



OMNIA

EMPOWERING WOMEN: A HOLISTIC GUIDE TO WOMEN'S HEALTH



'Ego Sum Dignus'
Are You Worth It?

Chiswick Gate
598-608 Chiswick High Road
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www.omnialifestyle.co.uk

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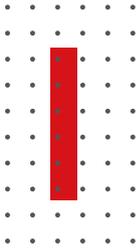
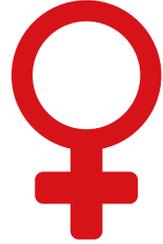


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1 INTRODUCTION



1.1 Women's Health Matters

Welcome to OMNIA Women's Health Booklet!

At OMNIA, we believe that women's health is conducive not only to the personal health of women but also to the total well-being of the family and society. A woman can give motherly love, kindness, and compassion to society only if she is in physical and mental harmony. We also believe that 'women should not suffer secretly' when there is holistic support available, both from ancient wisdom and state-of-the-art techniques proven to provide answers for many of women's problems and conditions.

The women are subjected to many health challenges, mainly due to the various physiological changes happening in the body at different stages of life, including childhood, puberty, pregnancy, pre-menopause, and post-menopause. At each stage of life, women can develop health conditions if appropriate dietary and lifestyle practices are not properly adhered to. If these issues are not addressed, then they can lead to more long-lasting chronic conditions.

OMNIA is here to support you in embracing the natural holistic resources that have served humanity over many thousands of years and modern techniques developed through vigorous scientific research. Let's embark on this journey together, empowering you to live your best, healthiest life physically, mentally, and emotionally at every stage.



1.2 The Importance of Holistic Well-Being

Discover the essence of well-being with Omnia Pain Relief and Management Centre! Our Women's Health programmes emphasise the importance of holistic well-being for every woman. We believe that true health extends beyond just the physical, encompassing mental and emotional harmony. At Omnia, we are dedicated to guiding you towards a balanced and vibrant life. Let's embark on a journey towards comprehensive well-being, empowering you to thrive in every aspect of your health. Welcome to a world where holistic wellness is at the heart of women's health at Omnia!



2 PHYSICAL HEALTH



2.1 Movement Matters

Activities tailored to your body's needs.

Discover the joy of activities like dancing, yoga, or swimming tailored to your preferences. Craft an exercise routine that blends cardiovascular, strength training, and flexibility exercises for a holistic approach. Prioritise bone health with weight-bearing exercises, which are crucial for women. Consistent physical movement keeps you active, combating inactivity. Delve into Pilates and Zumba to maintain a fit and healthy body.



2.2 Nourish from within with a balanced diet

Cultivate a balanced diet rich in whole foods

To achieve optimal women's health, adopting a well-balanced and nutritious diet customised to individual needs is crucial. Developing healthy eating habits in childhood ensures well-developed organs and optimal functioning. If you are unsure, consult our therapists for personalised nutrition advice. Make conscious dietary choices that support overall well-being.



2.3 Mind-Body Connection

Foster mindfulness with meditation and deep breathing.

The role of mental health is indispensable to women's overall well-being. Daily mindfulness practices, including meditation and deep breathing exercises, play a crucial role in stress management. Engaging in activities like yoga, Tai-chi, or Qi Gong, which integrate physical movement with mindfulness, is beneficial. Quality time spent with friends and family fosters emotional well-being, emphasising the importance of social connections.

2.4 Sleep and Restoration

Prioritise quality sleep as an essential element of holistic health.

Quality sleep is crucial for overall well-being. Prioritise it by establishing a consistent sleep routine and creating a comfortable environment. Incorporating breathing and physical exercises, maintaining regular meal times, and engaging in mind-stimulating activities like reading or attending workshops can promote sound sleep. For those with persistent sleep issues, head massages with herbal oils are recommended.



2.5 Holistic Lifestyle Choices

Make conscious choices that support overall well-being.

Women should learn to navigate hormonal changes during puberty, pregnancy, and menopause, discussing concerns with healthcare professionals. Building healthy relationships with friends and family involves setting boundaries for emotional well-being, seeking support, and having open communication. Prioritising self-care through joyful activities like hobbies and nature time is crucial. Taking breaks, practicing good hygiene, and incorporating holistic therapies contribute to overall health. Staying informed about healthcare professionals and actively participating in healthcare decisions is essential.



