

BODISYNC

◀ NATURAL HEALTH SOLUTIONS ▶

A healthier you with BodiSync



Why choose Bodisync?

As we move into an era of regenerative medicine and integrative wellness a more holistic approach to health care is required. Bodisync provides a holistic collection of therapies and services with a focus on integration to wellbeing and beauty. Thus being able to deliver the ultimate experience for our clients seeking relief from a variety of ailments or seeking non-surgical cosmetic treatments. Bespoke natural nutritional supplements, vitamin injections, intravenous nutrient infusions, blood and DNA testing, whole body detoxification programs and natural skin products are also available to complement and support our therapies.

Our ethos at Bodisync is to improve the quality of life for our clients which involves understanding their lifestyles and aspirations, whilst always undertaking safe and innovative treatment procedures at the highest standards alongside providing honest advice.

During your one to one consultation we will assess your suitability for treatment and work with you to develop a bespoke treatment plan tailored to your unique goals. At Bodisync we believe no two people are the same so each client will have a treatment programme tailored individually for them to help achieve and maintain optimal health as nature intended.

On the day of your treatment session we go through your medical history and make sure you are comfortable in proceeding with the treatment. Under our safe hands the treatment will commence and you are in total control throughout your treatment liaising with your practitioner at all times.

At every step from your consultation to your follow up appointments, we are on hand to make sure feel comfortable and all your questions are answered. This is the reason why our clients keep coming back!

Call now and make an appointment at Bodisync to discuss your concerns and expectations. We will advice you on the best possible combination of treatments.



Sukh Padda

Bsc Hons | Dip Jap Med | MAcS CA | FEA

Senior Principal Practitioner

With over 15 years of clinical experience in private practice, I specialise in 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.

Other specialities include Cosmetic Facial Acupuncture (which also aids in reducing scarring and skin pigmentation's) Cupping, Medical Micro Needling, Mesootherapy, Oxygen Therapy, IV Nutrient Infusions and Vitamin Booster Injections.

The philosophy I adopt 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. 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 speciality is to address any dysfunctional elements through providing a hands on holistic treatment protocol to bring about fast and effective long term health benefits by targeting the cause and not merely addressing the symptoms.

My ethos is to naturally improve the quality of life for my clients 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 persons state of health: physical, emotional, energetical and spiritual.

I am a member of the Acupuncture Society, British Register of Complementary Practitioners, Facial Enhance Acupuncture, Complementary and Natural Healthcare Council (CNHC – Government independent UK regulator for complementary healthcare practitioners) 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.



Contents

4 - Introduction

5 - Common Ailments Treated

6 - Japanese Integrated Medicine

8 - Cosmetic Facial acupuncture

10 - Cosmetic acupuncture treatments

11 - 24K Gold rejuvenating cosmetic facial acupuncture

12 - Deluxe Facial Protocols

16 - Vitamin Infusion Protocol

19 - Vitamin Booster shots

20 - Intravenous Nutrient Infusions

22 - DNA and Blood Testing

23 - Supplementation Patches

24 - Detoxification Program

27 - Allergies and Health Assessments

28 - Oxygen Therapy

29 - What Our Clients Say



Common Ailments Treated

Back Pain



Lumbago, Sciatica, Neck Strain, Whiplash, Tight Back, Compressed Disc, Gardeners Back, Slipped Disc.

Sports Injuries



Twisted Ankles, Golfers Elbow, Knee Pain, Sprains of the Joints/Muscles/Ligaments.

Physical Health



Joint Conditions, Muscle Imbalances, Frozen Shoulder, Repetitive Strain, Sciatica, Mobility, Issues Neuralgia, Inflammation, Tendinitis, Fibrosis, Poor Posture.

Nutritional Health



Obesity, Weight Loss, Food Reactions, Irritable Bowel Syndrome, Lack of Energy, Flatulence.

Allergies & Sensitivities



Environmental Allergies, Hay Fever, Food Allergies/Sensitivities, Pet Allergies, Dust/Mite Allergies.

Cosmetic Acupuncture



Crows Feet, Wrinkles, Fine Lines, Skin Tightening, Sagging Skin, Blemishes, Scarring and Skin Pigmentation's.

Japanese Integrated Medicine

At Bodisync we understand that suffering from ailments such as Musculo-Skeletal pain (Back Pain, Neck Pain, Arthritis etc), Allergies, Headaches, Asthma and many other conditions have a major impact on the quality of your life.

We all want and indeed strive for a healthier and pain free life. However often the reality is that we are suffering from a particular ailment or a range and combination of ailments.



Our body is a complex integrated system as such an imbalance in one area will lead to other imbalances developing.

For true long term health benefits and relief from these types of symptoms an integrated approach focusing on the balance of the body as a whole and complete system is required.



Modern medicine, complimentary, alternative and what is often termed mainstream often focuses on treating just the area of complaint without balancing the rest of your body.

However, the food we eat, the thoughts that go through our mind, the flow of energy around our body, the conditions we live and work within, the way we use our mind and body, affects our health and mobility.



How Does it Work?

Japanese Integrated Medicine is a truly holistic approach to natural health care and remedial treatment being both complementary and alternative to other medical treatments. It can be sub divided into, Physical medicine and Internal medicine. Physical medicine integrates many natural “Therapies” to treat physical ailments such as back pain, slipped discs, knee strains, arthritis, sports injuries, aches, pains, strains, post-operative recovery, neuralgia, stroke rehabilitation, etc. Internal medicine again integrates many natural “Therapies” to provide treatment for conditions such as headaches, hormonal imbalances, digestive ailments, Fertility assistance, sinusitis, immunity, etc. The speciality of Japanese Integrated Medicine is that it is NOT a “Therapy” it integrates many “Therapies” together to enhance the therapeutic effect for long term health benefits! Japanese Integrated Medicine includes the following ‘Therapies’:

Muscle functioning and Applied Kinesiology - Function and postural ‘testing’ and analysis of muscle reactions and functions to elicit imbalances.

