of energy
- ✓ Ageing process of the skin is slowed, quality improves
- ✓ No age restrictions
- ✓ Safe way to aid weight loss
- ✓ Helps in reduction of cellulite
- ✓ Helps in the reduction of varicose veins especially in the early stages

Among other factors, Compression therapy is an excellent remedy for dealing with stress and its consequences such as irritability, insomnia, muscle tension and spasms.

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LED Light Therapy

LED based light therapy to guide your brain into a deep relaxation state within minutes. It's an immersive light-based therapy designed to elevate you into a deep meditative state of relaxation.

PandoraStar is one of the most advanced light machines of its kind, featuring 12 stroboscopic LEDs to guide the brain into a deep relaxation state within minutes. It's an immersive light-based therapy designed to elevate you into a deep meditative state of relaxation.

The electromagnetic activity in your brain naturally begins to follow the frequencies of the light, known as Brain Entrainment to synchronize brainwave activity with a specific desired frequency. This process helps induce mental states such as relaxation, focus, deep sleep, or heightened creativity by guiding the brain into a preferred pattern of activity. Scalp / Body Acupuncture or gentle cranial balancing can also be incorporated for the ultimate experience.

Benefits Include

For Your Mind

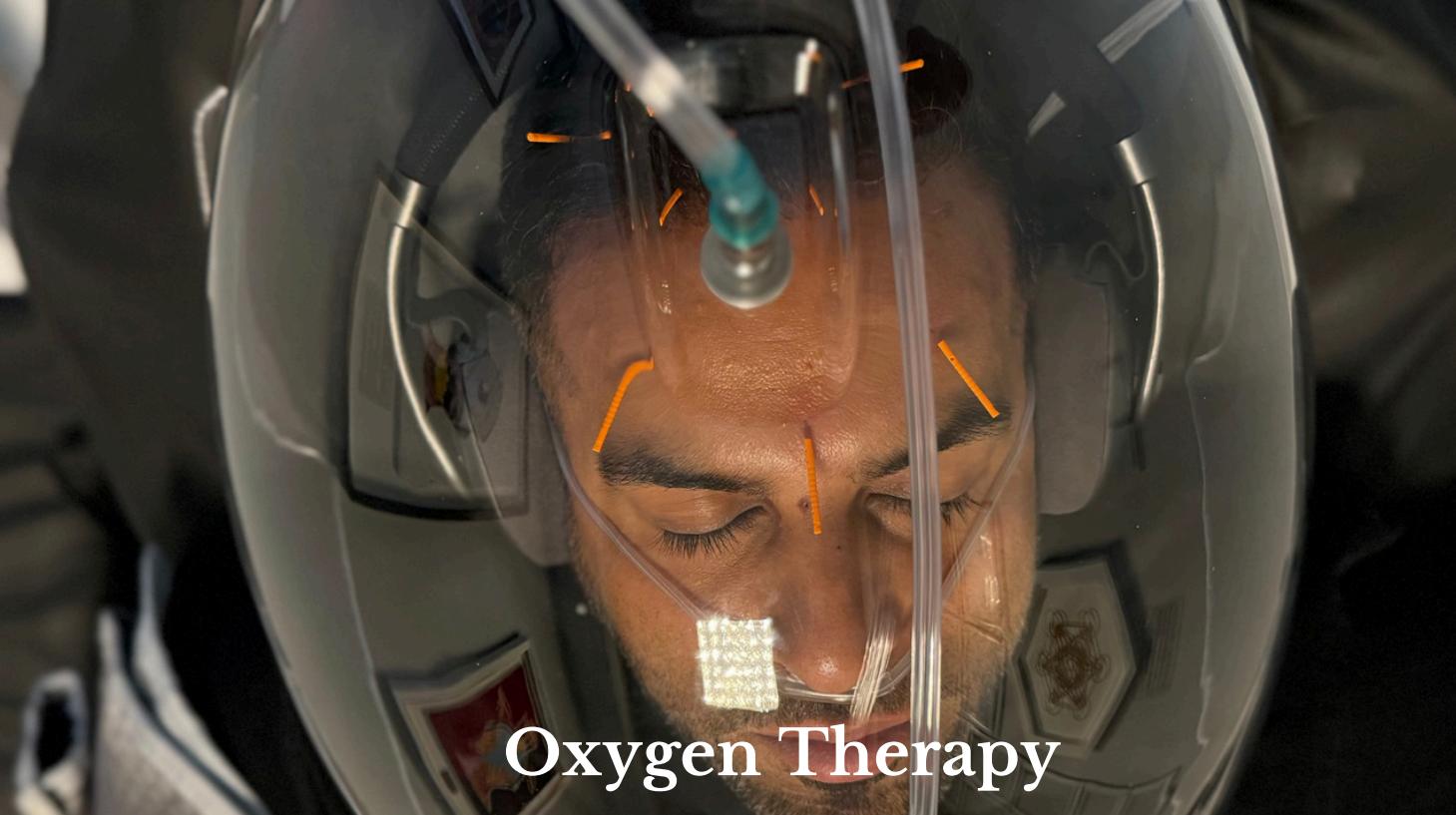
- ✓ Experience deep relaxation
- ✓ Reduce feelings of stress and anxiety
- ✓ Helps relieve depression & PTSD
- ✓ Help with insomnia and sleep disorders
- ✓ Calms migraine & headache symptoms
- ✓ Enhance creative visualisation
- ✓ Improve focus and concentration
- ✓ Improve memory integration
- ✓ Reach a deep meditative state

