



Wholistic
Medical Centre

Be proactive...
Be one step ahead.



Wholistic Medical Centre

Welcome to the Wholistic Medical Centre, a unique resource in the pursuit of health and wellness, with patients travelling from all over the world to see us.

The Wholistic Medical Centre was founded in 1997 by Dr Shamim Daya and combines the best of conventional medical testing with modern less-conventional techniques. A process which offers a greater scope of information for each patient: hence a more efficient and effective treatment plan.

The Wholistic Medical Centre also specialises in Digital Infrared Thermal Imaging, a range of Lymph treatments, Full Spectrum Light treatments with Real Sunlight, Pulsed Electro Magnetic Field treatments as well as Food Therapy, Therapeutic Massage, Acupuncture and Reflexology.

Please explore our brochure and feel free to contact us if you have any questions, or visit our website www.wholisticmedical.co.uk

Registered with:



ABOUT DR SHAMIM DAYA BM DRCOG

“I see a patient as a whole being and like a detective I explore all possible explanations for a patient's symptoms, especially when conventional medical tests come back as normal.”

Dr Shamim Daya



Dr Shamim Daya is a holistic GP with 30 years of clinical experience who believes that healing requires a multi-disciplinary approach, which treats the “whole” person.

Dr Daya completed medical training at Southampton University in 1985 followed by a further six years of postgraduate training in General Practice including obtaining her Diploma in Obstetrics and Gynaecology.

Whilst working as a NHS GP principal in a group practice between 1991-1994, she felt a distinct need to include the field of holistic medicine in her practice to provide her patients with wider and more effective choices for their health care.

With her interest in holistic medicine, she founded the Wholistic Medical Centre in 1997. 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. Significant stepping stones on her journey include:

- Medical doctor at Bio Lab Medical Unit between 1994 and 1997
- Training in holistic medicine and the use of Bio-Identical hormones with Dr Jonathan Wright (USA)
- Exploration of food as medicine which led to writing her book “The Power of Food Therapy” in 2011

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

Dr Daya has a special interest in using Food as Medicine, the safe prescribing of Bio-Identical hormones and the importance of addressing the lymph to enhance any healing process.

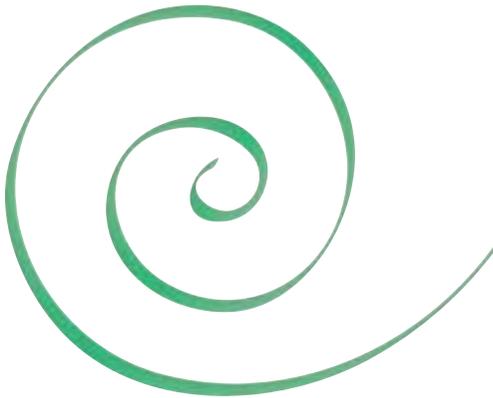
THE WHOLISTIC JOURNEY

The Wholistic Journey is a process that addresses a person as a whole from different perspectives, rather than treating their symptoms alone. It is a gradual process of dealing with priorities as they arise, layer by layer.

It takes most of us a long time to develop our propensity to unwellness through poor diet and lifestyle choices. Thus it takes time to allow the self-healing process. For this reason the Wholistic Journey cannot be rushed or completed in just a few sessions.

The Wholistic Journey requires a commitment on your part to follow the recommendations made, including dietary and lifestyle adjustments, along with supplementation and treatments as needed.

WHOLISTIC JOURNEY



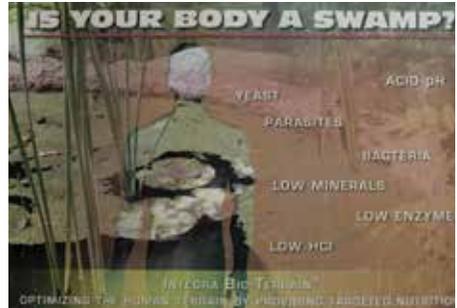
Periodic review of your symptoms is recommended at subsequent sessions usually 6 – 8 weeks apart until you feel you have made adequate improvement. Thereafter, it is recommended to be reassessed every six months to maintain wellness.

“Early detection and early intervention is our ultimate goal, to fill in the missing gaps where conventional medicine and other complementary approaches have not yet explored.”

Dr Shamim Daya

In addition to looking at the conventional medical perspective, the Wholistic Journey incorporates other important modalities including:

BIO-MERIDIAN TESTING to address the Terrain, Toxic Load, Leaky Gut, Fungus over-proliferation, Food Intolerances and so much more.