3 MENTAL HEALTH



3.1 Navigating Stress and Anxiety

Learn effective strategies to navigate stress and anxiety.

Explore self-discovery in Omnia's Women's Health Programme, addressing stress and anxiety throughout life stages. Our holistic approach integrates Yoga, Tai Chi, Ayurvedic Massage, Acupuncture, and NovoTHOR light therapy, promoting mental well-being. From mindful movement to rejuvenating light therapy, these treatments nurture resilience and grace. Join us on a journey to inner peace and vitality at Omnia!



3.2 Mood Swings and Women

Understand and address the unique aspects of depression in women.

Delve into the comprehensive support and understanding you deserve through Omnia's Women's Health Programme, specifically designed for addressing mood swings and low mood in women. Recognising the distinct aspects of female experiences, we extend a friendly hand to guide you. Our holistic approach at Omnia involves medication-free treatments tailored to the intricacies of women's mental health. Join us in cultivating light and resilience in your journey. Your well-being is our priority, and we are here to support you at every step.



The Department of Psychology and Institute for Neuroscience, University of Texas, showed that trans-cranial infrared laser stimulation produces beneficial cognitive and emotional effects in humans.

While participants generally reported more positive effective states than negative, overall affect improved significantly in the treated group due to more sustained positive emotional states as compared to the placebo control group.

3.3 Body Image and Self-Esteem

Cultivate a positive body image and enhance self-esteem.

Embark on a journey of self-discovery with a focus on body image and self-esteem. Cultivate a positive body image and enhance self-esteem with our holistic and modern therapies. At our centre, we offer advanced screening, precise measurement, and personalised lifestyle guidance tailored to fit your body and boost your confidence. Let's embrace a positive transformation together and celebrate the unique beauty that is you!



4

CONDITIONS RELATED TO WOMEN'S HEALTH



4.1 Weight Gain

At Omnia, we understand the importance of women's health, and addressing concerns related to weight gain is a key aspect of our holistic approach. In our Women's Health Programme, we emphasise the significance of maintaining a healthy weight for overall well-being. We acknowledge that factors such as hormonal changes, lifestyle, and genetic predispositions can contribute to weight gain in women. However, at Omnia, we offer a comprehensive Weight Loss Programme tailored to address individual needs. Our programme includes thorough screening processes, allowing us to identify underlying factors that may contribute to weight gain. We prioritise a holistic approach, incorporating lifestyle modifications and evidence-based therapies to facilitate sustainable and effective weight loss. By focusing on the unique needs of everyone, we aim to empower women on their journey towards achieving and maintaining a healthy weight for optimal overall health.



4.2 Menopause:

Menopause is a natural biological process that marks the end of a woman's reproductive years. It typically occurs around the age of 50, though the timing can vary. Perimenopause refers to the transitional phase leading up to menopause, usually starting in a woman's 40s. During perimenopause, hormone levels, especially oestrogen, fluctuate, leading to irregular menstrual cycles and various symptoms such as hot flashes, mood swings, and sleep disturbances.

The actual onset of menopause is confirmed when a woman has not had a menstrual period for 12 consecutive months. Postmenopause follows menopause and encompasses the years beyond this point. While menopause itself is a normal part of ageing, the symptoms can significantly impact a woman's quality of life.

Common symptoms of menopause include hot flashes, night sweats, mood swings, fatigue, sleep disturbances, vaginal dryness, and changes in libido. Hormonal fluctuations during this time can also contribute to bone density loss, increasing the risk of osteoporosis. Cognitive changes, such as memory lapses or difficulty concentrating, may also be experienced. It's crucial for women to understand that these symptoms are manageable, and seeking support from healthcare professionals can provide effective strategies to navigate through this life stage with comfort and confidence. At our Omnia, we offer personalised care and guidance to help women manage the challenges associated with menopause, promoting overall well-being during this transformative phase of life.



4.2 Relieve Menopause Symptoms:

A NICE evidence review found that Cognitive Behavioural Therapy (CBT) can help make nighttime sweats less severe and frequent and should be considered “alongside or as an alternative to HRT”. CBT techniques such as paced breathing and stress management can help with menopause-related sleep problems and depression. The more stressed and anxious a woman is, the worse night sweats, hot flushes, and sleep disturbances are likely to be.

