

## Optimum Health Centre

“Wholistic Health Care for the Whole Family”

2/F., Prosperous Commercial Bldg., 54-58 Jardine's Bazaar,  
Causeway Bay, H. K. Tel: 2577-3798 , Fax: 2890-8469

*Health Counselling*

*Ionictherapy*

*Naturopathy*

*Homeopathy*

*Chiropractic*

*Aromatherapy*

*Weight Control*

*Color Therapy*

*Colon Hydrotherapy*

*Constitutional Therapy*

*Physiotherapy*

*Live cell analysis*

*Food Allergy testing*

*Bio-Energetic*

*Oxygen & Ozone Therapy*

*Acupuncture*

*Nutrition*

*Herbal Medicine*

*Foot Reflexology*

*Massage*

*Computerized Testing*

*Health Products*

# CONSTITUTIONAL THERAPY

The Centre is, now, offering our patients the opportunity to receive **Constitutional Therapy** treatment on a regular periodic basis.

These constitutional treatments stimulate healing by enhancing the oxygenation and circulation of blood and lymph.

Theses treatments, also, promote better digestion of food and nutrition to the cells, increase the oxidation and elimination of toxins, strengthen the general defense of the body and assist in the restoration of nervous equilibrium.

## *Patients of all ages can benefit from these treatments.*

Constitutional Therapy was developed and perfected by Dr. O. G. Carroll and his followers in the United States of America. It has been used with wonderful success in a wide variety of conditions for over 60 years.

It has been found particularly suited to:

Digestive tract problems, such as:

Dyspepsia

Crohn's disease

Irritable bowel syndrome

Ulcerative Colitis

Respiratory problems, such as:

Chronic Asthma

Bronchitis

Pleurisy

Infectious diseases, such as:

Colds

Flu

Lymphangitis

Female reproductive problems, such as:

Premenstrual Syndrome

Dysmenorrhea

Immunity deficiency problems, such as:

Environmental hypersensitivity,

e.g. Allergic Rhinitis

Circulatory problems, such as:

Varicose Veins

Hemorrhoids

Raynaud's Disease

Hypertension

And other ailments, such as:

Arthritis

Depression

Obesity

Psoriasis

## *A Treatment Session*

involves an initial examination by the doctor of your heart, abdomen, temperature, and urine. Our therapists will, then, determine the timing of each step of treatment as well as the placement of application of different electrical modalities. A series of hot and cold towels is applied to your chest, abdomen, and back, covering you with wool blankets. Autonomic Nervous System and lymphatic drainage enhancement is applied through Space Healer and color therapy.

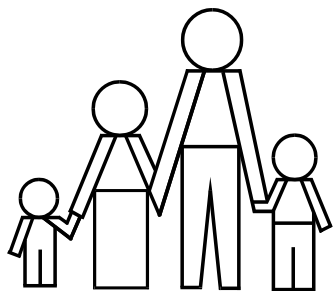
This requires that you momentarily expose your chest and abdomen at different times. Please, let the doctor/therapist know if you are uncomfortable with any aspect of the procedure. Each treatment lasts approximately one hour. After each treatment, please confirm the time of your next appointment.

During a course of hydrotherapy treatments, a person may experience fever, aches, pains, fatigue, and other discomforts, or a return of old symptoms, which are commonly encountered as a result of the elimination and healing process. This beneficial sign of healing is called a reaction or a healing crisis.

If any of these discomforts are occurring, please contact your physician before using any measure (including aspirin), which might interfere with the natural elimination process and which could be more detrimental than helpful.

Remember: if you experience a reaction, you should not treat yourself without the advice of your naturopathic physician, who is trained to guide you through a reaction and toward the subsequent improvement of your health. Remember, at all times that only nature heals and that these treatments only assist your natural healing forces.

You are more than welcome to offer your comments and suggestions to improve this centre in our limited facility.



## 大康自然健康中心

整全醫療 全家健康

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健康諮詢

離子療法

自然醫療

同類療法

脊骨神經治療

香芬治療

香氣護膚

體重控制

色光治療

浣腸水療

體質療法

物理治療

活細胞分析

食物敏感測試

生物能

氧氣及臭氣治療

針灸

營養諮詢

草藥

足部反射治療

按摩

電腦測試身體

健康產品

書籍、錄音帶

## 體質療法

本中心現正為我們各界人士提供一項基本保健性的體質療法，這種刺激康復的保健性治療的作用是：

- 增強血液和淋巴的氧分與循環
- 促進消化食物與滋養細胞
- 增進體內氧化與排毒作用
- 鞏固身體全面性防禦機能
- 協助回復神經系統平衡

任何年齡人士均可從這種保健性治療中獲益。

保健性的體質療法是由美國的 Dr. O.G. Carroll 醫生所發揚，并由他的追隨者精通完善。這種治療在過往六十多年廣泛成功治療多種疾病。

其療效尤其適合於：

### 消化系統問題，例如：

消化不良、局部性回腸炎（克隆氏疾病 Crohn's disease）、潰瘍性結腸炎、過敏性腹瀉

### 呼吸系統問題，例如：

慢性哮喘、支氣管炎、胸膜炎

### 傳染性疾病，例如：

傷風、流行性感冒、淋巴管炎

### 女性生殖器官問題，例如：

經前綜合症、經痛

### 循環系統問題，例如：

靜脈曲張、痔患、對稱性壞疽（雷諾氏疾病 Raynaud's disease）

### 免疫系統問題，例如：

環境引起過敏、如敏感性鼻炎

### 其他：

關節炎、情緒抑鬱、癱肥、濕疹

整過體質療法的療程包括一項醫生或治療師的初步測試：心臟、腹部、體溫、尿液等，而水療師會跟據醫生或測試之指引，決定每一步治療時間及位置，連續交替把冷熱毛巾放在你的胸膛、腹部及背部，再以羊毛毯覆蓋你身體。再配合小靈精（自律神經系統協調器）、色光治療等，促進整個淋巴系統的傳送。這過程中需要你在不同時候坦露部份胸腹，如在療程任何方面感到不便或不適，請即向醫生直言。每一次治療需要約一小時。

在開始療程前，可先預約一系列之時間，或於每次完成後即預約下次時間。

體質療法過程中，接受治療者可能會有發燒、頭痛、疼痛、疲倦及其他不適，又或者會有舊患復發，這些都是「排毒」與「康復」相遇的進程中常出現現象，這種有益的康復訊號，我們叫做「反應」或「康復轉換期」。

如有任何這類不適出現，請你在使用任何藥物（包括阿司匹靈等止痛藥）前，先與你醫生接觸，因為這可能會對自然排毒過程造成干擾，而這種干擾是弊多於利的。

若你經歷著「反應」，必須遵從你自然療法醫生的指引去處理，他們是受過專業訓練，能幫助你從「反應」中邁向真正健康。

**切記**，無論何時，真正醫治你的，唯有自然之道！我們的方法只是幫助你誘發出自然康復的力量。

能夠為你服務，我們感到萬分榮幸☺