

Biopuncture involves the injection of natural preparations (homeopathic in nature) below the skin (in our weight loss program) or into muscles. Biopuncture stimulates the body's own healing process and promote the return to normal function. Ultra low doses "awake" mechanisms in the body. The healing comes from within your body and not from the product itself. A reaction is created in your immune system to regain natural healing. The use and popularity of Biopuncture has grown across the world.

The substances injected are combinations of natural products that stimulate and support the body's ability to regulate its own healing mechanisms. As such, they do not suppress or shut down the body's natural healing ability. In comparison: cortisone, a commonly injected hormone, suppresses inflammation and will reduce pain and swelling, but it does not promote tissue growth, healing or recovery. It can promote the weakening of tendons and ligaments, opening the door to future injuries. It creates an environment where healing can take place.

An advantage of biopuncture is that natural preparations (homeopathic in nature) can be used to assist either in drainage of swelling, repair cellular function, reduce inflammation and pain, stop muscle spasms, stimulate detoxification, andropause, menopause, low libido, cellulite, fat reduction and viral infections.

In our practice it is mainly used as a supportive therapy for general or organ-specific detoxification, migraine, tension headache, bronchitis, libido, cellulite and weight loss.

In weight loss : Once target weight has been accomplished, we maintain the shedded weight with a biopuncture script. It is safe, non invasive, cost effective, long lasting and well tolerated. Bioregulation of the systems in the body take place and weight loss is maintained.

Painful? Not at all (slight discomfort). The needles used are very fine and the quantity injected is very small. The patients will be instructed on how to do it themselves. Biopuncture is a specific injection method, differentiated from other injection methods applied in medical practice such as mesotherapy, neural therapy and prolotherapy.

After a biopuncture treatment, you may feel fatigued over the following 24-hour period as your body initiates a healing process. This is often a positive sign. You may also develop a mild bruise at the injection site that will resolve after a few days.

Iridology

"Man Know Thyself" is the first step to claim health and longevity.

Iridology is useful in preventative medicine. It can be integrated with both orthodox and complimentary medicine. We study the iris and sclera of the eye to determine constitutional weaknesses and strengths, toxaemia and inflammation, genetic predispositions and functioning of the eliminative-, body systems and organs.

We use a simple non-invasive method. A magnifying glass and torch or ophthalmoscope is used to examine the iris and sclera. We use iris charts. These charts divide the iris into zones that represent certain parts of the human body. An Iridologist will look at the colour of the iris, brightness, placement and shape of the trabecular fibers, rings and other discolourations / shading in the white part (sclera) of the eye. The specific findings and concerns are then discussed based on the findings. An initial consultation can vary from 45 minutes to an hour. Time is charged accordingly. South African Medical Schemes do not cover iridology consultations.

An experienced Iridologist may on examination detect conditions such as hypertension, gallbladder issues, hyperthyroidism, weakened immune system, liver damage, inflammation, lymphatic health, digestive issues, allergic sensitivity and high cholesterol to name but a few.

The iris is connected to the brain via the hypothalamus and acts like a control panel. It provides us with readouts on various systems and organs in the body. The iris is seen as a reflex mapping for the entire

body. It recognizes metabolic individuality. No two irises are the same. It is like a fingerprint. Unique to every individual.

No actual diagnosis is made through the examining of the eye (iris). Vital information is gathered which may assist in exploring further diagnostic testing and therapeutic intervention. We strive to ensure that the client is knowledgeable to make informed decisions and seek advice from a professional, like a phytotherapist, for optimal functioning of organs and systems before it manifests itself clinically as a disease.

Iridology has a huge role to play in referring psycho-somatic, therapy resistant and chronic conditions. Knowledge is power and is not to be feared. Iridology will point you in the right direction: move away from disease and progress to health.

Trading hours

Monday-Friday 9am-6pm

Saturday - As per appointment

Medical Herbalism / Phytotherapy consists of using plants and practitioners only supplements, together with modern scientific research and thorough medical training. Phytotherapists refer to GP's if they know that the patient is requiring immediate medical intervention and are trained to always recommend what is best for the patient. In South Africa a professional Phytotherapist is registered with the AHPCSA and has a practice number.