For Your Body

- ✓ Effective pain relief and management
- ✓ Reduce tiredness and fatigue
- ✓ Regulate and maintain healthy blood pressure
- ✓ Helps treat Fibromyalgia
- ✓ Encourage physical recovery post-surgery
- ✓ Helps to regulate and balance hormone levels
- ✓ Positive sense of physical well-being
- ✓ Promotes healthy digestion
- ✓ Enhance optimal physical performance

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Oxygen Therapy

Did you know that 75% of inhaled oxygen in the air is exhaled again unused.

Our Oxygen Infusion Therapy comprises of two separate devices which can be used as stand alone or combined together to offer the greatest level of benefits.

The Airnergy therapy device is a, compact machine that creates 'energised air' that feeds every cell in your body with oxygen that it can absorb and use more efficiently.

The Oxidome therapy device aids in blood flow. As we age, we loose our ability to retain oxygen. The Oxidome boosts circulation, stimulates cell turnover this oxygenation triggers the body's healing functions. The Oxidome Infusion is a gentle, revitalising treatment that uses air from the room, concentrates it through filters, mixes the oxygenated air with a solution, and creates a high force flow of low molecular liquid with oxygen. Oxygen high in purity is thereby produced.

Benefits Include

- ✓ Boosts energy levels making you feel stronger, fitter and faster
- ✓ Increases your mental agility, making you more alert
- ✓ Strengthens your immune system to fight infection and disease
- ✓ Stimulates your circulation, heart, lung and brain function
- ✓ Reduces stress, tiredness and the effects of chronic illness
- ✓ Aids in the healing of broken limbs and joint pains such as back, neck and shoulder and knee pain
- ✓ Nourishes your skin at the cellular level giving you a healthier and young looking complexion as well as treating skin conditions such as eczema
- ✓ Treats asthma and bronchitis
- ✓ Treats allergies

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Emotional Release Facial Therapy

Our Somatic Emotional Release Facial is a holistic treatment that integrates physical touch with the awareness of the *body-mind connection*, promoting both physical and emotional healing.

This treatment emphasizes the idea that our body holds onto emotions, memories, and experiences, often manifesting as tension, discomfort, or even illness. Somatic massage aims to release these deep-seated tensions and restore balance within the body and mind as these are held more often than not in our facial, jaw, and neck areas.

We use slow, intentional movements, often encouraging you to tune into your body's sensations and responses. This mindful engagement of the body helps foster a sense of presence and grounding, creating space for both physical and emotional restoration.

The Somatic Emotional Release Facial extends beyond muscle relaxation. By calming the nervous system and increasing body awareness, this technique helps to reduce chronic stress, boost emotional resilience, and promote overall well-being.

Benefits Include

- ✓ Focuses on the body-mind connection and the release of emotional and physical tension.
- ✓ Encourages you to be mindful of your body sensations, promoting deeper awareness and healing.
- ✓ Uses slow, intentional movements to calm the nervous system and promote relaxation.
- ✓ Helps reduce cortisol levels, leading to improved skin health and slowing the ageing process.
- ✓ Invites a holistic sense of well-being, not just physically, but emotionally and mentally.