Japanese 'Sekkotsu' - Joint and spine mobilisation and adjustment techniques

Japanese 'Anma' Massage - Soft tissue balancing; Ligament balancing and Lymphatic drainage methods.

Acupuncture - We use traditional Japanese Acupuncture using less needles for a greater effect that can often be felt immediately.

Nutrition, Integrated Herbal Super Tonic Foods - Nutritional advice, specific dietary recommendations, and the use of super tonics for prevention and recovery.

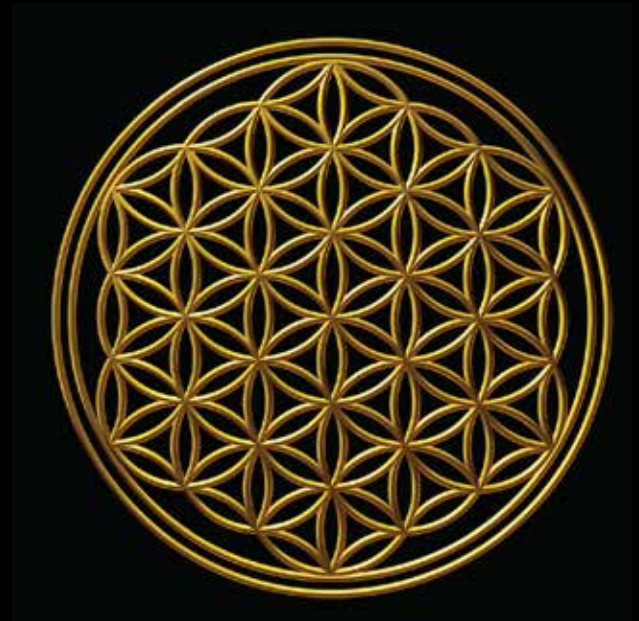
Visceral Massage and Visceral Stimulation - Integrating soft tissue techniques with nutritional advice to improve organ functions.

Cranial Sacral Visceral Fascia Release - Used to balance the internal system of the body to restore homeostasis, improve recovery and harmonise both the nervous system and meridian systems.

Ultrasound - Used for treating deep tissue and organ imbalances, to promote recovery by improving circulation of blood, Ki/Chi and lymph.

Remedial Exercise and Lifestyle Change - Once “Balance” has been restored specific remedial exercises will be provided. The exercises that we recommend have been tried and tested for thousands of years, tailored to individual requirements.

Flower of Life



Cosmetic Facial Acupuncture

True beauty is about being balanced on the inside. If you feel good about yourself, it will reflect in the way you look.

Not only can beauty and wellness go hand in hand they should, we all deserve to look and feel our best. Cosmetic acupuncture promotes subtle, natural looking changes to the skin over time.

As you age, your skin's inner layer loses collagen and, as a result becomes less supple and firm.



Acupuncture remedies the surface effects of ageing by triggering a self-repair response in the skin and addressing the internal stressors that contribute to the signs of ageing.

This ancient beauty secret is a non-invasive and natural approach to reduce the signs of ageing and help skin regain its youthful glow as well as reducing the appearance of scarring and pigmentations.

How Does it Work?

Following a facial aesthetic consultation, the Cosmetic Acupuncture treatment focuses on inserting fine needles to specific points and muscles of the face to improve the elasticity of the skin as well as re-sculpting the face, neck and jaw areas to decrease wrinkles and promote a healthier glowing appearance by activating natural collagen production. The treatment also works on lifting the face particularly where the face begins to sag around the cheek and beneath the chin areas. The treatments include our skincare range, the renewing effects are then accelerated by advanced LED light therapy as well as our mesotherapy treatment. The result is revitalized and nourished skin, a brighter complexion and a more youthful appearance.

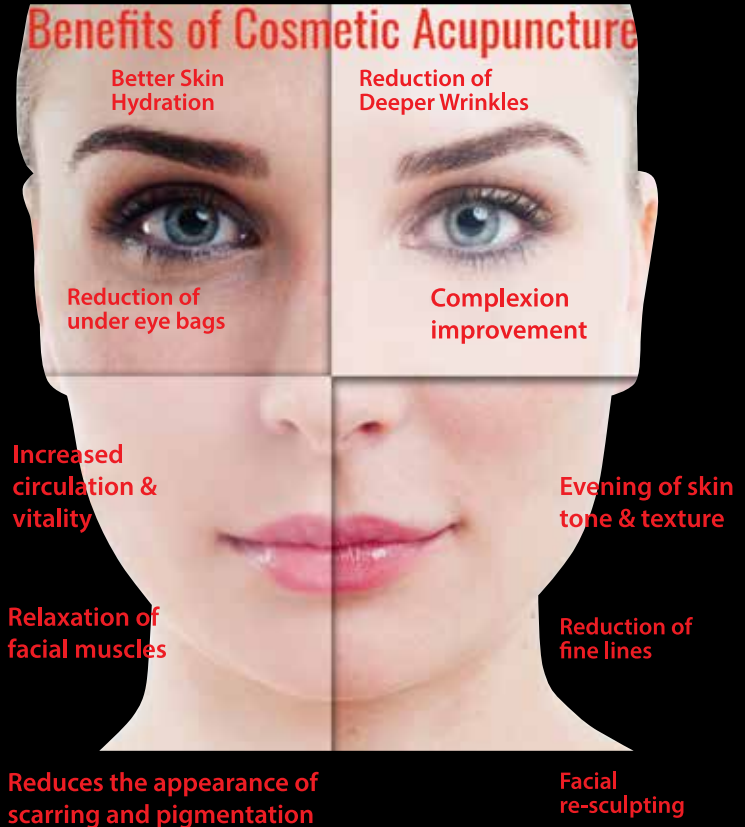


Bodisync's Exclusive Treatment Protocol

The unique TEN point treatment protocol exclusively applied at BodiSync

Involves:

