



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 acupuncture and yoga. He combines herbal remedies, Chinese cupping and yogic relaxation techniques to treat a host of ailments – from aches, pains and migraines, to insomnia, weight gain and lifestyle addictions. holistic approach to promote the body's own natural ability to heal.

He 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.

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