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Holistic Fertility

Holistic fertility is a specific extension of the principle of holistic medicine, which holds that a person's whole health is affected by his or her mind, spirit, body, emotions and lifestyle. If one of those aspects is out of balance, then the individual's whole health including fertility will be out of balance.

- Holistic fertility is an approach to male and female infertility issues that considers the mind, spirit, body, emotions and lifestyle factors as key to maximizing one's natural fertility.
- Holistic fertility aims to properly balance the spiritual, emotional, physical and mental aspects of one's life to aid in natural fertility or fertility treatments.
- The primary treatments we use to achieve holistic fertility are acupuncture, body balance, red light therapy, oxygen therapy, cupping, herbal remedies, emotional release therapy and nutrient infusions.

Infertility Issues We Help With

Couples come to us with a variety of issues such as recognised conditions which can cause infertility including:

- ✓ Polycystic ovarian syndrome
- ✓ Emotional Blockages (can be caused by prior miscarriages or in ability to conceive)
- ✓ Blocked Fallopian tubes
- ✓ Endometriosis
- ✓ Sperm Quality, production
- ✓ Auto-immune disorders
- ✓ Hormone imbalances
- ✓ Unexplained infertility
- ✓ Fibroids
- ✓ Recurrent miscarriage
- ✓ IBS
- ✓ Luteal phase defect/low progesterone
- ✓ Non ovulation
- ✓ Menstrual Cycle Issues

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Pregnancy & Children's Therapy

Our holistic body balance therapy is suitable at all stages of a pregnancy to help the developing baby, as well as ensuring the expectant mother's spine and joints are all aligned and balanced especially as the baby grows and preparing the body for birth. Pregnancy and birth (especially C-section) places a lot of strain on the body so our therapy also helps post birth to realign and balance the whole body.

The therapy is gentle enough and therefore applicable for babies and toddlers. We ensure that new borns and toddlers growing into adolescence are balanced at all stages of their growth. Each stage of growth and development will bring about changes in the body. We also ensure that their immunity is optimised and help to ensure that we are building a strong foundation for them to thrive as they grow.

Benefits Include

- ✓ Body alignment throughout the pregnancy
- ✓ Organ balance at key stages of pregnancy
- ✓ Supporting development & growth of baby
- ✓ Preparation of the body for birth
- ✓ Supporting post birth body alignment & balance
- ✓ Scar removal for C-section births
- ✓ Emotional balance following difficult birth
- ✓ Resolves Colic and restlessness for babies
- ✓ Support during teething phase
- ✓ Support during crawling & walking stages
- ✓ Immune system building for children
- ✓ Aids cognitive development

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DermaSync

DermaSync by Bodisync is a holistic skin & hair health approach that focuses on restoring the skin's & scalps natural radiance, balance, and vitality by addressing both internal and external factors that impact its health.

Combining advanced skin and hair care therapies, nutrition, and holistic based therapies, DermaSync helps to promote a clear, youthful, and glowing complexion as well as helping to achieve vibrant, strong hair and a healthy scalp, as well as overall well-being.

Skin Rejuvenation

- Deluxe Contouring Facial
- Somatic Emotional Release Facial
- Microcurrent Face Lift Therapy
- Oxygen Infusion Facial Rejuvenation
- Platelet Rich Fibrin (iPRF)
- Medical Micro Needling
- Exosome Stem Cell Rejuvenation

Hair Rejuvenation

- Platelet Rich Fibrin (iPRF)
- Medical Micro Needling
- Exosome Stem Cell Rejuvenation

Benefits Include

- ✓ Enhances Skin Elasticity & Hydration
- ✓ Reduces Acne, Redness & Inflammation
- ✓ Boosts Collagen for Anti-Aging & Firmness
- ✓ Supports Detox & Lymphatic Drainage
- ✓ Balances Hormones for Clear, Radiant Skin
- ✓ Promotes Overall Skin & Cellular Health
- ✓ Stronger, Thicker Hair Growth
- ✓ Healthier, Hydrated Scalp
- ✓ Reduced Hair Shedding & Breakage
- ✓ Improved Circulation to Hair Follicles
- ✓ Balanced Oil Production for All Hair Types
- ✓ Support for Hair Regrowth & Restoration

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Vitamin & NAD+ Infusions

NAD+, short for Nicotinamide Adenine Dinucleotide, is a coenzyme that plays a crucial role in various biological processes within the body. It is involved in energy metabolism, DNA repair, and cellular signalling, among other functions. As we age, NAD+ levels naturally decline, leading to decreased cellular function and potentially contributing to age-related health issues.