FUNCTIONAL BIO-CHEMISTRY to test and correct specific imbalances found on the Mechanical, Biochemical and Emotional levels, including testing for blockages in energy and hormone pathways as well as clearing memory of old injuries.

BLOOD, SALIVA TESTS, BONE DENSITY, PELVIC AND BREAST / ULTRASOUND SCANS are arranged when required.

THERMAL BREAST SCREENING AND LYMPH TREATMENTS

are recommended as part of routine screening and to kick start the flow of lymph.



SUNROOM provides Full Spectrum Light Therapy.

Other treatments that take place in the Sunroom include:

THERAPEUTIC MASSAGE, REFLEXOLOGY AND Pulsed Electro Magnetic Field (PEMF) SESSIONS



“THE POWER OF FOOD THERAPY” book by Dr Daya and Food Therapy sessions with Dr Daya are available for those who need help with this challenging subject.

SUMMARY OF TESTS & TREATMENTS AT WMC

BIO-MERIDIAN SCREENING

A Full Body energetic screening, detecting early vibrational organ disturbances. Includes testing for the Terrain, Toxic Load, Liver Function, Adrenals, Thyroid, Hormones, Fungus, Toxic Metals, Leaky Gut and Food Intolerances.

FUNCTIONAL BIO-CHEMISTRY

Tests for specific Bio-Chemical Pathways to address imbalances in Energy, Hormones and Brain Chemistry. It is also helpful for detecting and treating Parasites, Viruses, Toxic Metals, Scars, Old Injuries and Pain.

THERMAL BREAST IMAGING

A first line non-invasive breast screening, highlighting areas of lymph congestion and possible oestrogen imbalance.

ELECTRO-LYMPHATIC TREATMENTS

A non-invasive and effective treatment that helps to disperse congested lymph in the upper body.

LPG / ENDERMOLOGIE

Mechanically stimulates the surface of the skin, realigning the extracellular matrix protein, increasing tissue pliability which in turn enhances venous return and lymphatic flow especially in the lower body.

NEUROTRIS

A Microcurrent Body / Face Toning and Sculpting process which uses Specific Frequency Signatures to cause hydrolysis of triglycerides (the shrinking of fat cells), while simultaneously toning muscle, enhancing circulation and lymphatic drainage. This in turn relieves pain and improves energy levels.

FOOD THERAPY

Personalised consultation to assist with food planning and preparation to make the necessary changes to improve your eating habits.

FULL SPECTRUM LIGHT THERAPY

Simulating natural and real sunlight, this provides full spectrum light including Infra-Red, Ultra Violet and Visible Light all in one.

THERAPEUTIC PEMF TREATMENTS

Therapeutic Pulsed Electromagnetic Field (PEMF) devices are an effective treatment to counteract the harmful effects of electrosmog. It activates and moves the circulatory and lymphatic systems. Immediate benefits include combating stress, feeling of calmness, better sleep and pain relief.

THERAPEUTIC MASSAGE

A unique full body, deep tissue massage, including head and feet. It is both relaxing and stimulating to the circulation and lymphatic system.

FOOT REFLEXOLOGY

Using specifically chosen therapeutic essential oils which are massaged into the feet, reflexology works to stimulate and rebalance energy pathways to corresponding parts of the body.



THE FOLLOWING TESTS ARE ALSO AVAILABLE VIA SPECIALIST PROVIDERS:

BLOOD TESTS

Including testing for full Thyroid Profile, Iron Status Profile, Vitamin D and other appropriate profiles.

SALIVA TESTS

To assess Male and Female Hormones including testing for DHEA, Testosterone, Progesterone, Estradiol, Estriol and Estrone levels.

BONE DENSITY SCANS

Screening for Osteopenia and Osteoporosis.

BREAST AND PELVIC ULTRASOUND

Screening for Breast Cysts / Calcification, Uterine Fibroids / Polyps and Ovarian Cysts.

BIO-MERIDIAN SCREENING

Bio-Meridian Screening works on the premise that everything has a pure frequency, a consistent oscillation, including the organs within our body.

Wholistic Medical Centre's Bio-Meridian screening is an important starting point to your healing journey and it is the first screening when starting as a patient at the Wholistic Medical Centre.

Your session with Dr Daya and Sheila Partridge, operating the Bio-Meridian screening device, combines years of their clinical practice and experience in adapting and developing this unique screening process.



IT PROVIDES VALUABLE INFORMATION ON:

1. Toxic Load, Inflammation and Organ Pressure
2. Liver Function
3. Leaky Gut and Digestive Function
4. Presence of Fungus, Parasites, Viruses, Radiation, Toxic Metals, Chemicals and Pesticides
5. Lymphatic Function
6. Endocrine / Hormone Function
7. Food Intolerances
8. Testing for the most effective remedies to correct any imbalances found

This part of the Wholistic journey focuses on **DRAINAGE** and **ELIMINATION** of toxic waste from the body which in turn improves the Terrain, enhancing the body's self-healing process.

