

THE EXPERTS



Alain Philippe Maala, MD, ABAARM
Anti-aging and Regenerative Medicine

Dr. Alain began his medical career through local residency trainings. In pursuit of further knowledge, he started to explore emerging treatment modalities and underwent training outside the country.

In the USA, he discovered the multispecialty approach in healthcare. He earned his fellowship in Stem Cell Medicine from the American Academy of Anti-aging Medicine (A4M), as well as his certification from the American Board of Anti-aging and Regenerative Medicine (ABAARM). Aside from his expertise in the aforementioned field, he also trained at DHI Global in Athens, Greece on Follicular Unit Extraction (FUE), an advanced technique in hair restoration.

Dr. Alain continuously equips himself with evidence-based management to lifestyle and chronic diseases through regular international training, and hopes to provide better preventive regimens and the latest medical technologies to suit each and every patient.

Dr. Esther's interest in physiology and pharmacology led her to take up Anesthesiology and Pain Medicine. Believing that pain is a symptom of varying aspects in life, she then took Chinese auricular acupuncture as a complementary skill that can improve her practice. This Eastern treatment also introduced her to a gentler but less known approach of Japanese acupuncture and moxibustion, called "Shinkyu".

She further refined her studies by undergoing subspecialty in Pediatric Anesthesiology at the Philippine Children's Medical Center. This led her to pursue "Shonishin" or Japanese acupuncture for children in Osaka. From here, she established the efficacy of Japanese acupuncture in children during the postoperative period through a clinical trial. The novelty and significance of this adjunct treatment won her a clinical research award in her institution.

Practicing as an anesthesiologist provided her ample interaction with other specialists, and gave her the opportunity to identify factors that lead to unsatisfied and unwell patients. Her practice is dedicated to her desire to reintroduce the lost art of medicine—treating every patient as you would treat your own family.

With a vision to provide better healthcare to Filipinos, both Dr. Alain and Dr. Esther Maala hope to make Preventive and Regenerative Medicine something that everyone knows and understands, and to ultimately make it a part of their journey to better health.



Mary Esther Maala, MD, DPBA, FPSA
Perioperative and Pain Medicine



We put your health on the forefront so you can do you.

You're not like any other, you have unique aspirations and motivations, hence your health program should be unique to you too. What we offer - **Regenerative and Preventive Medicine** - can help you feel your best every day, so you can do your best in everything that you do.

OTHER SERVICES

PERIOPERATIVE AND PAIN MEDICINE

Needing surgery is a stressful journey before, during and even after the procedure both for you and your family. We can optimize your condition to lessen occurrence of preventable harm prior to your surgery. Thereafter, as some procedures can be associated with latent pain, we are here to make a regimen that is best suited for you, may it be pharmacologic or with a complementary approach.

We proudly offer Japanese acupuncture for pain & immune modulation. Japanese acupuncture is a refined development that uses thinner needles and more gentle stimulation techniques. With an evidence-based approach, it is distinguished to be more tuned with practices of Western medicine and can thus be easily adapted to your existing pain treatment.

MEDICAL CONSULTATIONS

In our practice, we make sure we get to know you – not just as a patient, but your aspirations and unique lifestyle demands. With personal and unhurried consultations, you can feel secure to confide all your seemingly unrelated problems. We try to unravel whether your changes in bowel movement is actually also connected to your muscle pains, sleep problems and heart palpitations. This is the art of Preventive Medicine.

IMMUNIZATIONS

Immunization is another primary cornerstone of preventive health care. Aside from routine vaccinations, we offer shots tailored to your situation and risk exposure. We can deliver these immune boosters safely and conveniently at our clinic.

You don't need to wait for intolerable conditions before you see a doctor. You can see us now and we can work together to keep you healthy.



M A A L A
HOUSE OF WELLNESS

YOUR HEALTH IN MIND

PLATELET-RICH PLASMA (PRP)

What is Platelet-Rich Plasma? Think of it this way: It's you who can heal you.