Our NAD+ injections deliver a concentrated dose of NAD+ directly into the bloodstream, bypassing the digestive system. This allows for rapid absorption and utilization by cells throughout the body. Once absorbed, NAD+ can replenish cellular stores and support various biological processes.

Did you know that up to 85% of the oral vitamins you take fail to work on your body? You need to get those vitamins to the source of the problem, your blood stream, so they can get to work effectively and quickly. We all feel that burnt out sensation at times. This is where our Vitamin Injections are ideal.

Benefits Include

Vitamin Injections

- ✓ Stronger immunity (warding off a cold or flu)
- ✓ Enhanced mood
- ✓ Balanced blood sugar
- ✓ Improved sleep patterns
- ✓ Improved jetlag
- ✓ Reduced instances of migraines
- ✓ Boosted fertility and hormonal imbalance
- ✓ Improved complexion

NAD+ Injections

- ✓ Enhanced energy levels
- ✓ Improved cognitive function
- ✓ Enhanced athletic performance
- ✓ Slowed ageing process
- ✓ Enhanced cellular repair
- ✓ Improved cellular communication
- ✓ Boosting immune function
- ✓ Metabolic health
- ✓ Improving Cardiovascular Health
- ✓ Support for overall health and wellness

Scan the QR code for more information





Internal Cleansing

Is a cleanse really necessary? In short, yes. The large number of pollutants we encounter every day complicate the body's detoxification efforts, which in turn leave the body more vulnerable to illnesses and disease, not to mention hormonal imbalances.

Our cleanse protocol focuses on cleansing the whole digestive system, liver, kidneys and blood. When the body is clean and functioning optimally from the inside this will also aid in the healing of physical, internal and emotional conditions.

Our cleanse protocol is designed to ensure that the key organs in the detoxification process are cleansed. This is a base protocol which will provide the foundation that anyone can incorporate and can then be built upon by adding in other organ specific cleanses.

By supporting the digestive system, kidneys and blood as well, you will improve the results of the cleanse program and in turn reap the benefits of better health, glowing skin, better digestion and increased energy.

Cleanse Protocol

Our internal cleanse protocol includes:

- ✓ **Digestive Cleanse** - will completely cleanse your colon and whole body system in 12 hours. It will remove toxins, parasites, harmful bacteria, built up waste impacted faeces, fungi; accumulated mucous (mucoid plaque), worms and dead cellular tissues from the Colon Wall, Liver and Kidney
- ✓ **Liver Cleanse** - The liver cleanse consists of a specific protocol to follow. Once completed the cleansing process will be supported by the inclusion of our supplement to support liver function.
- ✓ **Super Tonic** (multi-herbal complex for internal cleansing), works to improve Kidney, Liver and Gall Bladder function, increase bile flow to aid digestion, benefiting liver function when the liver is toxic or under stress. It also Cleanses, Purifies and Rejuvenates the Digestive and Urinary tracts, Blood and Organs.
- ✓ **SuperGreens** is no ordinary green shake - this **Soil Association organic, high-fiber** combination contains over **35 green foods, vegetables, fruits, berries, herbs, sprouts, mushrooms and seeds** **plus bio-active enzymes** to alkaliise the body. (this is an optional extra)

Scan the QR code for more information





NutriSync

Empowering Your Health Through Nutrition

At Bodisync we believe in the power of nutrition to transform your health and well-being. Nutritional therapy is a holistic approach to healing, focusing on how food choices and lifestyle habits can support your body's natural processes and improve overall health.

What is Nutritional Therapy?

Nutritional therapy is the science of using nutrients as medicine to address a variety of health conditions. We take the time to understand your goals, whether you're seeking to manage a chronic condition, optimize your performance, or simply feel your best every day.