“The build-up of toxins in the body is a major contributor to physical and mental illness. It is important that these toxins are identified and treated first, in order for traditional treatments to work more effectively.”

Sheila Partridge

FUNCTIONAL BIO-CHEMISTRY

Every muscle in the body is related to an organ or gland. By evaluating the various muscle groups we can get a valuable insight into the potential problems or weaknesses in the body, be it Mechanical, Bio-Chemical or Emotional.

In the same way we can also determine the most appropriate nutrient or treatment to correct the problem found.

Functional Bio-Chemistry helps to answer questions in a very systematic way and in order of priority, including:

- Are your symptoms related to an organ (Liver, Gall Bladder, Spleen, Stomach, Small & Large Intestine, Lungs, Kidney, Heart and Bladder) that is compromised or malfunctioning?
- What are your current main risk factors?
- What has contributed to this on a biochemical and/or mechanical level?
- Are you being overwhelmed by Bacteria, Fungus, Parasites, Toxic Metals, Chemicals or Radiation?
- What is the specific nutrient or intervention needed to correct the imbalances found?
- If there were only three main and specific nutrients you need what would these be?
- Is there something you are eating or drinking that is causing part of your problem?
- Is there a specific food you could include into your diet that would help balance your Bio-Chemistry?



FUNCTIONAL BIO-CHEMISTRY IS A VALUABLE METHOD OF TESTING AND TREATING:

1. Brain Chemistry (neurotransmitter imbalances)
2. Digestive problems (including Parasites, Fungus, Viruses and Bacteria)
3. Tiredness and Chronic Fatigue
4. Skin problems
5. Pain and Joint problems
6. Learning difficulties
7. Hormone Imbalances including Oestrogen Dominance and Thyroid problems

“Functional Bio-Chemistry allows me to evaluate where the potential problem lies in the body and determine an effective treatment plan. It takes the guess work out of the equation, bringing faster results.”

Anthony Ryman

DIGITAL INFRARED THERMAL IMAGING DITI

Digital Infrared Thermal Imaging (DITI) is a safe and non-invasive first line test for breast screening.

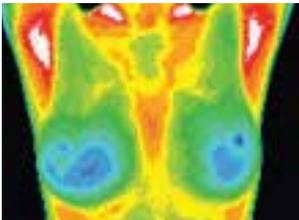
It primarily identifies symmetry and heat patterns of the underlying breast tissue, indicating early physiological changes, including Lymph Congestion and Hormone Imbalances.

DITI is NOT an alternative to Mammogram or Breast Ultrasound.

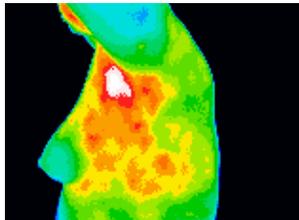
Whilst DITI will identify areas of Lymph Congestion or Hormone Imbalances, Mammograms and Breast Ultrasounds are better at detecting areas of Micro Calcification, Cysts or distinct Lumps.

Therefore, the best opportunity to detect subtle changes in the breast tissue from different perspectives at an early stage can be provided by alternating between DITI and Mammogram or Ultrasound.

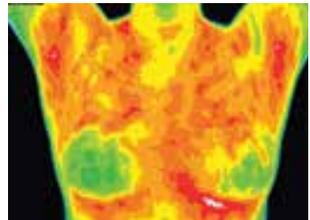
*“In whatever part of the body
excess of heat or cold is felt,
the disease is there to be discovered.”
Hippocrates, 400 BC*



normal breasts



lymph congestion

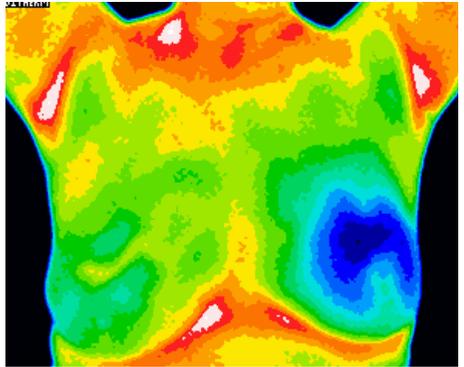


hormone imbalance

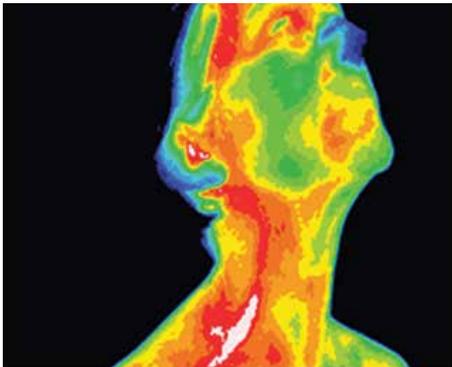
DITI is also useful for screening other body regions including, Dental, Carotids, Heart as well as areas of Injury, Trauma or Pain.



