

HEALTH IS NOT
THE ABSENCE
OF DISEASE BUT
OPTIMAL FUNCTION
OF THE EMOTIONAL,
PHYSICAL AND
SPIRITUAL BODY.

Since 1996, The Centre for Preventive Medicine has assisted patients across Alberta, diagnosing and treating a variety of conditions with proactive, alternative clinical care.

Composed of a group of proactive, like-minded family medicine practitioners and qualified specialists, we believe in treating the whole individual. The ultimate balance of health begins with understanding a patient's personal history, reflecting on their body, mind, and spirit. All these areas contribute to an individual's overall balance and wellbeing.

Our professional designations and affiliations include:

- The Alberta College of Physicians and Surgeons
- The American College for Advancement in Medicine
- The American Academy of Anti-Aging
- The Institute for Functional Medicine

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MIND / BODY
MEDICINE



INTEGRATING AND BALANCING THE BODY AND MIND

In today's modern world of medical treatments and one-size-fits-all supplements, the demand for integrated methods, simplicity and mindful health care is growing.

The Centre for Preventive Medicine now offers mind/body medicine, which is a blend of conventional health care with the wisdom of ancient eastern practices and healing.

This fusion integrates some of the oldest systems of medicine in the world such as Ayurveda. Underlying concepts have to do with universal connectedness, and optimizing the body's ability to heal and protect itself by restoring its innate harmonious balance with nature - all without invasive measures.



Ayurveda and other forms of mind/body medicine aim to eliminate impurities, reduce symptoms, increase immunity to disease, and reduce stress and worries that often interrupt wellbeing. Our certified practitioner utilizes a combination of diet, cleansing, meditation, exercise, massage, herbal, spice, and mineral formulas, and mental nurturing to treat a variety of illnesses:

- Pain Control
- Inflammation
- Fatigue
- Arthritis
- Osteoarthritis
- Respiratory Disease
- Diabetes
- Heart Disease
- Hypertension
- Adrenal Disease
- Immune Deficiency
- Liver Disease
- Low Metabolism
- Allergies and Sensitivities
- High Cholesterol
- Cancer Prevention/Treatment
- Chronic injury
- High Stress Reactions
- Toxicity
- Fertility Issues

The goal of any health program is not to simply ensure you are free of disease, but to reach complete contentment. Ayurveda calls this state "Ojas." The benefits of this holistic and comprehensive method are expansive:

- Restored balance
- Increased mental wellbeing
- Boosted performance in all areas of life
- Decreased opportunity for disease
- Reduction in pain and inflammation
- Increased healing rates
- Enhanced self-monitoring and health awareness
- Increased energy and stamina



RAJ DHILLON M.D., CCFP

Raj Dhillon is a philosopher healer, blending the respect of modern medicine with traditional methods. His belief is that the human body is capable of incredible things, especially when it comes to healing. With personal medical attention, positive habits, and self-awareness, the ultimate level of health can be achieved and maintained.

Dr. Dhillon brings extensive experience in family medicine and international health, as well as Ayurveda and sleep medicine disciplines. He received training in Ayurvedic medicine with the Maharishi Ayurveda Association of America.

Before earning his medical degree in 1998, Dr. Dhillon received his Bachelor of Science and Masters degrees in molecular genetics.