



Elements Medical Fitness Sdn Bhd (“Elements”)

Elements Medical Fitness Sdn Bhd is Malaysia’s First Integrated Medical Fitness Centre with professionally administered programs in the pursuit of well-being, located in the heart of Kuala Lumpur.

Inspired by the Institute of Functional Medicine’s teaching programs and the clinical successes that Integrative Medicine and Functional Medicine have achieved in the USA, Australia and UK, Elements Medical Fitness was established to bring this fast growing Lifestyle Medicine concept to Malaysia by focusing 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.

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