

Blood microscopy is another useful tool to confirm metal toxicity, oxidative stress, gut function, as well as general health status of red and white blood cells.

Hair Mineral analysis gives another and different perspective on mineral status as well as toxic metal status in the body. It also gives valuable information on adrenal and thyroid function.

Thermal Imaging offers a valuable snapshot into the invisible world measuring thermal heat emission patterns from the body as an indicator of abnormal metabolic functioning taking place in the body. It is the thermal asymmetry seen that allows for early detection of abnormal changes and intervention before waiting for the process to develop or manifest further.

Electro-lymphatic light therapy offers a great kick start to opening the doors of the lymphatic system to encourage better and smoother flow of lymph carrying with it all its toxins and waste out of the body. The key to any healing process involves ensuring the movement of lymph and giving it all the help it can get especially given that it has no pump design within its circulation as does the heart which ensures adequate blood circulation.

With Dr Daya's interest in **Food Therapy**, we have a number of specialised foods available in our clinic that are difficult to obtain in normal food and health stores.

Finally, Dr Daya incorporates the concept of addressing energy or frequency imbalances as one of those fundamental and basic principles to finding your way back to true health. With **The All Inclusive Method (AIM) programme**, most people have a life force measuring as low as 1 out of 100 mostly because of many of the invisible environmental toxins that surround us as well as the invisible unresolved and unconscious inherited baggage that we acquire.

It is possible with this **frequency balancing programme** to get your life force back to 100. Life and self healing only really begins when you are clear of all these hindrances. Unfortunately, there is no "pill", surgery or therapy that can resolve these more subtle and invisible imbalances. If disease processes start on this subtle level then it is necessary to consider also this perspective in a healing programme.

Whilst no single tool is by itself sufficient to grasp all angles of a case history, a combination of a few tools providing information from different perspectives together with the skill of gathering and interpreting such information gives hope to getting patients back on the road of recovery.

The challenge is not only how to feel better but how to stay feeling well and given a second chance, how not to abuse our bodies beyond what it is capable of doing.

For that we need to find a way in our lifestyle to maintain a state of balance and we encourage our patients to find ways to do this including meditation, yoga, Tai chi and Qi Gong.



Wholistic
Medical Centre

ABOUT THE WHOLISTIC MEDICAL CENTRE



The Wholistic Medical Centre is a unique clinic that offers the integration of both mainstream and complementary medical approaches under the supervision and guidance of **Dr Shamim Daya (BM DRCOG)**

57 HARLEY STREET
LONDON W1G 8QS

TEL: 020 7580 7537

Fax: 020 7580 0551

E-mail: info@wholisticmedical.co.uk

www.wholisticmedical.co.uk

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Dr Shamim Daya (BM DRCOG) completed medical training at Southampton Medical School and continued her postgraduate training in General Practice. It was whilst working as a NHS GP in Richmond for 3 years that she saw the need to extend her knowledge and experience in the field of Holistic Medicine.

It has taken her over 10 years of exploring the value and limitations of many fields of complementary medicine to formulate a medical detective approach to her work. Her inquisitive and enquiring mind moves her in a constant and evolving journey of exploration to find tools, information and solutions to help her patients to better health.

Much of her knowledge and experience has come about from learning to help herself on her own path of healing. Being an unhealthy strict vegan for 10 prime years in her mid twenties taught her the need to understand the basic principles of nutrition in more detail. A persistent skin rash for 5 years that only finally cleared with a bowel cleanse regime taught her the importance of bowel cleansing as a basic foundation of any healing programme. Another episode of a different type of skin rash not responding to bowel cleansing only resolved by applying the principles of Traditional Chinese Medicine where she learnt a whole new language including "hot", "cold", "damp heat", "chi blood deficiency" and the long term impact of these imbalances on our health and well being.

Dr Daya's clinical experiences has demonstrated the value of integrating several different perspectives of health at the same time. There is usually **one common thread that links many of our diverse symptoms together**. Her special interest lies in education, Women's health issues, Food Therapy, the use of Bio-identical hormones to support the ageing process, Men's health issues, Preventive screening, Adrenal and Thyroid dysfunction, Metal toxicity and Chronic fatigue.

Dr Daya has a talented team of skilled practitioners that work with her providing valuable tools to gather important information and to fill in those missing gaps that have previously not been explored.

Initially you will have a consultation with Dr Daya who will carefully go through your medical history. With her wealth of clinical experience and observation, it will become apparent to her what action or which tests will be needed first to establish a better perspective on a patient's symptoms.

In many instances, it is simply basic lifestyle and dietary changes that need to be made first before embarking on any complicated treatment regimes.

Many patients have already seen other practitioners and done the basic groundwork and in such cases Dr Daya's skill allows her to know which area has not been explored. She is indeed a **"Medical Detective"** who knows that somewhere, somehow it must be possible to reach what lies at the core of a patient's complicated symptom complex.

[Dr Daya incorporates some or all of the following assessments](#)

Basic **lifestyle** adjustments including **food management** and correcting **hypoglycaemia**.

Cellular toxicity - establishes how toxic you are at a cellular level. This is often the best starting point on any healing journey. If your cellular toxicity scores are high then very often, everything else you do including taking valuable supplements only add to this toxic load. It can take a whole lifetime to become this toxic but the good news is that it only takes a month or two of taking the correctly chosen **drainage remedies and enzymes** to bring those high toxic scores right down. Now we can begin to rebuild and nourish the body.

Traditional Chinese Medicine (TCM) provides important information regarding the terrain of the body. Are you overheated or too cold? "Damp heat" is what they commonly find in someone who has recurrent Candida or fungus symptoms. Clear the "damp heat" and the fungus dies a natural death! Are you "Chi" or "blood deficient"? Very often, Dr Daya gets more clues from a TCM assessment as to what lies at the root of your symptoms. Spleen deficiency symptoms often go hand in hand with under active thyroid function and here too with TCM there is a great emphasis on food management. In TCM salads and raw foods are considered unhelpful in someone who has a weak spleen. These people highly benefit from eating warm, stews, soups and casseroles.

Functional Biochemistry is an extremely valuable tool to help obtain such detail as which specific nutrient is needed to improve a certain pathway whether it be the energy pathway for those suffering from chronic fatigue or the hormone pathway for those on HRT or with hormone dependent cancers.

It is also able to provide useful information on which specific **brain neurotransmitter** is out of balance and what key nutrient is needed to correct this imbalance. Not everyone who is depressed should be assumed to be low in Serotonin levels. Functional Biochemistry testing is able to test whether it is Serotonin, Dopamine, Noradrenaline or Histamine levels that are high or low in a person. This often will throw light on the key missing nutrient also needed for many other important pathways to work efficiently.

Standard **Blood tests and scans** are useful to determine or exclude obvious medical pathology.

Saliva tests, used to determine hormone imbalances are found to be particularly useful for assessing adrenal function, male and female hormone levels and often used in conjunction with Functional Biochemistry testing to determine the solution to any imbalances found.