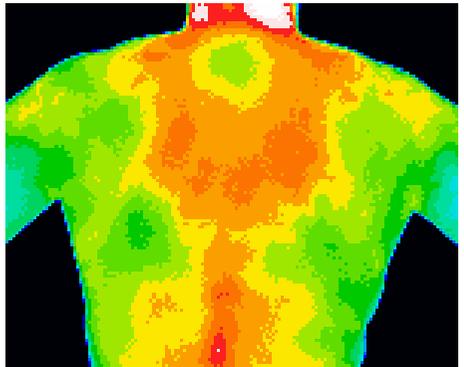
dental view



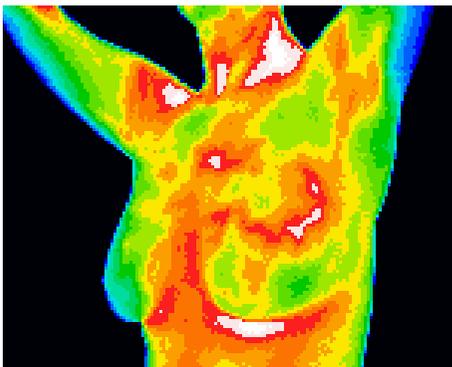
potential heart problem



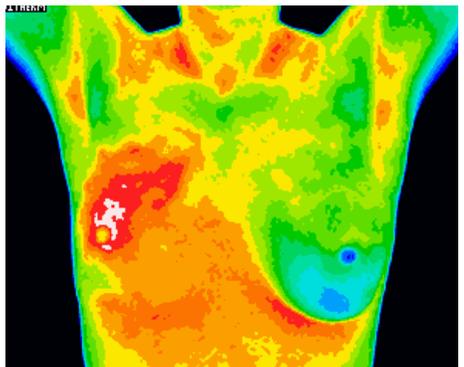
carotid inflammation



auto-immune indicator



breast abscess



cancer

LYMPHATIC DRAINAGE

The Lymph and Lymphatic System plays a major role in removing waste products and toxins at a cellular level. It is primarily a drainage system that helps your body get rid of excess fluid and waste products.

The proper functioning of the Lymphatic System is critical to our body's ability to drain fluids, regenerate tissues, filter out toxins and maintain a healthy immune system.

Unlike the circulatory system, which uses the pumping of the heart to circulate its blood flow, lymph vessels rely upon tiny muscular units contracting throughout the body to propel the lymph.

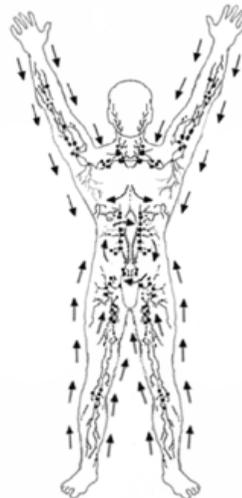
The action of these muscular units can be hindered by many factors including dehydration, fatigue, stress, lack of physical activity, emotional shock, cold temperatures, infections, chemicals, food additives and electrosmog.

Additionally, toxins from cosmetics, hair dye, shampoo, toothpaste and other toiletries (Parabens, Toxic Metals, Sodium Lauryl Sulphate) further add to the burden on the lymph.

When the lymph circulation stagnates, fluids and toxins accumulate and cellular functioning is significantly compromised. This in turn triggers a disease and ageing process.

Due to the many factors that hinder the flow of lymph it is even more important to do all that it takes to keep our "Terrain" clean and moving in order to encourage a self-healing process.

*"A clean flowing
Lymphatic System
is the key to a healthy
immune system
and for any
successful healing
programme."
Dr Shamim Daya*

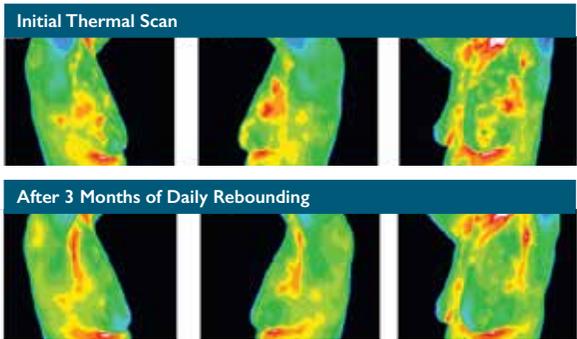


WHAT CAN I DO TO ENSURE MAXIMUM AND IMPROVED LYMPH FLOW?

