



Trinity Housecall

24-hour Hotline: 8223 4999

www.housecalldoctor.com.sg

“When we arrived in Singapore from Malaysia, the children were transferred from Lycée Français de Kuala Lumpur to the sister school here. A medical check-up was compulsory, so we contacted Trinity Housecall. We arranged with Dr Sebastian Kwan for the check-ups to take place at our home.

He became our regular doctor for all sorts of daily ailments – which, as you can expect, are common with three lively children; everything from ingrown toenails to migraines.

While riding a bike, I fell and hit my head against a concrete ditch. Again, Dr Kwan acted swiftly to suture my face at home, with remarkable results. After one week, the stitches were removed, and you would not know that I'd had the accident.

Another time, he visited our house when one member of the family had unidentified chest pains and high blood pressure. After consultation, he referred us to a specialist heart clinic at Gleneagles Medical Centre.

Dr Kwan is always professional, carrying out skilful examinations on the spot, and with all necessary equipment at hand. It's a very personal and effective service.”

Van den Branden-Stessens family, Belgium

Verita Advanced Wellness

308 Tanglin Road

Phoenix Park

6737 2377

www.veritaadvancedwellness.com

“Over the past year, I had indulged too much in dining out: brunches, high teas and more. I had gained 18kg in 12 months, and was devastated that my clothes no longer fit me! I became uncomfortable with my size, so I began investigating weight-loss options.

I'm currently half way through the ReVeal weight management programme at Verita. After some initial assessments (saliva, urine and blood analysis) and a naturopathic consultation, I was provided with a nutritional plan based on my metabolic type and test results. I was given easy-to-follow meal planners, recipes, homeopathic remedies, supplements, custom aroma blends and a lymphatic drainage massage; all included in the programme.

Verita is unique in that it offers a holistic approach. They offer many natural therapies (some I'd never heard of before!) as well as yoga and Pilates. The staff, including my personal nutritionist and wellness consultant, Karen, and Tiffany, my naturopath, are very knowledgeable; they

really care about helping me achieve my goals.

On the ReVeal programme, I've had great success in losing weight and fat (9kg in four weeks). I feel lighter and healthier, and I'm very excited about my new wardrobe!”

Nicole, Australia

