




Holistic Whole Body Approach To Natural Health Care

Based in London's prestigious Harley Street and the Home Counties, exclusive holistic therapy clinic Bodisync is celebrating 15 years of providing successful natural therapy based treatments. We speak to founder, Sukh Padda, in the wake of being awarded Most Outstanding Beauty and Holistic Treatment Provider 2020 to find out more about the extraordinary success the clinic has had over the past 15 years.

 Bodisync's founder, Sukh Padda's own journey in natural health began almost 18 years ago when

he injured his back resulting in excruciating pain and being unable to walk.

After a period of almost six months having tried a myriad of different conventional treatments to no avail and falling into depression as a result, Sukh discovered a unique Japanese based Integrated Therapy. After being successfully treated with this unique therapy, Sukh began his journey into learning this ancient art of healing, and after qualifying in 2004 gave up his career in Banking and formed his own clinic called Bodisync.

In its founders' words: "Bodisync is a concept for natural holistic medicine which follows traditional values and uses tested natural techniques in a contemporary setting." To elaborate, the clinic specialises in treatments and therapies 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. It is able to provide treatments for such a diverse range of ailments, due to the core treatment principle of viewing and treating the individual as a whole.

This core principle also allows Bodisync to offer Cosmetic Facial Acupuncture, Cupping, Medical Micro Needling, Meso-therapy, Vitamin Injections, Nutrient IV

Infusions, Oxygen and Nutritional Therapy as well as more recently in the wake of the current pandemic, Covid-19 Testing.

"Here at Bodisync, we provide a wide range of professional services which are individually tailored to our clients' needs," continues Sukh as he embellishes on the clinic's core values.

"Our ethos from the beginning has been to improve the quality of life for our clients, which involves evaluating the root cause of their imbalances, understanding their lifestyles and aspirations, whilst always undertaking safe and innovative treatment procedures at the highest standards alongside providing honest advice."

Bodisync has experienced great success over the last 15 years since inception, although it hasn't always been easy in the face of adversity, as Sukh tells us.

"The main challenge we have faced over the years is people's perception and adoption of a holistic way of thinking and receiving treatment. A lot of people, including our peers, initially dismissed the idea of viewing and treating the person as a whole and focusing on a proactive model for healthcare rather than a reactive one.

"We were dismissed as a fad and not taken seriously. As we began to achieve results for a wide variety of conditions, which were not being resolved by other modes of healthcare, people began to notice us more.

Since then, individuals have become more responsive to natural healthcare and look for alternatives to naturally maintain their health. This has become more prevalent and relevant in the wake of the current pandemic."

Sukh elaborates on the "whole person" approach that has made his clinic so successful and differentiates it from competitors focussing on conventional symptomology based local treatments.

"Our philosophy is to offer a holistic approach to natural health care through the fusion of traditional Eastern and contemporary Western techniques; a holistic-medical hybrid model. Our 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.

"We address any dysfunctional elements through providing a hands on holistic treatment protocol to bring about fast and effective long term health benefits. Where others merely "fix" the symptoms, we treat and ultimately heal the root cause of imbalances.

"Our physical treatment of Japanese Integrated Medicine is directed to the balance of your Physical, Nutritional, Emotional and Energetical states. This integrated and natural approach consists of the combination

of several therapies blended and delivered together in a single session aiding recovery, prevention of further injury and illness whilst promoting long term physical and mental health."

The internal culture of Bodisync is both dynamic and proactive with the dedicated team always working towards providing clients with the best experience in natural healthcare.

"Ultimately, we constantly research and work on new and innovative ways to incorporate modern technology with our existing ancient Japanese method of whole body balance," Sukh explains.

"We thrive to find better ways to keep our clients healthy naturally working with them to adopt changes which they can easily incorporate into their current lifestyle, so education plays an important part.

"Here at Bodisync, we are a small team with the same goals and aims and they are crucial in our success. We never switch off and our staff are always on the lookout for new and exciting developments in natural healthcare.

"Finally, I cannot thank enough my mentor and teacher Dr Chris Roworth for teaching me this unique therapy and who continues to support me."

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