- ① Cleansing – Using Cavitation with ultrasound. Ultrasonic waves are applied to wet skin via a spatula, resulting in deep cleansing and exfoliation.
- ② Acupuncture - Insertion of fine needles on specific points on the face and body to increase collagen formation and to promote the flow of blood to the face
- ③ Medical Micro-Needling - To generate new collagen and skin tissue for smoother, firmer, more toned skin
- ④ Jade Rolling - To even the skin tone, manipulate the toxins through the lymph network and tone the facial muscles
- ⑤ Gold T Bar Stimulation - Promoting blood circulation and to keep the skin moist and elastic
- ⑥ LED Light Therapy - To tighten the skin, shrink any pores and red spots
- ⑦ Face Masks - Use of collagen enhancing masks to further reduce fine lines and wrinkles, promote smoother skin texture and help restore and maintain the skin's elasticity
- ⑧ Facial Cupping and Sculpting - To firm, tone and smooth fine lines and the jowls
- ⑨ Japanese Anma Facial Massage - This treatment involves massage from inside the mouth to de stress the muscle tissue and improve the tone and firmness of the facial muscles to add youth and vitality. It allows the muscle to be healthier and more youthful. This method is favoured by Meghan Markle
- ⑩ Mesotherapy - Utilizing electroporation techniques to allow specific nutritifying ingredients to penetrate into the skin at a cellular level. Electroporation is created by utilising a low frequency current and ultrasound.



Cosmetic Acupuncture Treatments

From beginning to end, relax while we nurture your skin. Starting with an indulgent cleansing ritual you'll feel yourself unwinding. Our gentle acupuncture techniques will relax facial muscles, define, sculpture and encourage renewed circulation. Our botanicals will nourish and hydrate your skin, whilst our peptide infusion masks and unique LED light therapy will clarify, tone, tighten and maintain the skin's elasticity. Our Inside Out Facial Massage (as favoured by Meghan Markle) involves massage from inside the mouth to de-stress the muscle tissue and improve the tone and firmness of the facial muscles to add youth and vitality. It allows the muscle to be healthier and more youthful. Encouraging the muscles to sit higher and with more volume and youth. All designed around a bespoke cocktail of products to add a personalised treatment regime for your skin.

Our unique blend of IV infusions and Vitamin Injections consisting of specific vitamins and minerals are also available to aid in the rejuvenation process from the inside.

Custom Rejuvenating Cosmetic Facial Acupuncture

Our bespoke cosmetic facial bespoke treatment invigorates skin with unrivalled luminosity whilst plumping and hydrating it. LED Light Therapy is gently combined with intradermal needles in a unique protocol that encourages collagen production, cellular renewal & clears blemishes. An invigorating Japanese Tui-Na massage, facial cupping and sculpting follow to firm, tone and smooth fine lines leaving you completely rejuvenated and revitalised.



Men's Bespoke Contouring Facial Acupuncture

Fine cosmetic acupuncture needles are combined with LED light in a bespoke protocol specially adapted for the increased density of male skin.

Working at a deeper level to encourage collagen production, cellular renewal and smooth fine lines. Invigorating Anma massage, facial sculpting and cupping, are combined to improve the skin and muscle quality on the face, helping to firm and add definition.



24K Gold Rejuvenating Cosmetic Facial Acupuncture

Our luxurious deluxe facial treatment will ensure you will be glowing from the inside out. The power of cosmetic acupuncture, Medical Micro Needling, Mesotherapy and LED light therapy combined with 24 carat gold which has been shown to uniquely reduce inflammation and cell degradation.

Gold acupuncture needles, Gold LED mask therapy, a gold infused peptide mask and gold serum are combined with a deep sculpting face massage. Facial muscles are toned and sculpted, fine lines are smoothed whilst stimulating collagen production for total glowing radiance.

Benefits of Using Gold



Activates basal cells
increasing elasticity

Ions in gold increase
blood circulation

Reduces dryness of skin
preventing premature ageing

Slows depletion of collagen



Decreases skin
degradation

Slows melanin
secretion

Slows formation
of age spots

Enhances volume
& tone of facial
muscles

Bodisync's Deluxe Facial Protocol

Achieve Skin Heaven

With increased pollution coupled with our hectic lives, it is even more imperative nowadays to take our Skin Health seriously and to make time to look after our skin in a systematic and effective way. With our 10-step Deluxe Facial protocol, you can relax and let your skin get the professional care and attention it is longing for. You will soon realise it is no wonder that our clients have been raving about it, calling this unique multi-platform, 10-step treatment protocol "Skin Heaven"! Our unique blend of IV infusions and Vitamin Injections consisting of specific vitamins and minerals are also available to aid in the rejuvenation process from the inside.

WHAT IS IT and WHAT DOES IT PROVIDE?

This is our primary facial treatment for men and women of all ages. The Deluxe Facial is the ultimate protocol for detoxing, cleansing and exfoliating, brightening, extracting, nourishing, hydrating and finally rejuvenating your face and neck, leaving you with a beautiful, radiant glow and healthy skin.

The unique TEN point treatment protocol exclusively applied at BodiSync involves:

- ① Deep Cleansing & Exfoliation - Cavitation with ultrasound. Ultrasonic waves are applied to wet skin via a spatula, resulting in deep cleansing and exfoliation.
- ② Gua Sha - Involves gently scraping a flat jade or rose quartz stone over the skin in upward strokes to relax stiff muscles and promote tissue drainage
- ③ Jade Rolling - To even the skin tone, manipulate the toxins through the lymph network and tone the facial muscles
- ④ Gold T Bar Stimulation - Promoting blood circulation and to keep the skin moist and elastic
- ⑤ LED Light Therapy - To tighten the skin, shrink any pores and red spots
- ⑥ Face Masks - Use of collagen enhancing face masks to further reduce fine lines and wrinkles, promote smoother skin texture and help restore and maintain the skin's elasticity
- ⑦ Facial Cupping and Sculpting - To firm, tone and smooth fine lines and the jowls
- ⑧ Japanese Anma Facial Massage - Our Facial Massage (as favoured by Meghan Markel) involves massage from inside the mouth to de stress the muscle tissue and improve the tone and firmness of the facial muscles to add youth and vitality.
- ⑨ Mesotherapy (non-needle) - Utilizing electroporation techniques to allow specific nutritifying ingredients to penetrate into the skin at a cellular level. Electroporation is created by utilising a low frequency current and ultrasound.
- ⑩ Lymphatic Drainage - To promote detoxification, improve circulation and skin tone, reducing fluid retention and resulting in firmer skin. Fact - 33% of the lymphatic system is in the face.