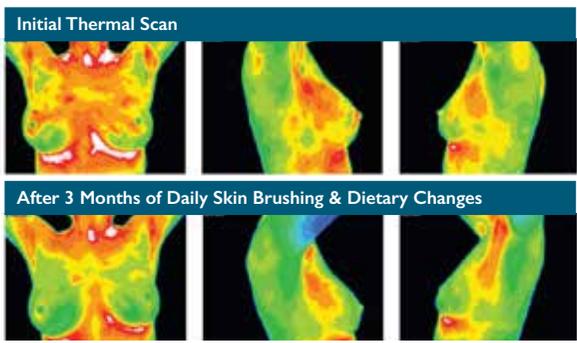
SELF HELP	SPECIFIC LYMPH TARGETED TREATMENTS
Drink adequate clean filtered water	Electro Lymphatic Treatments (ELT)
Avoid caffeine, alcohol and fizzy drinks	LPG Endermologie Treatments
Avoid foods that clog up the lymph	Neurotris Treatments
Regular exercise/Rebounding	PEMF Treatments
Chi Gong	Heal a Leaky Gut
Dry Skin Brushing	Specific Drainage drops to reduce cellular toxicity and enhance lymph drainage at cellular level
Castor Oil Packs	
Minimise Electrosmog *	
Avoid Cosmetics & Toiletries containing toxic metals and harmful chemicals	

*Switch off Wi-Fi, minimise time on mobile phones, choose landline phones in preference to digital cordless, minimise time spent on computers, minimise flights (long and short haul)

POSITIVE RESULTS FROM DAILY REBOUNding



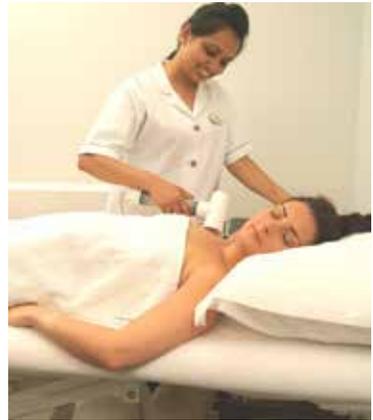
POSITIVE RESULTS FROM DAILY SKIN BRUSHING



ELECTRO-LYMPHATIC TREATMENTS (ELT)

ELT is an advanced, safe, painless and non-invasive lymph technology that instantly and effectively disperses any areas of underlying lymph congestion, especially in the upper body.

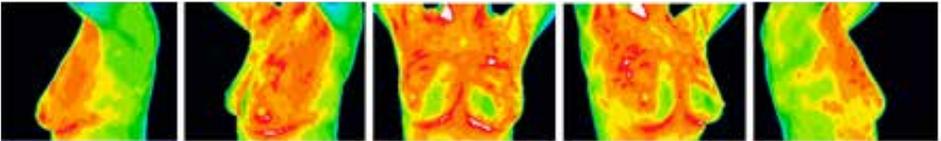
ELT works by emitting a light beam of negatively charged ions from its glass therapy head, which is applied on to the skin of the anterior chest wall, over the main lymph draining ducts, as well as collateral lymph channels.



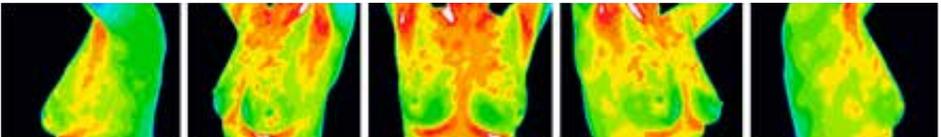
Dr Simon de Montfort designed this unique device to generate an energy field where electrons are scattered throughout the underlying tissue, creating a negative charge to the body fluids. This in turn helps to clear any obstruction to its flow and improves the pressure differential between the blood and lymph.

The Lymphatic System is no longer an invisible, unmeasurable or untreatable mystery. Its level of function can now be measured using the Bio-Meridian device and it can also be visually demonstrated using Digital Infrared Thermal Imaging as illustrated below:

BEFORE ELECTRO LYMPHATIC TREATMENT



AFTER ELECTRO LYMPHATIC TREATMENT



Endermologie is a non-invasive, painless, relaxing and personalised treatment targeting the body's connective tissue, improving both blood and lymph circulation, elimination of toxins and excess fluids especially in the lower half of the body.