How Does It Work?

Our approach combines natural remedies to help your body achieve balance. Through targeted dietary changes, supplements, and lifestyle modifications, we aim to correct imbalances in your body, boost energy, and prevent future health issues.

Nutritional Support

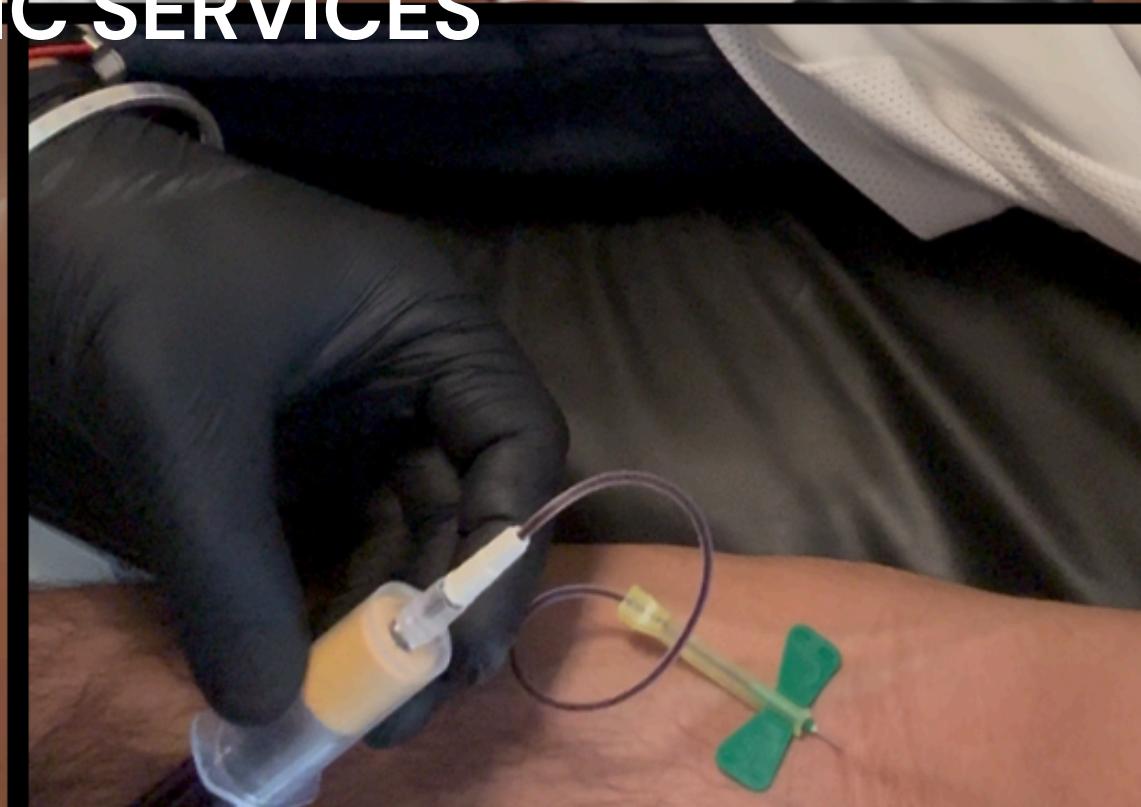
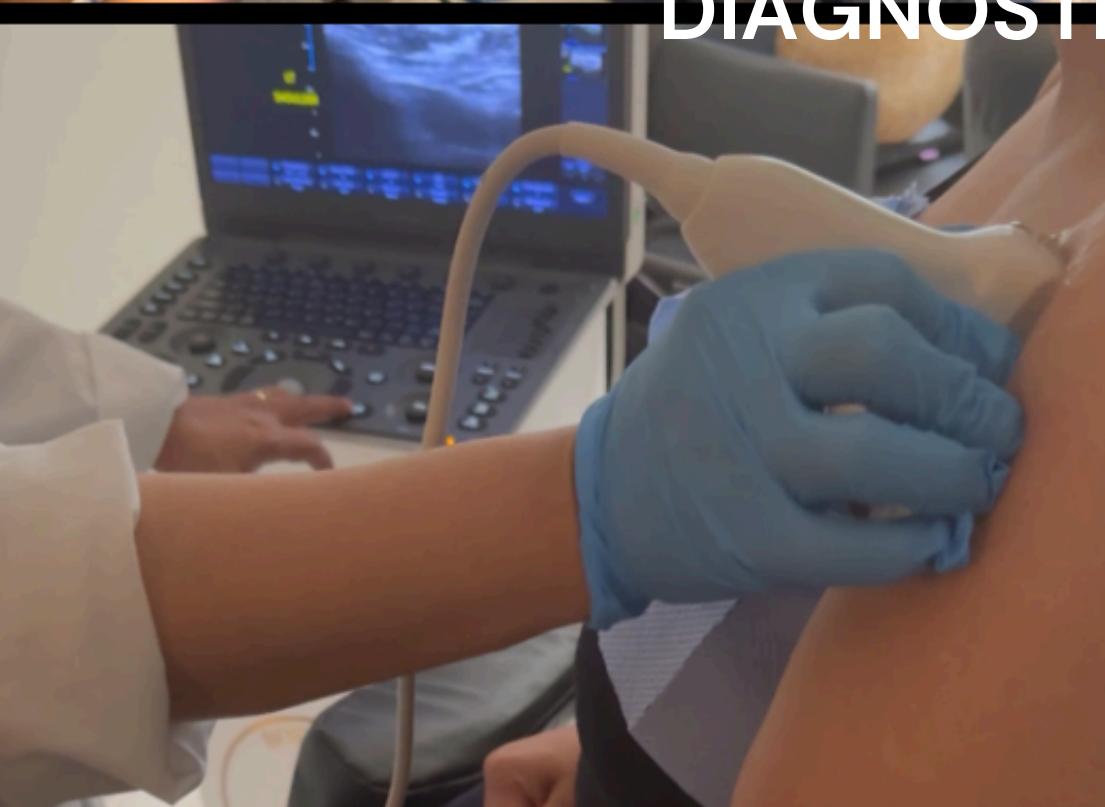
Our range of natural nutritional based supplements include:

