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DR

DR. ROZE

BIOHEALTH CLINICS



BIOLOGICAL PHYSIOTHERAPY

Illnesses do not come upon us out of the blue. They are developed from small daily sins against Nature. When enough sins have accumulated, illnesses will suddenly appear.

Dear [Kannan Sekar](#),

Modern life is paralyzing society, making it more sedentary, sicker, more tired and weaker. This is associated with more people living with chronic pain and chronic inflammatory processes, such as hormonal imbalances, gut disorders, metabolic disorders, like obesity, insulin resistance, chronic fatigue, insomnia, physical inactivity...

Biological Physiotherapy is focused on finding the root of the cause of pain and inflammatory processes led by science. It is not just massages and machines, it is just to provide you the tools to understand your body, why people end up to that situation, and guide them to enjoy again a quality of life, without limitations, pain, inflammation...

Uncover innovative methods that harmonize with your body's natural rhythms, fostering lasting vitality and resilience.

**Explore the Boundless Healing Power of
Biological Physiotherapy!**

MEET SANDRA

I am Sandra, Spanish physiotherapist based in Dubai since 2015. Focused on optimal health approach since last 10 years. My experience and knowledge in global vision of health make me to become a biological physiotherapist in order to find the root cause of pain and inflammation and guide and refer people to be their best health version.



KEY SERVICES

Manual Therapy. Neuroimmune techniques.

Manual Lymphatic Drainage.

Facial Lymphatic Drainage.

Therapeutic Massages.

Amino Neuro Frequency Therapy.

Personalised Therapeutic Exercises.

PressoTherapy.

Lifestyle & Nutrition Guidelines.

[Book Now with Sandra](#)



BENEFITS OF BIOLOGICAL PHYSIOTHERAPY

- Understand the factors that make you in pain, inflamed, stiff, low energy, moody, increase your fat, mainly not be yourself.
- Get rid of ideas and beliefs that condition your results and change those harmful patterns to help you resume the activities you have abandoned making you sick. It is possible to live out pain.
- Body self-awareness, improve your posture, your functionality, become stronger, powerful.
- Reduce your stiffness, move more optimally, improve your performance, more energy, better body composition.
- Improve your digestion, your gut function by understanding how to digest food, getting personalised habits of food. Digest well, better health.
- Reduce your stress by activating your relaxation system. Improve your gut function to improve your health. Personalised nutritional strategies will help you.
- Reduce your stress, anxiety, improve your sleep.
- Awareness of improving your anti-inflammatory lifestyle. The only way to get better long term is with lifestyle.

Learn more



PATIENT TESTIMONIALS



RECENT ARTICLE

The Power of Biological Physiotherapy

Unlock Pain Relief, Faster Recovery and
Improved Mobility With This Cutting-Edge
Therapeutic Approach

Learn more >>

For more info

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