Unlike ELT, which works on the basis of negatively charged ions to disperse underlying lymph congestion, Endermologie uses its unique therapy head to move and stretch deep underlying connective tissues, which in turn helps encourage the free flow of lymph and blood circulation.

Whilst ELT is particularly effective for dispersing lymph in the upper half of the body, Endermologie is more effective for draining lymph in the lower half of the body.

The improved effects of both types of treatments (ELT and Endermologie) continue to be effective on lymph drainage long after the session has ended.

Endermologie body treatments usually require a commitment of two sessions a week for eight weeks for your body to fully and effectively respond to the treatment.

Endermologie is also done as a face treatment revitalising and replenishing the skin as well as restoring its collagen and elasticity. The results amplify with each session and are best when combined with our unique face gel masks.

APPLICATIONS OF LPG ENDERMOLOGIE

1. Improves Blood Circulation
2. Lymphatic Drainage
3. Treatment of Scar Fibrosis
4. Lymphedema
5. Swollen and Heavy Legs
6. Joint Stiffness
7. Alleviates Sciatic Pain
8. Relief and recovery from Musculoskeletal Pain



“Microcurrent increases the production of ATP, your own chemical energy, by up to 500%. It also increases protein synthesis and waste product removal.”
Cheng, 1987

Microcurrent is a physiological electric modality that increases ATP (energy) production in the cells of your body. In doing so, this dramatically increases the tissue's healing rate. The almost immediate response to the correct microcurrent and changes in the tissue are unmistakable. Scars often suddenly soften, trigger points become less painful, swelling often drains within minutes when the “correct” frequency is applied.

Neurotris Microcurrent treatments use the latest advancements in NANO technology increasing collagen, elastin, blood and lymph flow to targeted tissues. It uses Specific Frequency Signatures to cause hydrolysis of triglycerides, shrinking fat cells while simultaneously toning muscle, improving circulation and lymphatic drainage. This in turn helps to alleviate pain in various parts of the body.

During a typical treatment session, you recline comfortably while specific frequency signatures are delivered to targeted tissues via special gloves or pads. The treatments are safe, painless and relaxing.

A treatment course typically involves several sessions and benefits accrue over time. Improvements can last six to twelve months.

A maintenance treatment is recommended every four to six weeks to optimally maintain results.

BENEFITS

1. Improves circulation and metabolism
2. Lymphatic drainage
3. Skin firming and tightening
4. Builds and tones muscles
5. Increases core strength and reduces visceral fat
6. Increases energy
7. Relieves pain and improves mobility



THERAPEUTIC PULSED ELECTRO-MAGNETIC FIELDS (PEMFS)

There is clear evidence that a new form of pollution called Electrosmog is being associated with degenerative diseases and the ageing process. Electrosmog EMFs are not designed with a human body in mind, inducing stress and therefore drains our energy.

Electrosmog comes from electrical wiring and equipment. For example, power lines, communications towers, computers, TVs, mobile phones and digital cordless phones – everything from the wiring in our homes to fluorescent lighting and much more. It also includes “dirty” electricity, ground currents, microwaves and radio waves.

Electrosmog is all around us and can only be partially blocked. One of the best solutions is to take measures to decrease your exposure. Added to this, using Therapeutic Pulsed Electro Magnetic Field (PEMF) devices (both home and portable), one can purposely add beneficial balancing frequencies to the body to decrease the burden of the negative effects of Electrosmog.

“We are like astronauts walking this planet with increasing man-made Electrosmog disconnecting us from the healing energies of the earth’s electromagnetic fields. Minimising our exposure to Electrosmog the best we can helps but using a therapeutic PEMF device on a daily basis is a very effective way of reconnecting to the earth’s healing energies and neutralising the harmful effects of Electrosmog.”

Dr Shamim Daya

These Therapeutic PEMF devices utilize pulsed electromagnetic currents that penetrate more deeply into the body to effect change, healing and pain relief in the deeper tissues.

New studies show that with the proper field intensity and frequency, treatment with PEMFs appears to provide stunning regenerative effects.

These magnetic fields result in cells regenerating so much naturally derived energy that they are able to heal themselves.

Here at the Wholistic Medical Centre, we provide a range of PEMF devices and therapies including Ondamed, 3D Ultra Mat in the sunroom, MAS mat as well as portable devices (E-pad, Earth Pulse and Flex Pulse) for use whilst travelling and on the go or whilst working on the computer.