- ✓ Supergreens - over 35 green foods, vegetables, fruits, berries, herbs, sprouts, mushrooms and seeds plus bio-active enzymes
- ✓ Super Healing Powder - a mix of 8 powerful medicinal mushrooms, adaptogen and stevia
- ✓ Mushroom Coffee - Choose from Focus, Endurance & Immunity
- ✓ Sea Moss - known for its high nutrient content, including vitamins, minerals, and antioxidants
- ✓ Wild Yam Cream - offers a natural, topical solution for hormone balance, menopause relief, skin health, and other common women's health concerns
- ✓ Shilajit - known for its high content of fulvic acid, minerals, and trace elements, which contribute to its potent health benefits
- ✓ Super Tonic (multi-herbal complex for internal cleansing), it cleanses, Purifies and Rejuvenates the Digestive and Urinary tracts, Blood and Organs

Scan the QR code for more information



DIAGNOSTIC SERVICES





Medical Scanning

As demand for healthcare has surged, the pressure on NHS practices and patient health risks have escalated.

In partnership with Homemed we offer a solution. Providing a safe, fast, and cost-effective healthcare diagnostics. The in-house team provides a diagnostic solution, assisting in swiftly assessing our health partners and offering treatment options, particularly for the elderly, vulnerable and non-mobile.

Skilled technicians and clinicians bring advanced mobile diagnostics direct to you. Providing stress free, quality of care with fast diagnostics, eliminating hospital commutes and waiting rooms.

Choose from a range of medical diagnostics which include, X Ray's, ECG, Ultrasound, Electrocardiography.

