

ELEMENTS INTEGRATIVE HEALTH GROUP (“ELEMENTS”)

Elements is Malaysia’s first Integrative Functional Medical Fitness Centre. In the USA, Functional Medicine is one of the fastest growing medical trends, and focuses on personalised, predictive and preventive medicine.

Elements is leading the trend away from medicating every symptom, and instead focuses on treating the root cause of diseases by ensuring a thorough diagnosis, and implementing fundamental changes to diet, exercise, stress and other factors that drive ill health. Elements is supported by a core practitioner team consisting of Medical Doctors, Nutritionists, Physiotherapists, Mind therapists and Exercise specialists.

By integrating all elements we offer personalised one on one treatment programs for individuals and corporates by incorporating their physical, mental and overall well-being.