WHAT ARE THE BENEFITS?

The primary benefits include:

- Improvement of blood circulation
- Reduction of stress and sinus relief
- Restoration of hydration of the skin
- Minimizing fine lines and wrinkles
- Aiding healing post-surgical bruising and/or swelling
- Removal of toxins from your skin
- Other benefits include:
- Reduction in wrinkles that are due to dehydration
- Reduction in puffy skin or edema (swelling)
- Help with acne prone complexions

WHO IS THE TREATMENT FOR?

For all skin types; for men and women; for all ages.

WHAT RESULTS CAN I EXPECT?

Deeply cleansed pores and skin providing a smooth texture with a radiant glow. Plumped fine lines and wrinkles. Brightening and evening out of skin tone.

HOW MANY SESSIONS ARE REQUIRED?

We recommend this treatment once every 2-4 weeks with the use of your prescribed home care regime. This is also a great stand-alone treatment ahead of special events and occasions. Although results can be seen with 1 treatment, if you would like to tackle specific concerns, we recommend a course of 6 – 8 sessions.

Non Surgical Cosmetic Treatments

To promote subtle, natural looking changes to the skin over time Cosmetic Facial Acupuncture provides a natural alternative to surgery, BOTOX or dermal fillers. Our applications of Cosmetic Acupuncture treatments are tailored to address a variety of cosmetic needs for:

- Facial rejuvenation by growing new collagen
- Face and neck lift by achieving skin tightening via collagen contraction
- Slimming and contouring, by using focused acupuncture points to rupture fat cells for Lipolysis and skin tightening.



REJUVENATION FACIALS

Rejuvenation

For our tailor-made Rejuvenation Facials we use Micro-needling, no needle Mesotherapy, LED therapy and a combination of collagen, vitamins and oils to hydrate your skin on your face and neck and to treat a variety of issues such as fine lines and wrinkles, acne scarring, red skin, photo damage and texture changes.

It is a skin renewal technique that gives you a sparkling and fresh appearance and restores the healthy look of your skin through “collagen induction” and with minimal or zero downtime.

The results are natural, progressive and cumulative. The skin is more hydrated and toned. Gradually, the skin tone becomes more even and radiant and the face and neck appear more and more fresh and rejuvenated. A local anaesthetic cream can be applied prior to the treatment and minor bruising can appear, but it subsides quickly.

Micro-Needling

For Micro-needling we use Dermalroller, a small handheld rolling device covered with tiny needles, which penetrates the deeper areas of the skin. The minuscule injuries produced by the roller do in time induce the formation of new elastin and collagen fibres.

As the body slowly responds to the treatment, the skin appears fuller with improved texture and ultimately with reduction of fine lines, open pores, wrinkles, and discolouration.

Micro-needling produces similar results to Dermabrasion, Lasers and Deep Chemical Peels, but it is much less invasive and does not require the removal of the epidermis.

As a result the healing time is significantly shorter and there is no post-treatment skin sensitivity to UV light. It is one of the few skin therapies that is suitable for all skin types and can also be used to treat the fragile skin around the eyes, mouth, neck and décolletage. Micro-needling is also suitable for other parts of the body and can be used to treat scarring and cellulite. The procedure is safe and precise as our Titanium Dermalrollers are sterile and single-use only.

This is a great treatment to achieve rejuvenation and radiance and is supported with a range of our exclusive skin products.



MESOTHERAPY (Non-Needle)

Mesolift treatments give your skin a boost of health and freshness by using Mesotherapy. In Aesthetic Medicine, Mesotherapy is used for body treatments (cellulite, loose skin, toning and firming, stretch marks) and for face & neck (acne scars, uneven skin tone, dull skin, fine lines, skin sagging). Women and men can start anti-ageing Mesotherapy treatments in their mid-twenties to prevent wrinkles from forming. The Mesolift treatment allows the true restructuring of the skin tissue and helps achieve 8 anti-ageing actions:



Benefits

1. Wrinkle treatment (active repair of cutaneous damages)
2. Hydration (active & exogenous) and reduction of water loss
3. Brightness and radiance optimisation
4. Ionic balancing- overcoming mineral deficiencies
5. Stimulation of cellular growth
6. Active re-densification of the dermis
7. Cellular protection
8. Visco-elastic regeneration

HOW DOES IT WORK?

Utilizing electroporation techniques to allow specific nutritifying ingredients to penetrate into the skin at a cellular level. Electroporation is created by utilising a low frequency current and ultrasound.

This treatment aids a number of different skin conditions and all skin types. No downtime or unwanted side effects are experienced. There are 4 phases during this treatment as follows:

1. Introduction: Opening the ion channels to allow active ingredients to permeate the cells.
2. Circulation: Deeper implementation of active ingredients, the pressure rises in the cells.
3. Drainage: Further penetration of the active ingredients and the pressure returns to normal
4. Stimulation: Closing of the ion channels and equalises the final pressure in the cell.

Specially formulated serums are used to permeate deep into the facial tissue layers.

VITAMIN. INFUSION. PROTOCOL SERVICE (V.I.P)

INTRAVENOUS NUTRIENT INFUSIONS

Emerge feeling refreshed, replenished and rejuvenated

As we move into an era of regenerative medicine and integrative wellness a more holistic approach to health care is required. Our ethos at Bodisync is therefore to view and treat the body holistically. Physical, internal and emotional issues are also a consequence of the state of the body internally. It is imperative to ensure we have all the necessary nutrients to sustain optimal health and recover from injury or illness.

Adequate fluid balance is paramount to health and maintenance of mind and body, just two percent dehydration can cause significant loss of productivity and create stress on the body and result in the release of free radicals, which can have numerous harmful effects. Common reasons for dehydration are decreased water intake, too much sun exposure, illnesses, increase in water loss, alcohol consumption alone or combined with any of the above.

