



Celebrating 15 years of Expats helping Expats

## SUMMARY OF JULY 17, 2016 MEETING

Dr Kamal said that he is often asked “What is holistic health?” and “How does it make my life better?” When he spoke to the PCEC last Sunday, Dr Kamaljit (Kamal) Singh described holistic health as “wholesome or complete health – medical care that brings you health and wellness.”

Everyone wants to live a happy, healthy, stress-free life, and not have to deal with problems like insomnia, depression, migraine headaches and muscle aches, Dr Kamal said. He referred to “the three Ts” that make people sick – timing (i.e. not eating and sleeping at regular times), toxicity and tension.

Dr Kamal has a bio-magnetic holistic health centre in Bangkok, which he described a “natural healing centre” that is based on “a combination of nature and science.” His website states that his health centre provides drug-free treatment for relief from chronic diseases such as insomnia, migraine, depression, headache, neck, back, knee and joint pains, cancer, constipation, gastric trouble and impotency (sexual problems).

The highlight of Dr Kamal’s presentation was when he demonstrated a device called a “Quantum Resonance Magnetic Analyzer.” He said that the device helps to diagnose 39 health conditions in just 59 seconds. PCEC Member Michael Warren, who has been to Dr Kamal’s health centre, helped Dr Kamal demonstrate how the device works. All Michael had to do was hold a sensor attached to the device. The device immediately started producing a series of graph lines on a monitor that rated Michael’s health status in the 39 areas. And it did take exactly 59 seconds, Michael said!

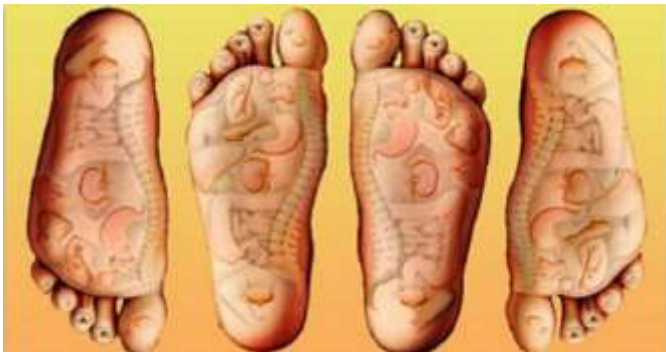


*Patient using the Quantum Resonance Magnetic Analyzer*

The device measured health status in areas that included the cardiovascular system, kidney function, rheumatoid bone function, blood sugar, prostate, the immune system, skin conditions, allergies and the thyroid gland.

Dr Kamal said that he would discuss Michael's test results with him privately after the presentation. But he showed the audience some results from tests he had done on other people. Dr Kamal said that based on the results, he would recommend certain treatments (if they were warranted). Examples of the treatments he might recommend are:

- **Neuro-acupressure.** This involves stimulating points in the feet or hands, which helps relax muscles. This allows blood to flow more freely. It can also reduce tension.
- **Bio-magnetic therapy,** which helps the body regain its self-healing balance. Dr Kamal said that our body needs magnetic energy, and that a lack of magnetism can lead to stress, mental disorders, arthritis, muscle pain, chronic fatigue, allergies, insomnia, inflammation, bowel disorders and many other degenerative diseases.
- **A blood circulatory massager.** Dr Kamal described it as "an excellent exercising device that presses all your reflex points and restores circulation of lymph blood."



*Pressure points for neuro-acupressure.*



*The blood circulatory massager.*

Dr Kamal explained that he normally charges 3,500 baht for a consultation using the Quantum Resonance Magnetic Analyzer, but that he was prepared to come back to Pattaya and offer consultations to PCEC members for just 1,500 baht. See the Announcement above noting he will be available at the 7 August meeting to conduct the tests for those that are interested.

Dr Kamal left us with a few health tips:

- Add a slice of lemon to your drinking water to make the water alkaline (instead of acidic).

- Avoid eating carbohydrates after sunset.
- Wash vegetables thoroughly before eating them.
- Apply a little bit of oil to the inside of your nostrils each morning (it keeps harmful substances from entering your body).
- Stand up and move around at least once every hour.

And one final health tip: Tell yourself over and over how much you love yourself!

*You can learn more about Dr Kamal and his health centre by visiting his website at [www.drkamalholistic.com/drkamal.php](http://www.drkamalholistic.com/drkamal.php).*