

## **Website Write Up**

Puwi Health Wellness Center is a Naturopathic clinic located in Abuja. Naturopathy is a system of healing using diet and substances freely found in Nature. Examples of these substances are air, water, sunlight, herbs, clay, gemstones, etc.

Naturopathy works with the body to restore its vital forces and heal itself.

### **Why Choose Naturopathic Medicine**

- It is safer and without adverse side effects.
- Naturopathy works with the body to restore its vital life force and not against it. It also provides an enabling environment for the body to heal itself.
- Naturopathy has the answers to most health challenges and that is why it is now making a strong come back in our world today.
- We do not suppress symptoms but restore the body back to health by finding the root cause and removing it.
- We use non-invasive procedures and follow the first principle of Natural Medicine “Do No Harm”.
- We are best in handling chronic diseases because they are caused by wrong lifestyle and diet.
- The impact of our treatment is long lasting (lifelong) even after stopping our herbs.

### **Our Vision**

### **Our Mission**

### **Our Core values**

## **Services offered at Puwi Health Wellness Center**

### **Vitals**

We run vital tests like blood sugar tests, blood pressure test, height, weight, temperature, and BMI.

### **Frequency-Based Whole Body Check**

We carry out frequency-based diagnosis at Puwi Health Wellness Center. Frequency medicine works by using the weak electromagnetic field your body emits to let us know what's going on in the body.

Frequency-based diagnosis has an accuracy level of at least 90%.

### **Far Infra-Red Spectrum Therapy**

In Naturopathic medicine, the accumulation of wastes and toxins in the body is the main cause of diseases. Stress, negative emotions, unhealthy diet, and nutritional deficiencies can make the organs of detoxification sluggish or stop working completely.

So the far infra-red spectrum energy room helps reduce the toxic load in the body by pulling out wastes and toxins through sweat. By doing this, the body will now have the right environment to start healing itself.

The energy bucket also works in the same way. But it can only accommodate the legs while the energy room can accommodate the whole body.

The energy room is different from a sauna. A sauna cannot penetrate deep into the bones but the energy room can. The energy room also has black tourmaline stones which also emits its own frequency to help correct abnormalities in the body.

## **Therapeutic Massage**

We carry out therapeutic massage at PUWI Health wellness center. We do the stone needle massage in which therapeutic oils and an infra-red therapy stone is used to massage the area of pain or inflammation or the meridian of the body.

## **Herbal Medicine**

We prevent, manage, and treat diseases using potent herbal remedies. Our herbal remedies have no known adverse side effects if you follow the instructions and take them when due. They are safe and promote overall general wellbeing.

## **Moxibustion**

Moxibustion is a therapy in Traditional Chinese Medicine in which herbs are burn on the surface of the skin to induce healing, relieve pain, and inflammation, and promote proper blood and energy circulation in the body.

## **Foot Detox Therapy**

We carry out the foot detox therapy in which wastes are drawn out of the body through the feet.

## **Spine Reset Therapy**

This therapy is good for those having pains in their spine due to a part of their spine going out of alignment. The spine reset bed will locate the misalignment and correct it.

It is safe, highly relaxing, and very effective.

## **Nutritional Counselling and Meal Plan**

We offer naturopathic nutrition meal plan and advice. We give a free meal plan to our clients.

## **Hydrogen Water Therapy and Water Filtration Systems**

We offer hydrogenated water at our wellness center at affordable cost. Hydrogenated water is a highly therapeutic water with lots of amazing health benefits.

The more hydrogen molecule a water has, the more medicinal that water is. One liter of our hydrogen water is equivalent to 500 Apples or 400 bananas.

Some of the important health benefits of hydrogen water are:

- Boosts your mood and improves mental health by boosting your levels of serotonin
- Promotes weight loss by enhancing the metabolism of lipids and carbohydrates.
- Regulates your sugar levels by decreasing low density lipoproteins
- Prevents cancer and also helps in cancer treatment. It reduces the adverse side effects of chemotherapy and radiation
- Promotes eye health
- Relieves arthritis by healing inflammations and swellings in the body
- Promotes oral health by healing inflammation and removing free radicals from the body

- Hydrogen water protects your skin from UV rays
- Reduces muscle fatigue, heals muscle cramps and sprains
- Increases physical energy
- Protects the brain by removing free radicals from the body
- Promotes the pH balance of the body
- Promotes wound healing, etc.

At Puwi Health Wellness Center, we don't only have hydrogenated water, we also sell the hydrogenated apparatus for individuals or organizations that will need them at their homes or offices.

We have the:

- Hydrogen water flask, hydrogenates at least 500 ml of water in 3 minutes. The flask is light weight and you can easily carry it around as you go about your daily activities.
- Hydrogen water purification system which can be installed in your homes or offices. This is big and can't be carried about.

We also have the Bio Pure Ultra which is a stylish and compact device which can be installed in the next to your sink or counter top to instantly filter tap water and dispense the water through a 180 degrees spout. This is a water filtration system only and does not hydrogenate water.

## **Mental Health Counseling**

We offer mental and emotional health counseling and therapy at PUWI Health Wellness Center. We also prescribe and sell therapeutic gemstones and Bach flower remedies for a robust mental and emotional wellbeing.

### **Sales of Health Products**

We sell health products like:

- Glucometer (to monitor sugar level)
- Sphygmomanometer (for monitoring blood pressure)
- Hydrogen flask (for making therapeutic water)
- Energy room
- Energy bucket
- Stone needle massage kit
- And herbal and nutritional supplements
- Organic skin care and hair care products. We also have organic lipsticks and lip balms.

### **Why Choose Puwi Health Wellness Center**

- Friendly and calm environment
- Your privacy is 100% guaranteed
- Our products and services are affordable
- Our herbs are highly potent
- Our complimentary therapies are highly effective
- Friendly staffs

## **Contact Us**

**Address:** Number 2 Diorben Street, Adjacent Agric Quarters, Wuse Zone 4.

### **Working Time:**

**Mondays to Fridays** 9:00 AM to 6:00 PM

**Saturdays** 10:00AM to 6:00PM

**Sundays:** Closed

To know our availability or book an appointment, call or whatsapp +234-8055261812

Please be our friend on Social Media

(Add social links)