Applying innovative western medicine to an eastern philosophy of balance, Bodisync helps restore equilibrium through vitamin-infused IV therapies to combat and to treat the effects of dehydration, strenuous physical activity, ageing, sunburns, fatigue and other factors.

Our VIP service consists of the administration of individual Vitamin Booster shots (delivered as intramuscular injections) and Intravenous nutrient infusions.



The ingredients we use in The IV drips and injections contain an infusion of vitamins, minerals and water, all of which are classified as 'Essential Nutrients' and are in essence, essential for life, as our own bodies cannot produce them on its own.

Traditionally nutrients are obtained from the food we eat in our daily diet, but we all know that maintaining a healthy, balanced diet can be difficult and that modern food is in most cases modified and over processed, leaving many people lacking in these essential nutrients.

By replacing or topping up our levels of essential nutrients through an IV infusion, you can refuel your body, replenish lost hydration and restore balance & well-being both physically and mentally.

What Are the Benefits of IV Therapy?

One of the main benefits of IV Therapy is fast, more effective results without gastrointestinal side effects, absorption issues or loss of potency.

The process allows the nutrients to go right into your bloodstream, by passing the digestive system allowing you to have more energy, think more clearly, and enjoy a better health.

The benefits will differ depending on the condition treated, the protocol used, the overall health of the client, and how many treatments are done. Some reported benefits include:

- Stronger immunity (warding off a cold or flu)
- Enhanced mood
- Increased sports recovery time
- More energy
- Improved concentration and mental focus
- Increased calmness and relaxation
- Balanced blood sugar
- Improved sleep patterns
- Improved jetlag
- Improved hangover
- Reduced instances of migraines
- Boosted fertility and hormonal imbalance
- Improved complexion
- Reduced signs of aging



How Long Does the IV Therapy Effects Last?

Typically, the effects become fully noticeable after the 12 – 24 hours after infusion, although, many people report feeling better right after treatment.

The effects last for 8 days to 3 weeks depending on the condition and type of IV cocktail.



Look Good, Feel Great & Perform Better with an IV Infusion of Vitamins, Minerals & Essential Nutrients.

An intravenous drip is a powerful cocktail of highly valuable nutrients, vitamins, minerals, antioxidants and amino acids, all of which are essential for a healthy mind, body and spirit. When drinking water, energy drinks or taking oral vitamins, only 20% of their beneficial content finds their way into the bloodstream. The rest is absorbed and lost through the digestive system.

With intravenous injections, 100% of the minerals, vitamins and antioxidants are delivered straight to the circulatory system, by passing the digestive tract completely and allowing the body to absorb and utilise all the benefits of these strong drip formulas.

The IV Drip Treatment at Bodisync delivers essential vitamins, minerals and antioxidants directly into the bloodstream, allowing for the rapid absorption and complete utilisation of a concentrated dose of nutrients, losing nothing in the process.

Celebrities including Cara Delevingne, Rita Ora and Rihanna are raving about IV Vitamin Drips – but the procedure is not just for A-listers. IV therapy is benefiting for everyone from athletes in need of a rehydrating boost, to worn-out mums and sleep-deprived professionals.

Each of our IV drips is specifically formulated to meet your unique needs, containing a carefully calibrated mixture of vitamins, minerals and antioxidants.

As the name suggests, the restorative, hydrating fluids in the treatment are injected into the veins through a soft tube and needle. You can lie down and relax for the duration of the treatment, which typically lasts 30 to 45 minutes.

V.I.P Menu - our most popular cocktails include the following. Contact us for details of other infusions for a wide variety of uses

Allergy Protection Infusion



Slimming Aid Infusion



Anti-Ageing Infusion



Pain Reduction Infusion



Fatigue Reduction Infusion



Mind Boost Infusion



Vitamin Booster Shots

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. Those days when you just can't drag yourself out of bed and life seems to be too much. Sometimes a quick cup of coffee is enough , sometimes you need much more. In fact, at times, your depleted bodily reserves need to be topped up quickly.

This is where Vitamin Injections are ideal. This perfectly safe treatment will infuse your body with essential vitamins and minerals, those ones you can't always find in today's foods and lifestyles.

Delivering vitamins directly into the bloodstream slows down cellular decline at a much faster rate.

Vitamin injections are most effective when taken at regular intervals. Intramuscular injections are more readily absorbed by the body, having a profound and rapid effect.

Injections are given under the skin for a variety of conditions including:

- Rheumatic disorders
- Digestive problems
- Stress
- Immune boost
- Inflammation
- Anti-ageing



- **Intramuscular Infusions**

Shot of Vitamin injections are administered directly into the body

- **Vitamin Injection Delivery**

Vitamin injections are quick and accurate. They by pass the Gastrointestinal system and deliver Vitamins and Minerals straight into your bloodstream all with a 100% absorption rate.

- **Fast Acting**

Most clients feel the effects of the vitamin injections immediately with the effects lasting for weeks and months.



The major goal is that once the natural products are injected, your own body's defence system is stimulated to get the body back in balance.

We offer specially formulated vitamin booster shots including;

Vitamin D - an important component in maintaining your general health and well-being.

- For essential healthy bones and muscles
- Combats stress and fatigue
- Boosts your immune system
- Relieves anxiety and enhances your mood and well-being

If you're feeling tired and rundown, then you may be lacking in vitamin D and evidence of a growing deficiency in the general population recently prompted the government to advise extra supplementation to combat the many health issues associated with a vitamin D deficiency. This essential nutrient is required for many of the main processes of the body and assists the body in its ability to absorb other minerals.

Vitamin D is an important component in maintaining your general health and well-being. Certain groups are more at risk of a vitamin D deficiency, but it seems that our current lifestyles have left us all more susceptible and in need of an added boost.

Vitamin B12 - if you are feeling tired and run down all the time you may have a vitamin B12 deficiency.

