

Dr. Sonal Hattangdi-Haridas

Registered Homeopath and Nutritional
Medical Specialist

Doctorate in Homeopathy (H.M.D) The British
Institute of Homoeopathy, London (U.K.)

B.H.M.S (Mum) Bachelors degree in
Homeopathic Medicine (Mumbai University)

Masters in Nutritional Medicine MSc
Nutritional medicine, University of Surrey (U.K.)

Dr Sonal is an experienced homeopath and nutritionist who has been helping global clientele since 2005 in Hong Kong. With over 24 years of experience she is passionate about empowering the patient to stay healthy through natural therapy and changes in their nutrition. Over the years she has worked with children and adults to improve their health and well being and has been a keynote speaker in conferences supporting children's developmental issues such as Autism, ADHD and Sensory Processing. She has received multiple awards for her clinical research on atopic dermatitis and eczema.

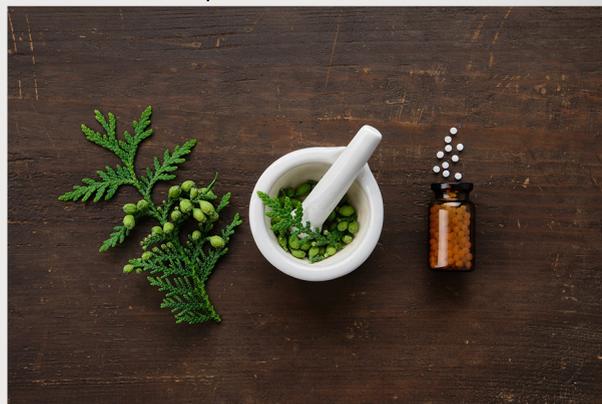
What is Homeopathy?

It is based on the principle of 'like cures like'. In other words, a substance taken in small amounts will cure the same symptoms it causes if taken in large amounts. For example, a patient suffering from hay fever may benefit from the homeopathic remedy Allium Cepa (onion) because it produces similar symptoms such as watery eyes or runny nose. It is used in treating both acute and chronic illnesses.

Homeopathic medicines are made from small amounts of natural substances such as plants and minerals. Prepared in licensed laboratories, under strict control, they are usually taken as a tablet but are also available as liquids, powder or creams. These medicines are safe for all ages, without side-effects and can be used during pregnancy and breast feeding

Combined together, Homeopathy and Nutritional treatment can effectively promote energy levels, immunity, restful sleep, digestion and emotional health. Fatigue from overwork, exhaustion, stress, chronic ill-health, trauma or illness can be efficiently helped with this natural therapy.

N.B. Homeopathic treatment is covered by various medical insurance providers.



The London

MEDICAL CLINIC

Homeopathy and Nutritional Medicine



Complementary to conventional medicines and
therapies

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Women's Health

Homeopathy is an effective non-hormone alternative for PMS, acne and discomforts before or after Menopause. It improves breast discomfort, disturbed sleep, bloating and emotional strain at various stages in a woman's life. This natural therapy safely supports breast feeding and recovery post childbirth.

Supports hormonal imbalance



Allergy

Homeopathic remedies relieve nasal stuffiness, eye and throat irritation, itchy skin, rashes and food intolerances. Constitutional homeopathic treatment (which considers the root cause, inheritance, past health, emotional strain and other aggravating factors) and nutritional medicine support reducing the tendency for recurrence of the allergies.

Reduces discomfort of allergy



Physical and Psychological Health

Homeopaths base virtually every homeopathic prescription on the symptoms of the sick person. The selection of the remedies is always based on the totality of the person's physical and psychological symptoms irrespective of "which came first." Combined together, Homoeopathy and Nutritional Support relieve inattentiveness, intolerances, anxiety and sensory processing issues seen in ADD, ADHD and Autism.

Improves physical and emotional health