NICE recommends further research on menopause treatment for those who previously took gender-affirming hormone therapy, as there is “a lack of evidence” on its effects. The guidance also updates the evidence of the risks and benefits of taking HRT since the last guidelines were published in 2015. This includes the small increased chance of getting dementia for those taking HRT after the age of 65 and the impact of age and length of time taking HRT on the increased risk of cardiovascular disease, stroke, breast, ovarian, and womb cancers.

Jonathan Benger, chief medical officer at NICE, said it is important that GPs take a “personalised approach... tailored to individuals’ circumstances.” Having more treatment options for managing menopause symptoms and a wider understanding of the risks and benefits of HRT would help ensure that “anyone going through menopause can choose the best care to suit them,” he added.



Ayurvedic Supplements for Menopausal Symptom Relief

At Omnia, we provide comprehensive holistic solutions for managing menopausal complications, incorporating Ayurvedic supplements to enhance overall well-being. Our approach addresses crucial aspects such as bone health, muscle performance, and vitality during this transitional phase. One of our key supplements, Shatavari, has been traditionally used in Ayurveda for women's health. It contains phytoestrogenic compounds that bind to oestrogen receptors, addressing concerns like osteoporosis and sarcopenia associated with postmenopausal changes. Shatavari supplementation, known to enhance hand grip strength and muscular markers, contributes to a balanced and healthy transition through its impact on myosin structural changes.





4.2.1 Yoga: Another way to prevent osteoporosis?

Like most of us, you may have become accustomed to thinking that only common weight-bearing exercises—walking, running, jumping, and lifting—provide enough stress on your bones to maintain or increase their density. So a scientific paper titled "Twelve-Minute Daily Yoga Routine Reverses Osteoporotic Bone Loss" came as a surprise. And it appeared to offer women another option to build bone.

Want to try this yoga routine?

The poses practised in the study are illustrated below. Each pose should be held for 30 seconds, followed by a 30-second pause.

If you already practice yoga, you may be familiar with these poses. If you haven't done yoga before but think it's worth giving the routine a try, you should take lessons from a professional yoga instructor to learn beginners' versions of the poses and ensure you are doing them properly to avoid injury. Study participants were advised to seek an instructor of Iyengar Yoga, which emphasises body alignment and breath control.

1) Vrikasana
(tree pose)



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2) Trikonasana
(triangle pose)



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3) Virabhadrasana II
(warrior II pose)



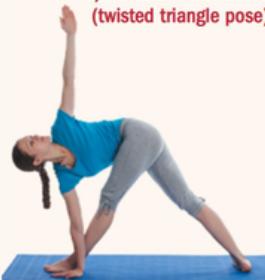
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4) Parsvakonasana
(side-angle pose)



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5) Parivrtta trikonasana
(twisted triangle pose)



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6) Salabhasana
(locust pose)



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7) Setu bandhasana
(bridge pose)



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8) Supta padangusthasana I
(supine hand-to-foot I pose)



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9) Supta padangusthasana II
(supine hand-to-foot II pose)



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10) Marichyasana II
(straight-legged twist)



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11) Matsyendrasana
(bent-knee twist)



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12) Savasana
(corpse or deep-relaxation pose)



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4.3 Infertility and Pregnancy:

Embarking on the fertility and pregnancy journey? At Omnia, we have got you covered with a mix of traditional and modern approaches. From Acupuncture, Ayurveda, and Chinese herbs to the innovative NovoTHOR for inflammation and Body Ballancer for detoxification and reducing pregnancy oedema, our Women's Health Programme is designed just for you.

Acupuncture regulates cycles, boosts blood flow, and reduces stress. Ayurveda provides personalised tips for well-being. Chinese herbs target specific fertility concerns. We embrace a mind-body approach, creating a supportive space for your fertility and pregnancy journey.

Considering Acupuncture around embryo transfer? It is gaining popularity for reducing stress and optimising blood flow. While research explores its impact, many find it supportive. Consult our Acupuncture Therapists to see if it aligns with your fertility plan. Let's make your journey a healthy and fulfilling one!