- Maintains a healthy immune system
- Contributes to a normal functioning nervous system
- Reduces tiredness and fatigue
- Supports bone health and prevents osteoporosis

If you are feeling tired and run down all the time, suffering from unexplained aches and pains and continually falling victim to colds and other infections, then you may have a vitamin B12 deficiency. B12 is an essential vitamin that you can become deficient in, particularly if you follow a restricted or special diet, if you're pregnant or breast feeding, if you suffer from certain health conditions or if you are over a certain age. Heavy smokers and drinkers can also have low levels of B12.



Glutathione - the body's most important antioxidant. Fights almost any disease, particularly those associated with aging.

- Prevents and reverses the effects of free radicals
- Rejuvenates your skin
- Cleanses vital organs (reduces damage caused by fatty liver disease)
- Reduces symptoms of Parkinson's disease
- Relieves anxiety and enhances your mood and well-being

Glutathione supplementation is sought after as your body produces less with age. However, Glutathione is not absorbed well by the body when taken via oral supplementation. Direct injection is the preferred method for full absorption of this important molecule. It is best for Cosmetic Rejuvenation, Detox from Free Radicals, Anti-Aging and for Skin, Hair and Nail Health

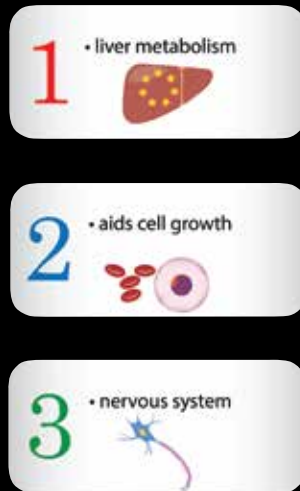


Vitamin C - known for its positive impact on pigmentation, energy levels, free radicals, allergy resistance, and specific health conditions

- Reduces high blood pressure and cholesterol
- Prevention of common cold
- Improves appearance of wrinkles
- Aids iron absorption

Vitamin C is a powerful vitamin and antioxidant with many positive benefits.

This makes Vitamin C Injections the ideal treatment for a wide range of conditions. Vitamin C is required for the proper development and function of many parts of the body. It also plays an important role in maintaining proper immune function.



Biotin - a coenzyme and a B vitamin

- Hair loss prevention
- Prevents brittle nails
- Regulates blood sugar
- Improves skin health

Biotin plays a key role in the body. It supports the health of the skin, nerves, digestive tract, metabolism, and cells as well being used for hair loss. It is found in small amounts in many foods such as eggs, milk, or bananas. Biotin is an important component of enzymes in the body that break down certain substances like fats and carbohydrates.

DNA Nutrient Testing

To complement our VIP protocol we also offer DNA and Blood tests to determine which nutrients your body is lacking to create a truly bespoke VIP service for you.

Why do I need a DNA test?

Having a DNA test is the best way to find out exactly how your body responds to and metabolises certain nutrients. Much more effective than a blood test, it will tell you if you're predisposed to certain conditions or food intolerances/allergies, and will help identify your personal micronutrient requirements.

DNA tests can help to identify the root cause of any existing problems, help you to take action to prevent future health issues, and equip you with the knowledge of how your body responds to nutrients to help you achieve optimum nutrition.

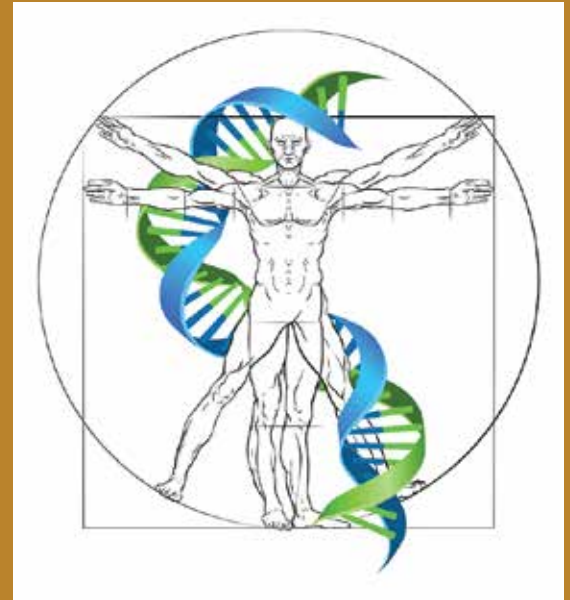
How does it work?

Your DNA never changes so you will only ever need one DNA test. After your test (a quick cheek swab – no needles!), your results will be analysed and you will then be given a personalised Drip recommendation based on your unique genetic profile.

What is the difference between a DNA test better and a blood test?

A blood test is a picture of what nutrients are in your bloodstream at that particular time. You would need to have a blood test every time you want to check your nutrient levels. The DNA test only needs to be done once, as your DNA code doesn't change. Instead of telling you what levels are in your blood, it tells you how your body metabolises certain nutrients, and if your body needs more of them, to equip you with the knowledge to make better informed lifestyle decisions

Our range of private blood tests allow the measurement of various vitamins and minerals either individually or as part of a complete vitamin or mineral profile.



Supplement Patches

No more pills to swallow - stick on a patch instead!

Many people take in vitamins daily through food or supplements, but many do not realise that 85% of these active nutrients are not actually absorbed by the body. Vitamin pills are not always fully analysed for their vitamin and mineral content and often degrade in quality with age, meaning you can be unsure of what you are consuming. Our cells need a maximum concentration of these essential nutrients in order for them to work most efficiently in the body, often this can be depleted by disease, stress, exhaustion, poor diet and an unhealthy lifestyle.

Transdermal Release

After the patch is applied to the body, the supplement permeates the multiple layers of skin in a slow and controlled manner eventually making it's way throughout the body for use. Since the skin is the largest organ, vitamin transdermal skin patches are very effective and useful. By passing the stomach and it's acids and the first pass through the liver, the product on the patch goes right to work. This delivery method eliminates the need for handfuls of pills, wondering if you took them and any stomach discomfort you may have. So if you are looking for something efficient and easy to use, the transdermal skin patch is king.