FULL SPECTRUM LIGHT THERAPY - SUNROOM

It is medically proven that regular sunlight is necessary for our health and well-being. With people working longer hours, using sun block due to risk of burning and lack of daylight during winter months, sunlight deprivation is having serious adverse effects on our health.

Our extraordinary sun environment, currently the first and only invention of its type in the world, fully replicates natural sunlight and sunbathing. The innovation generates full spectrum sunlight with reduced UVA and UVB, full spectrum visible light and infrared heat leading to a unique new relaxing and health giving experience.

Real Sunlight is a completely safe way of ensuring that you achieve a healthy dose of sunlight all year round.



Key benefits of Real Sunlight include:

1. **Strengthens your immune system**
2. **Moderate sun tanning 100% safely**
3. **Up to 30,000 Lux - Most effective treatment against SAD in the UK**
4. **Energising**
5. **Aids sleep**
6. **Stimulates blood circulation**
7. **Soothes joint and muscle aches and pains**
8. **Relief from fibromyalgia and arthritis**
9. **Deeply relaxing and warming**

THE POWER OF FOOD THERAPY

“Good digestion is the basis of all health modalities. 50% of people’s problems can be linked to what they eat or drink.”

Dr Shamim Daya

The main focus of Food as Medicine is to encourage a way of eating that will help achieve a range of key benefits:

1. Stability for your blood sugar levels
2. A greater feeling of being anchored and grounded
3. Reduced risk of inflammatory process
4. Avoidance of addictive behaviour and need for stimulants
5. Healing the gut and support for liver and adrenals



Inspired by Dr Daya “Food Therapy” evolved as a result of her own personal journey trying out extremes of different dietary principles to alleviate various health issues. This personal journey together with her clinical experience working in General Practice, helped to create the foundation and basic principles of “Food Therapy”.

“The Power of Food Therapy” is a guide to food awareness and a self-empowering journey to improved health. It covers all the key topics including my personal story and health journey, common myths, overcoming addictions, adrenal stress, leaky gut, anti-fungal diet, food groups, hypoglycaemia, food combining, lists of food alternatives and some recipes to get you started.

“The origins of most disease processes lie in the gut and therefore healing starts with normalizing digestion and the function of the gut.

What I commonly see in clinical practice, time and time again, is a compromised digestive system with all its consequences, including congested lymphatic system and hormone imbalances. So if you are going to start anywhere on your health journey, start by paying attention to your digestion. The digestive system and gut function is severely affected by adrenal stress and therefore finding a way to manage adrenal stress is of vital importance in restoring normal digestive function.”

Dr Shamim Daya

AIM (ALL INCLUSIVE METHOD) PROGRAMME

Everything is energy, therefore everything has a frequency. Imbalances have a frequency that can be brought into balance and neutralized.

The AIM Program is performed by exposing a participant's photo to subtle-energy balancing frequencies. This provides specific energies which help you to remove blockages to the flow of your life force.

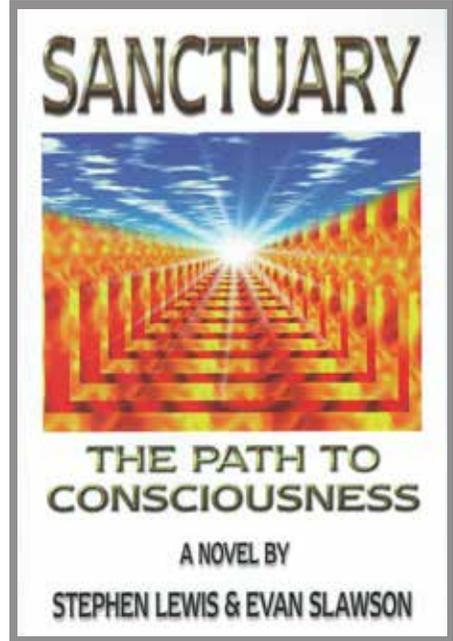
It is the belief of EMC² that anything that blocks the flow of life force energy, the energy each of us has available to self-heal and to create and manage our life, inhibits the ability to increase consciousness, the ultimate goal of AIM.

The beauty of AIM is that the participant is healing non-stop, 24/7, while they continue their busy life. A participant selects through their innate knowing or higher consciousness whatever balancing energies they personally need via their hologram, their energetic footprint - anything unique to them and their consciousness, in this case, their photograph.

That hologram is their 24/7 connection to hundreds of thousands of vibrating balancing energies transmitted to metal plates or "trays" via EMC²'s data banks on which digital copies of their photo are placed.

