



A pain specialist's guide to menopausal pain

Find out why women experience more aches and pains during menopause



Webinar: How to treat lower back pain without surgery

Discover the causes, symptoms, and minimally invasive treatments for long-lasting relief



TCM for relaxation and better sleep

Explore acupressure points, herbs, and exercises for women going through menopause



Foods that impact high blood pressure

Find out what to eat—and what to avoid—if you have hypertension



Quit smoking effortlessly with low-level laser therapy

A painless, non-invasive way to stop smoking for good



Got a question for Dr Pain, or a general enquiry

[Contact Us](#)

Enquiry Hotline: [87779500](tel:87779500) (Call/WhatsApp)