Your own blood is drawn and processed to harvest platelets and growth factors. This then is put back in targeted areas in your body to induce self-repair through augmented cell signaling. Three common applications include:



Joint Regeneration

For arthritis and other musculoskeletal injuries

Repetition leads to mastery, but also to eventual degeneration because as you age, your body's repair system slows down. With PRP, joint problems can be safely dealt with by reducing inflammation and inducing repair.



Skin Rejuvenation

As non-surgical facial treatment

You don't have to look your age. Through microneedling, PRP is injected to the top layer of the skin to promote tissue regeneration and collagen production. Aside from its aesthetic application, it can also be used to hasten healing of post-surgical scars.



Hair Restoration

For preventing and treating premature baldness

Unexpected hair loss can happen to anyone at any age. Coupled with hair regimen tailored to your lifestyle, PRP application through the scalp is effective in promoting new hair growth and preventing further hair loss. Apart from this, it can also be utilized as an adjunct to hair transplant recovery.

PLATELET-RICH PLASMA



Maala House of Wellness is a premiere clinic that understands your ever-changing healthcare needs. We know that you need to do more, experience more, and achieve more, hence the need to be unstoppable. This is why we focus on improving your quality of life through our expertise in Preventive and Regenerative Medicine, making sure you can power through life continuously.

In our house, we believe in treating you not just as a patient, but like you're part of our own family.

THE HOUSE THAT VALUES PREVENTION

At Maala House of Wellness, we strive not to just provide treatment, but true care for your overall wellness and well-being. We don't wait for a symptom to come, we work hard to make sure that it doesn't. We go the extra mile to ensure disease prevention, as our main goal is for you to live a healthy, worry-free, and full life.



THE HOUSE THAT VALUES COMFORT

From the moment you step in, you will feel right at home. Our premium interiors and well-appointed consultation rooms will make you forget that you are actually inside a medical facility.

We can also arrange to have basic and even commonly overlooked tests such as endocrine panels done at the privacy of your own home. A VIP treatment indeed for our every patient.



THE HOUSE THAT VALUES YOU

With evidence-based therapy, and up-to-date patient management, our goal is simple: to empower your lifestyle. You can rely on us to help you maintain a healthy mind and body so you can do more of what you want in life.



INFUSION (IV) THERAPY

When you are seriously ill, your doctor will order shifting of your medications through IV. This is because administration through your bloodstream bypasses the digestive tract, thereby delivering intended medications quicker and directly to your cells. Same goes for essential nutrient supplementation.

Here at our clinic, we offer three IV solutions that are known to scavenge free radicals—the harmful substances that prevent your cells from regeneration.

These nutrients are also vital to cellular energy metabolism which enables you to power through your life's demands and challenges.



Micronutrient Therapy

This contains vitamin B-complex, Vitamin C as well as Calcium and Magnesium and is best for maintaining critical body functions such as cell signaling and repair. This treatment can be used for conditions ranging from body pains to fatigue, and even the occasional hangovers.



High-dose Vitamin C

Recently, a high concentration of intravenous Vitamin C has been established as a well-tolerated complementary treatment against cancer. It works by directly suppressing growth and spread of malignant cells. More importantly, it has been shown to improve quality of life by addressing the toxic side effects of standard oncologic therapies.



Glutathione

This key antioxidant is naturally found in your every cell and clears toxic metabolites that interfere with vital cell functions. However, stress from a high-performance lifestyle can deplete your supply and make you vulnerable to toxin damage. Accumulation of cellular damage can lead to premature aging, heart problems, diabetes, and even cancer.

What we provide is a pharmaceutical-grade glutathione to ensure that you are getting only what you intend to receive. Devoid of harmful preservatives, our intravenous glutathione is prepared in an ISO-certified compounding facility to ensure quality and most especially, your safety.

True to upholding high-quality medical care, our intravenous solutions are exclusively supplied by Apothea Integrative Pharmacy, an FDA-licensed compounding facility and a pioneer in pharmaceutical innovation.

INFUSION THERAPY