4.4 PMS:

Premenstrual syndrome (PMS) is a common condition affecting individuals in the days leading up to menstruation, characterised by physical and emotional symptoms. At Omnia, our integrative approach to managing PMS combines traditional and holistic therapies. Acupuncture is employed to balance energy flow and alleviate symptoms like bloating and mood swings. Ayurveda contributes with personalised lifestyle recommendations and natural remedies to address hormonal fluctuations. The use of the Body Ballancer, a compression therapy equipment, helps reduce fluid retention and promote overall well-being. Lifestyle adjustments and therapeutic interventions are tailored to everyone, providing a comprehensive strategy to mitigate the impact of PMS and enhance the quality of life for those navigating through menstrual cycles.



4.5 Menstrual Problem, Menstrual Pain:

Menstrual problems and the accompanying pain can significantly impact a person's quality of life. At Omnia, we recognise that not all menstrual issues are rooted in structural problems. For clients without identifiable structural concerns, our holistic approach incorporates Ayurveda and Acupuncture to address menstrual discomfort. Ayurveda, with its emphasis on balancing the body and mind, provides personalised lifestyle and dietary recommendations to regulate hormonal fluctuations. Acupuncture, an ancient Chinese practice, focuses on restoring energy flow and reducing pain. By combining these holistic treatments, we aim to provide effective, natural alternatives for managing menstrual problems, offering clients a pathway to relief without relying on conventional pharmaceutical interventions. Our goal is to empower individuals with tools from traditional healing practices, promoting a harmonious and balanced menstrual experience.



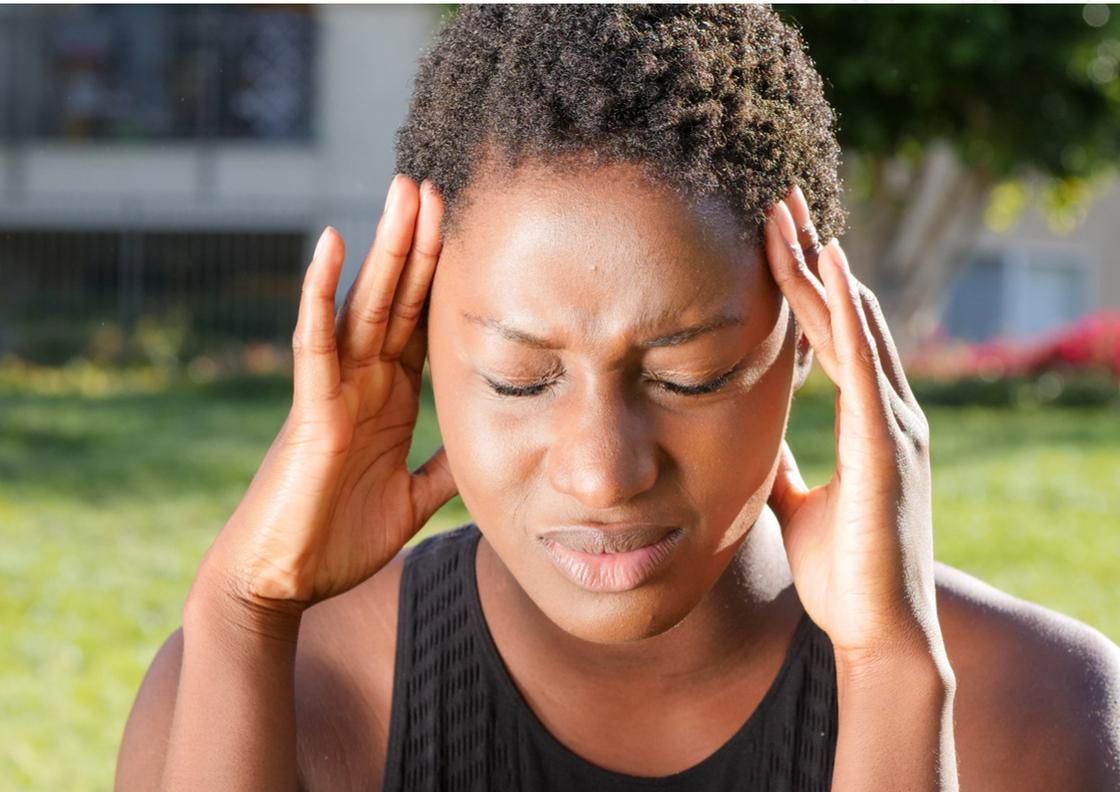
4.6 PCOS:

Polycystic Ovary Syndrome (PCOS), a hormonal disorder affecting individuals with ovaries, is addressed through our integrative approach at Omnia. We combine Acupuncture, Ayurveda, and Chinese medicine, complemented by the Body Ballancer compression therapy system. Acupuncture regulates hormonal imbalances, Ayurveda provides personalised dietary and lifestyle guidance, and Chinese medicine incorporates herbal remedies. Meanwhile, the Body Ballancer aids in improving circulation and reducing inflammation. This comprehensive strategy aims to alleviate PCOS symptoms while promoting balance and overall well-being. Acupuncture, as an adjunctive treatment, has shown potential for improving BMI, reducing LH, E2 (estradiol), and testosterone levels, enhancing ovulation reactions, and effectively shortening reproduction cycles in infertility patients with PCOS.



4.7 Migraine and Headaches:

Migraines and headaches, especially prevalent among women, can significantly impact daily life and overall well-being. At Omnia, we adopt a comprehensive approach incorporating both traditional holistic therapies and modern interventions. Ayurveda and Acupuncture, as holistic alternatives, target the root causes and provide personalised relief. We also integrate innovative technologies like NovoTHOR and THORLaser, utilising Photobiomodulation to stimulate cellular function and alleviate pain. For those with vestibular symptoms like vertigo, our specialised Vestibular First approach identifies and addresses underlying issues. Through this combination of holistic and modern therapies, we aim to offer effective relief and promote a balanced and healthy lifestyle for our clients.



4.8 Endometriosis and Adenomyosis:

Endometriosis and adenomyosis are challenging conditions that can significantly impact a woman's reproductive health and overall well-being. Our integrative therapies include Acupuncture, which helps regulate the body's energy flow and alleviate pain. Ayurveda contributes personalised approaches, addressing inflammation through dietary and lifestyle recommendations. Additionally, we utilise advanced technologies such as NovoTHOR to target inflammation, promoting healing in the uterus and pelvic cavity. By reducing inflammation, we aim to create a more conducive environment for implantation and improve fertility. At Omnia, our goal is to empower individuals with a comprehensive set of tools from both traditional and modern medicine, fostering relief and supporting the journey towards improved reproductive health.



5 AT A GLANCE



5.1 Celebrating Women's Health

Acknowledge and celebrate the journey of women's health.

Let's join hands in "Celebrating Women's Health." It's time to acknowledge and honour the incredible journey of women's health—a journey filled with unique experiences, challenges, and triumphs. As we reflect on the holistic approaches, mindful practices, and personalised strategies explored throughout this booklet, let's celebrate the resilience, strength, and beauty that define the essence of women's well-being. May this celebration inspire continued self-care, empowerment, and a profound appreciation for the remarkable journey of women's health. Cheers to the radiant vitality and well-being of every woman!



5.2 Continuing the Conversation

Foster an ongoing dialogue for sustained well-being and happiness.

"Continuing the Conversation" is an invitation to foster an ongoing dialogue for sustained well-being. Let's keep the conversation alive, nurturing a community of support, understanding, and empowerment. Share your experiences, insights, and questions, creating a space where women can connect, learn, and grow together. By sustaining this dialogue, we aim to build a lasting foundation for well-being, celebrating the diverse and incredible journey of women's health. Here's to ongoing conversations that inspire and uplift, ensuring a collective journey towards sustained happiness and vitality.



Join to our group (She Thrives) on Facebook



SHE THRIVES
WOMEN'S WELLNESS COLLECTIVE



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Performance



 **OMNIA**
Lifestyle



 **OMNIA**
Therapies



YOUR PACKAGES

BASIC

£399

- 6 weeks duration
- 3 Consultations
- 3 Screening sessions
- 6 Therapy or Lifestyle sessions

ADVANCED

£599

- 8 weeks duration
- 3 Consultations
- 3 Screening sessions
- 8 Therapy or Lifestyle sessions

PREMIUM

£799

- 12 weeks duration
- 3 Consultations
- 3 Screening sessions
- 12 Therapy or Lifestyle sessions



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I am enough, and worthy!



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