

new you

Look & feel 10 years younger

Don't you know that you are toxic?

TAKE A LOOK AT YOUR HEALTHCARE WITH OUR
REGULAR SERIES FROM DR. LUDMILA VASSILIEVA
AT THE HOLISTIC HEALING MEDICAL CENTRE

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When it comes to weightloss, there are as many differing opinions as there are diet programmes. Should we cut out carbohydrates, do a detox, eat fish and chicken instead of red meat, go vegetarian or resort to the more extreme measures of cabbage soup or milkshakes. In response, Dr Ludmila Vassilieva counters that all eating programmes -healthy or slimming – should be focused on the individual and one diet won't fit all.

“Weight issues are not just about what you eat,” explains Dr Vassilieva. “Modern medicine focuses on carbohydrates, proteins and fats only. Traditional medicine takes a much closer look at your lifestyle, together with the environment you live in and the country’s natural diet. Illnesses such as allergies and digestive disturbances are modern conditions, brought on by toxins in the body and an unsuitable diet.”

While some people may thrive on carbohydrates, others will find they put on weight.

“You cannot apply a diet to suit your health condition from a magazine,” says Vassilieva. “If you are physical, then you will need to eat carbohydrates for lunch and dinner. Construction workers or personal trainers, for example, need a lot of fuel for their bodies and will need a greater amount of carbohydrates. If office workers or housewives who aren’t active eat too many carbohydrates, they will put on weight.”

However, she points out, it isn’t just about physical activity. Weightloss and health should take into account a variety of factors including the time we eat, the combination of foods, and the seasons.

Traditional medicine focuses on the time you are supposed to eat, such as a large breakfast, moderate lunch, followed by a light and early evening meal. **“The food we eat should also relate to the seasons and the climate,” says Vassilieva. “If you live in a colder climate, you are able to eat heavier foods; if you try to eat the same stodgy foods in the UAE, for example, you will automatically gain weight as many of us do when we arrive in the Gulf.”**



Already established in Dubai as one of the leading traditional medicine clinics, The Holistic Healing Medical Centre is continually increasing its natural treatment options to provide healthcare for the increasing number of illnesses in Dubai, which have no ‘apparent’ medical cure.

Dr. Ludmila Vassilieva, founder and owner of the clinic, has spent many years in Dubai championing the benefits of traditional medicine and how it can help fight many of today’s common illnesses such as asthma, eczema and diabetes.

In the third of the series, Dr. Vassilieva stresses that detoxing your system can help where modern medicine, she says, often fails.

Dr. Vasillieva recommends eating lighter foods such as salads, fruits and vegetables together with lighter proteins in warmer climates. Also, eat according to the country's natural diet, which is primarily salads and protein. **“Respect the place you live in and eat food suitable for the environment,”** she says.

‘An allergic reaction is not something that irritates you from outside. It’s something in your body that you cannot eliminate properly such as undigested food or toxins.’

“We have forgotten traditions – in the past there was a correlation with nature, eating what is available according to the seasons and undergoing a regular fasting period. We all need a regular detox; you clean your house, so why not your body?”

“Specifically, if you take recommendations from a health magazine it will be very general and not suited for each individual. You need to find out the way specifically for your health.”

“At the *Holistic Healing Medical Centre* we evaluate the problem as it relates to each individual; we find the reason behind weight gain or an allergy and help to heal your system from the inside out. An allergic reaction, for example, is not something that irritates you from the outside. It’s something in your body that you cannot eliminate properly such as undigested food or toxins.

“A proper detox and change of diet is the only way to heal the body – but health plans will only work if they are prescribed to the individual as we are all different. We give an individual a personal analysis with an initial assessment of energy frequency level/energy balance.”

If your child at age one is already allergic to milk, you need to take a look at how they digest food and eliminate toxins from their body. Rashes, pimples and itchiness are all conditions of digestion, constipation and diarrhea. The same with stress, if you follow a diet suitable for you, you will feel better and your reaction to stress and irritation changes for the better.

Most treatment plans are devised in combination with homeopathy, ayurveda, acupuncture and colonic irrigation – a complete and individual cross evaluation to heal the body from dermatitis, asthma, allergies and other health problems.