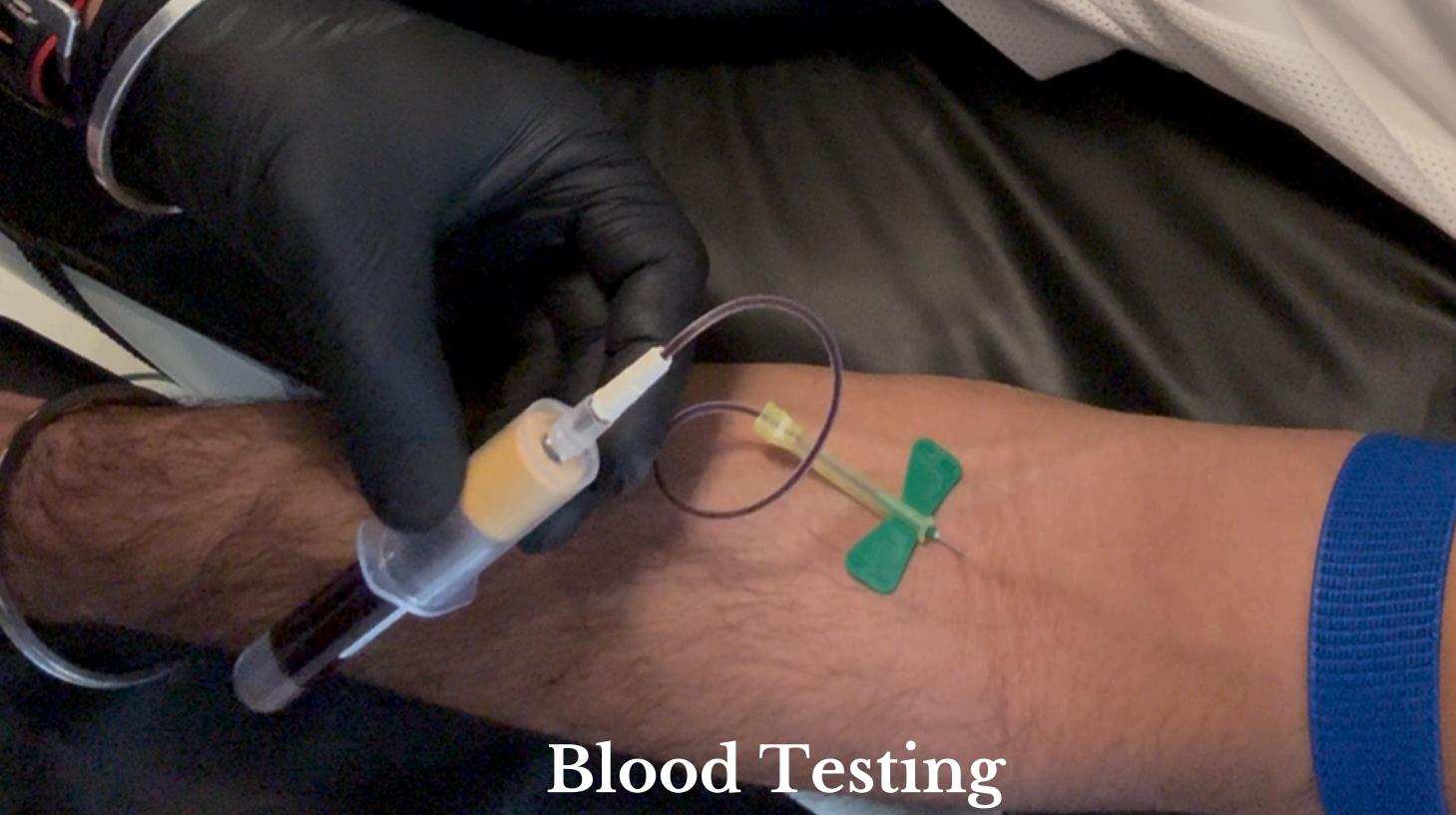
Reports are usually available within 48 hours of the screening being completed.

Medical Scans Available

- ✓ Musculoskeletal (MSK) Scans
- ✓ Women's Scans
- ✓ Men's Scans
- ✓ Pregnancy Scans
- ✓ Doppler Scans
- ✓ Body Organ Scans, Lumps & Bumps

Scan the QR code for more information





Blood Testing

Knowledge is Health. The more you know about your health, the more you can do about your health. And the best source of knowledge is your blood.

A blood diagnostic can tell you so much. You can learn about your general health, vitamin levels, cardiovascular risk or even hormonal balance and then choose to take action on your own terms.

This is why we have partnered with Randox Health to bring you this service which also perfectly fits in with our natural treatments and our ethos of whole body balance. Choose from over 30 different types of personalised blood tests.

Learn more about what's going on inside your body and follow your progress over time. Your results are delivered together with a personalised medical interpretation by one of Randox's approved doctors.

