



DR. SOHAL SHAH

Alternative Wellness Specialist

Healed by nature's eternal wisdom, I felt renewed from head to toe.

Dr. Sohal practices a unique blend of eastern traditional and modern western approaches. He combines acupuncture, herbal remedies, cupping and yogic breathing and relaxation techniques to treat a host of ailments and conditions – chronic fatigue, migraine, arthritis, sinusitis, stress, sexual health conditions, immune system enhancement, respiratory and digestive disorders etc. He offers a holistic approach that promotes the body's own natural ability to heal.

With over 15 years of experience, Dr. Sohal loves to share his knowledge with other wellness seekers – from all-natural ways to detoxify and cleanse the digestive system, to age-old techniques that optimise the flow of chi (life force energy) in the body. His treatments include:

- Acupuncture / Dry Needling
Specialities: Pain and Tension Management, Weight and Cellulite Management, Quit Smoking Service, Facial Rejuvenation
- Acu-Deep Relax
- Acupressure / Needleless Acupuncture
- Yogic Intestinal Cleanse
- Sleep Meditation / Mindfulness Meditation / Transcendental Meditation
- Holistic Reboot Retreat
- Customized Pain and Tension Relief Therapy



Start your wellness journey by booking a free consultation with Dr. Sohal, or attending his weekly wellness workshops. Please contact your Jadugar for detailed information.