The Technology

The patches features cutting edge 3-layer topical patch technology:

Contact Layer - this layer's exclusive,all-natural adhesive allows the patch to be worn anywhere on the body and to stay in place throughout the day/night.

Multi Nutrient Layer - this layer uses nanodirect technology to release nutrients slowly throughout the day/night.

Backing Layer - this layer is uniquely designed to effectively provide structural support for the patch to be worn all day/night, even with high activity.

Contact us to order your patches

We have a wide variety of patches for ailments such as for Allergies and Anti-Ageing.

Benefits of Patches for Vitamin Supplementation

1. Superior to oral supplements - transdermal, slow release delivery, bypasses the stomach and liver, resulting in more of the nutrient compounds entering the bloodstream and therefore increasing bio availability/efficacy.
2. 8 hours only - patches need only be worn for 8 hours, day or night, whichever suits you.
3. Perfect for sensitive stomachs, IBS and bariatric patients - the vitamins are delivered into the bloodstream via the skin, rather than the gut. Those of us with absorption problems, irritable bowel etc, can now easily benefit from supplementation.
4. Low and slow - delivery spread over many hours is more beneficial than a large, single, oral dose.
5. Easy to use and durable - simply peel away from packaging and stick on your skin. Can be worn day or night, even with high activity.
6. 100% natural - vegan, hypoallergenic and free from; fillers, latex, lactose, gluten and sugar.



Bodysync's Detoxification Program

Our ethos is to view and treat the body holistically. Physical, internal and emotional issues are also a consequence of the state of the body internally. It is imperative to ensure that our bodies on the inside are cleaned and kept clean to prevent many ailments from manifesting themselves.

Our detoxification 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 organs.

Is a detox 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.



Regardless of their source, all toxins must be processed through the body via the detoxification pathways in our liver, which is why it gets the bulk of the attention during our detox program. By supporting the digestive system, kidneys and blood as well, however, you will improve the results of our detox program and in turn reap the benefits of better health, glowing skin, better digestion and increased energy.

Everything we overuse needs a cleaning once in a while. Just like we give our cars oil changes, we can help detox our bodies. Think of detoxing as flushing out old gunk and fine tuning our internal bodies.

Our detox program 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.

Digestive Cleanse

If your bowels are not moving, waste will create toxicity and impede health. Cleansing your digestive system will clear your complexion and improve your energy levels as you gain a sense of well-being. Improving intestinal wall competency will also aid absorption of nutrients and water, while preventing absorption of unhealthy bacteria and incompletely digested food or toxins.

Colon cleansing has been shown to help with Arthritis, Addictions & cravings, Respiratory problems, Blood clots, High blood pressure, Bloating stomach, Bad smelling wind, Weight problems, Constipation, Haemorrhoids (Piles), Depression, Constant tiredness, Lack of energy, Headaches, Low back pain, Mood swings, Irritability, Leg pains, Bladder infections, Lack of mental clarity and forgetfulness, Nervousness, Blood sugar imbalances, Bad Breath, Body odour, Skin problems.

Liver Cleanse

The liver performs hundreds of functions and acts as a filtration system for everything that enters into your body. Every second, the liver prevents toxins from passing over into your blood stream.

If your liver is not working properly, you may experience nausea, vomiting, dark urine, yellowing of the skin and eyes (jaundice), decreased appetite and an increased mid-section. Even if your liver is healthy, it is still good to help your organs naturally detox by watching what you eat and what you put on your skin. Get into good habits while you are still healthy. Our Liver flush protocol incorporates our natural supplements designed to support the Liver. Prevention is the cheapest and easiest way to maintain a healthy body.



Kidney Cleanse

The kidneys filter out the blood and get rid of toxins through the urine. Kidney cleanses are good for bloating, feelings of fatigue, frequent kidney stones, skin problems, and frequent urinary infections.

Most kidney problems do not show symptoms early on. It is important to maintain healthy kidneys before they start showing signs of disease or failure.

Symptoms of kidney disease include nausea, decreased appetite, swelling of the ankles and lower legs, generalized fatigue, itching and dry skin, foamy and bloody urine, bad taste in the mouth, and mental status changes.

Detox Protocol

Our detox protocol is a foundation cleanse process which targets the digestive system, liver and kidneys. The protocol consists of the following elements combined together:

1. Colon Cleanser

The Colon Cleanser 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

Ingredients:

Green tea extracts, Cascara Sagrada, Cardamon extracts, Senna, Guarana, Acai berry, Flax seed, Garcinia, Psyllium, Asunwon egba. Eso bara. Ponpola. Asufeyeje

2. Bio-Botanicals

Bio-Botanicals, work to improve liver and gall bladder function, increase bile flow to aid digestion, benefiting liver function when the liver is toxic or under stress.

Bio-Botanicals Uses:

- Anti-bacterial • Anti-viral • Anti-inflammatory • Aids digestion • Prevents blood clots
- Boosts immune system • Protects against cancer • Helps to lower blood pressure
- Can aid gall stone removal • Helps to reduce ovarian cysts • Supports Kidney function
- Supports impotency in men

Bio-Botanicals trigger fibrinolysis, a process in the body that dissolves blood clots and helps to lower blood pressure. The organs helped by Bio-Botanicals are mainly the gall bladder, Kidneys, heart and liver.

Ingredients: African Aloe, Finfeyi (Cassia Sieberiana) and Extracts from Mahogani Shoots.



3. 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 supplements to support liver function.

These include:

- LIV.5.2

Liv.52 (LiverCare) helps restore the functional efficiency of the liver by protecting the hepatic parenchyma and assists in promoting hepatocellular regeneration and prevents fatty infiltration of the liver. As a daily health supplement, Liv.52 helps improves appetite, digestion and assimilation processes.

- LIV Cleanse

A unique blend of herbal and vitamin ingredients, which offer support for liver function, as well as lipid, homocysteine, energy-yielding and macronutrient metabolism, mucous membranes, hair, skin and more. May be of particular benefit to those with a poor diet, who regularly overindulge in alcohol or tobacco, or generally feel run down and lethargic.