Key Blood Tests

- ✓ Advanced Wellbeing
- ✓ Anemia Profile
- ✓ Basic Kidney Health
- ✓ Diabetes Status
- ✓ Digestive Health
- ✓ Discovery
- ✓ Discovery Enhanced
- ✓ Enhanced Metabolic Health
- ✓ Enhanced Wellbeing
- ✓ Extended Kidney Health
- ✓ Fatigue
- ✓ Fats Profile
- ✓ Full Blood Count
- ✓ Heart Health
- ✓ His & Her Fertility
- ✓ Iron Status
- ✓ Kidney & Heart Health
- ✓ Lifestyle
- ✓ Liver Health
- ✓ Long Covid
- ✓ Metabolic Health
- ✓ Nutritional & Digestive Health
- ✓ Pancreas Health
- ✓ Vitamins & Minerals

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Bio Resonance Scanning

Bio-resonance scanning is a non-invasive diagnostic and therapeutic approach that leverages the concept of biofrequency and electromagnetic waves to analyze and optimize the body's energy fields. It is based on the principle that every cell, tissue, and organ in the body emits a unique frequency or vibration. By detecting and interpreting these frequencies, bio-resonance devices aim to identify imbalances, dysfunctions, or stressors within the body.

During a bio-resonance scan, our Asyra system captures the body's electromagnetic signals, compares them against a database of healthy frequencies, and highlights areas of deviation. It is often used in alternative or complementary medicine to identify allergies, toxins, nutritional deficiencies, and emotional stressors. Based upon the principle of Homeopathy a bespoke homeopathic remedy is then created based upon your results.

Scans Available

- ✓ Allergy Testing Comprehensive tests to identify specific allergens and sensitivities to foods.
- ✓ Brain Scanning Leverages the concept of bio-frequency and electromagnetic waves to analyze and optimize the brains internal structures and energy fields.
- ✓ Organ Scanning Leverages the concept of bio-frequency and electromagnetic waves to analyze and optimize the all the organs within the abdominal cavity and energy fields.
- ✓ Body Scanning Leverages the concept of bio-frequency and electromagnetic waves to analyze and optimize all the body's internal and physical structures and energy fields.
- ✓ Emotion Scanning Leverages the concept of bio-frequency and electromagnetic waves to analyze and optimize the emotional impacts on the body and energy fields.

Scan the QR code for more information





DNA Nutritional Scanning

DNA-based nutrition & lifestyle advice designed for YOU.

Your individual DNA is decoded to help you understand how you're built and what you really need to get and stay healthy. Your DNA holds the code to your individual health and wellbeing needs. This code is unlocked turning hard science into simple, actionable advice and support that works for you as an individual.

A subset of over 800,000 SNPs (pronounced snips). SNPs are small changes to the DNA code that can have a big impact and because your DNA doesn't change, there's no need to test again.

Results take between 3 – 6 weeks.

Tests Available

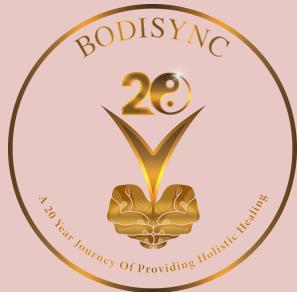
- ✓ Ideal Diet
A personalised diet plan based on DNA science.
- ✓ Weight Loss
Understand weight gain and retention, and create a weight loss programme that works.
- ✓ Better Sleep
Discover how genetics impact sleep patterns and learn how to achieve better sleep.
- ✓ De-stress
Learn about the relationship between genes and stress to find better coping mechanisms.
- ✓ More Energy
Find out what saps individual energy levels and how to bounce back.
- ✓ Thyroid Health
Discover any predispositions to thyroid dysfunction and how to maintain thyroid health.
- ✓ Cardio Health
Discover risk of cardiovascular disease and find ways to manage and reduce it.
- ✓ Fitness Type
Find the body's ideal type of exercise based on genetics.
- ✓ Female Hormones
Learn about individual estrogen pathways and how to balance hormones naturally.
- ✓ Male Hormones
Discover individual testosterone type and how to reduce production of undesirable forms.

Scan the QR code for more information





*Natural forces within us
are the true healers of
disease*



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BODISYNC

FACILITATED HOLISTIC
HEALING
*FROM INBALANCE TO
BALANCE*