The training is similar to medical students' training and includes full courses in Anatomy, Physiology, Pathology, Internal Medicine, Differential Diagnosis, Clinical Methods, etc. Instead of pharmacology of drugs used in conventional medicine, herbs and their pharmacology are studied.

Phytotherapists are skilled in compounding and dispensing medicines, specifically formulated to treat and/or prevent disease. The formulation of prescriptions are uniquely designed for each patient. We aim to treat the person as a whole and get to the root of problems in order to eradicate symptoms and address the cause of disease. Emphasis is

placed on prevention and treatment of disease and includes nutrition, prescribed supplementation and lifestyle management.

Herbal medicine and supplements may be used in conjunction with conventional medicine if under the supervision of a Medical Herbalist / Phytotherapist. Phytotherapists are specially trained to understand how herbal formulations and supplementation interact with allopathic drugs. This ensures that you avoid side effects and drug interactions, and receive the best possible advice and treatment. It is, therefore, recommended that if you are considering trying herbal medication / supplements to first consult with a registered Phytotherapist.

Remedies available in health shops or pharmacies are generalised formulations and are aimed at the treatment of symptoms and as such do not address the cause of disease.

What to expect from a visit to a Medical Herbalist / Phytotherapist?

A consultation with a Phytotherapist starts with a full medical history. The practitioner then performs all relevant physical examinations and may send the patient a laboratory for tests (incl blood tests / urine tests etc.) / X-Rays departments. Based on these clinical findings the Phytotherapist makes a medical diagnosis and assesses the patients general state of health from a holistic perspective. Sick notes might be issued so that the patient can fully recover from current condition being treated. The practitioner will then formulate a treatment and management plan, including lifestyle adjustments, nutrition, supplements and a comprehensive herbal prescription, specific to the patient.

Which conditions are suitable for Phytotherapy?

Most conditions respond well to herbal medication and the correct prescribed supplements. This includes acute and chronic conditions from feeling 'run down' to Fever, Colds and Flu, Arthritis, Autoimmune Disease, Hormonal Imbalances (PMS, Menopause), Infertility, Impotence, Skin Disease (acne, psoriasis, eczema), Digestive disease, Urinary Tract Disease, Respiratory/lung diseases, Hypertention, Diabetis

Mellitis, Cholesterol (Hyperlipidaemia), ADHD, Depression and Anxiety to name but a few.

My practice has a special interest in weight loss, management of auto immune disease and gut restoration. Anti inflammatory protocols are followed with the aim of optimal health and longevity.

Legislation has been passed to enable medical aids to cover Phytotherapy. However, it is advisable to check with your individual medical aid scheme before visiting your Practitioner. Rates might be above medical aid rates.

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About Dr Pierce

Dr Pierce van Tonder is a registered Phytotherapist (Medical Herbalist) with the AHPCSA and The American Herbalists Guild (AHG) (USA). He qualified as a Life Coach (NLP Practitioner) under Graham Nicholls (USA) and obtained membership with Comensa. He is registered with SACE as a registered qualified FET Teacher (Mancosa PGCE).

Dr Pierce considers himself a life long learner and boosted his knowledge with further qualifications as an Iridologist, Usui Reiki Master and La Stone Masseur.

Dr Pierce value his patients and follows a patient centred health approach. He states that it is imperative to treat a patient holistically which means that all pillars of health must be taken into consideration and not only the symptoms. "Educating patients is a priority for optimal health and longevity" in his own words.

Dr Pierce has traveled extensively believing that an appreciation of diversity sculpts a person and teaches one tolerance, acceptance, and self-worth. He beliefs in family values and when not at work you may find him and his partner, with their two sons, on a nature expedition at their ultimate escape and place of relaxation - the Klein Karoo.

Dr Pierce has a passion for Latin American - and ballroom dancing a medium in which he is an instructor and adjudicator.

Dr Pierce consults from World of Wellness in Benoni.