Allergies & Health Assessments

BodiSync offers comprehensive Health Assessments using the world renowned Asyra system. This system is also used to provide Food Sensitivity Testing (over 200 foods can be tested).

The Asyra system heralds a new dimension in health assessments and consequently in providing better, more accurate treatment protocols.

It is quick, easy, accurate and completely painless delivering demonstrable gains in your health. The Asyra takes energetic readings by measuring electrically your body's response to signal outputs from the device. By testing thousands of signals a picture of the health status is built up in moments allowing the best course of treatment for you to be developed. Your own remedies can be imprinted in the device to enhance your treatment.



The device can also be used to provide a complete health assessment.

BodiSync also offers allergy and food intolerance treatments using the NAET protocol.

NAET®, is a non-invasive, drug free, natural solution to eliminate allergies of all types and intolerance's using the principles of Chinese medicine and the movement of energy in the channels or meridians which flow through the body. When the energy of a substance interferes with the smooth flow Qi or blocks the channel, then illness arises.

We also offer Oxygen Therapy using the renowned Airnergy system.

Airnergy Oxygen Therapy

Airnergy is a combination of the two words “air” and “energy” and helps the body to increase its use of oxygen in a natural way. It enables a patent-protected process to take place which is technologically adapted from the natural processes of photosynthesis. The “Airnergy energy” noticeably improves the way that humans use oxygen and it has a positive effect on many of the body’s functions without an additional supply of oxygen and without foreign substances.

Airnergy can promote health, quality of life and wellbeing in a natural way. 75% of inhaled oxygen in the air is exhaled again unused.

Humans thus make relatively poor use of respiratory air. Of the 21% of oxygen contained in respiratory air, the human body can only use around 25% of this. 75% is exhaled again unused one reason why mouth-to-mouth resuscitation is possible. And above all: The weaker or older you are, the less oxygen the body utilises. Airnergy is a method, a device and treatment in one.



About Airnergy – an active air technology which reflects nature

The body uses oxygen for many different processes. The heart consumes the largest amount of oxygen in your body, followed by the brain and the eyes.

Airnergy active air technology is inspired by photosynthesis in plants. This natural process ensures that oxygen is activated in a way which your body understands. The oxygen present in respiratory air, the normal air we breathe, is not reactive. The body converts the oxygen in respiratory air into a reactive state or singlet state. This then allows the body to use it as a source of energy. As we age or suffer from stress or illness, our ability to use oxygen effectively diminishes. This in turn hinders performance, healing and regeneration. Using Airnergy assists the body by increasing its use of oxygen in a natural way, restoring health.

How will it benefit me?

- 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
- Nourishes your skin at the cellular level giving you a healthier and younger looking complexion as well as treating skin conditions such as eczema
- Aids in the healing of broken limbs and joint pains such as back, shoulder and knee pain
- Treats asthma and bronchitis
- Treats allergies

What Our Clients Say

“

After a number of months experiencing discomfort with leg pains, back pain and low energy overall and after trying a number of solutions, I finally was recommended to see Sukh and that was the best thing that could have happened to me.

From the first day Sukh had identified the potential issues with a number of my symptoms, gave me almost immediate confidence on how he was going to tackle the issues. It was evident that with every session I was getting better and my visit to Sukh became regular and a life style choice to ensure that my body was in the best possible condition, as well as coming out more knowledgeable about how to be in control of my body and how to prevent potential issues.

After 2 years I am totally free of any pains and have been totally reenergised ... I have been recommending Sukh to everyone I know as he is a real professional, honest and a great human being.

”

Gianni Bonuglia
London

“

After the removal of a Basil Cess Carcinoma on my face, I was left with a scar that remained inflamed and red. After the first session at Body-sync the scar has faded and the inflammation has totally subsided. I am left being confident that the scar will eventually be unnoticeable.

”

Craig Beatson
Colnbrook

“

I decided to have facial acupuncture as I started noticing fine lines on my forehead and slight sagging overall. I am 46 with good skin but I felt that I could benefit with some skin tightening.

I was considering fillers but when I started researching I didn't want to take the risk of having filler injected into my skin.

My first session with Sukh was a bit scary as I am not very good with needles, but I have to say most of them I didn't even feel.

After my first session I could already tell that my skin was glowing and it looked more healthy. I have had a few more sessions and I can see such a big difference, like I said I have very good skin for someone who is 46 but the outcome has been amazing with few people commenting just after one session.

After further sessions my face looks more slimmer and contoured which is what I wanted to achieve. I also had an asymmetrical face with my right side slightly wider due to grinding my teeth, Sukh has managed to make the right side on par to my left. I still have a few more sessions with Sukh, but I am already so happy with the results and will definitely recommend this to anyone. Facial acupuncture is meant to help boost collagen to the skin which has worked for me as the fine lines are reducing and my chin and jaw area look more slimmer and contoured.

I have to say I am really pleased I have had this treatment and Sukh is brilliant. Thank you Sukh you have really listened and understood what I wanted to achieve.

”

Geeta Chana

“

I have been having treatments with Sukh for about a year. I initially went with hip and knee pain and issues with my back and shoulders. His approach is holistic (working on tendons, organs, and everything in between!) and incredibly thorough, often finding the cause somewhere I least expected it. As a Pilates teacher, I find his work invaluable for keeping me balanced and 'well oiled!' And most importantly Sukh has a lovely bedside manner making you feel comfortable throughout.

”

Venetia Liebrand



Contact us to order your supplements or to book an appointment



07960 048275



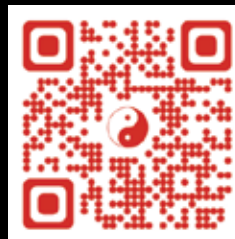
info@bodisync.com



www.bodisync.com



@bodisync



Clinics located in Langley, Berkshire and 1 Harley Street, London

Please note that our IV Infusions and Intramuscular Injections are offered for non-medicinal purposes.

BODISYNC

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