HERE ARE A FEW OF THE BENEFITS OF THE AIM PROGRAM:

1. Aids us in healing deeply seated energetic imbalances increasing our level of Life Force
2. Liberation from fear and doubt
3. Increase energy and zest for life
4. Greater clarity and focus
5. Improvement in overall well-being



“Imagine living in a house without a roof to protect you from the outside elements. Being on the

AIM programme provides you with this “roof” over you.

It offers valuable protection against invisible yet powerful influences, including the vibration or frequencies of unresolved ancestral issues and environmental toxins.”

Dr Shamim Daya

TESTIMONIALS

“Since I saw Dr Daya for the first time in January 2013 I have only had one migraine as opposed to the three or four a week that I was getting. She really got to the bottom of what was causing the migraines rather than just try to deal with the symptoms, which was exactly what I wanted, and it was worth all the effort and every penny to be free of the debilitating condition.”

“I would like to thank you, Tony and Sheila for helping me to overcome the problems with my stomach. I feel much better after my consultations and following your invaluable advice on how to stay healthy. You and your team are absolutely wonderful and have worked wonders!”

“Tony has developed an astonishing ability to communicate with the body, interpreting the body's reaction to various stimuli and listening to its requirements to aid healing. Seemingly too good to be true, his method is remarkably precise and detailed. I discovered things about my health that traditional medical testing could not demonstrate.

Interestingly, his findings confirmed my long held gut feelings about the problems with my health, where I had previously felt I must be imagining it!”

“The massage was not only extremely enjoyable, relaxing and stress-relieving, but clearly therapeutic. Dr Zhen rapidly picked up on my weak areas (which many therapists have missed) and uses effective techniques to release blockages and relieve tension. It felt very detoxifying and dramatically improved my flow of energy.”

“The sunroom is a miracle! Leaving the cold, grey January gloom to find myself in the glorious feeling of sunshine, warm in just shorts and a t-shirt. The gentle trickle from the water fountain and soothing music helped me to completely relax and let go. After the session I felt like a different person - full of life, energised and enthusiastic, with a good deal of winter cobwebs swept away.”

“It was fascinating to view the results of my thermal scan before and after lymphatic treatment. What a relief to be able to spot the earliest changes associated with chronic diseases. The treatment was painless and relaxing and left me with a sense of lightness as well as improvements to the flow in my body shown on the scans.”

“I have received excellent treatment for my cancer. I would particularly recommend the Ondamed machine which has helped during my chemo and also improved my prostate and sleep problems. I have subsequently obtained an Ondamed machine due to its effectiveness and help to my overall health.”

“I found the antifungal diet very challenging initially but as I was in a pretty bad way when I came to see you, I was determined to stick to the advice in your excellent book. I've discovered so many different foods to eat now, and I'm teaching my mum to cook these instead of the other way around! I'm even having a good breakfast - previously it was only a piece of toast on the run.

I have more energy, less stressed and have lost a bit of weight, hope this continues!

I'd thoroughly recommend the almond milk and green smoothies - 2 items that will always be in my fridge from now on. I'm telling all my friends about your book and the recipes too - I am so glad my sister told me about you!”

APPOINTMENTS, TERMS & CONDITIONS

OPENING TIMES

We are open between: **10am - 6pm Monday to Friday**

MAKING AN APPOINTMENT

To make an appointment please call: **020 7486 2196** or Email: info@wholisticmedical.co.uk

FURTHER INFORMATION

Should you require further information about our clinic and the services we offer please ask to speak to Dr Daya's Clinic Administrator.

APPOINTMENTS

All our consultations are made via our reception on an appointment basis. All new patients are offered a free 10 minute telephone consultation with Dr Daya to help decide if she can help and which tests and treatments would be most appropriate for them.

Most appointments take between 30-60 minutes. Charges are per item of service. Time allowed for that service and the actual time taken may be a little longer or shorter than the time allocated depending on individual circumstances.

We do our best to not keep our patients waiting and we encourage you to do the same. If you arrive more than 10 minutes late for your appointment then we will not have enough time to provide a full screening. We will do our best with whatever time that is remaining and you will be charged the full fee for this or for any missed appointment.

CANCELLATION

Payment in full is required if an appointment is cancelled with less than 48 hour notice. Should you not attend on the day of your appointment the credit card you provided in order to make your appointment will be charged in full for the amount of your session.

COSTS AND PAYMENT TERMS

Payment is due at the time of service for each appointment.

A price list of all our services is available on our website at www.wholisticmedical.co.uk

We accept cash, cheques (payable to the Wholistic Medical Centre) and all payment cards except American Express.

Patients with Medical Insurance must make payments in full to the Wholistic Medical Centre and then make arrangements to reclaim this from their insurer.

REPEAT PRESCRIPTIONS

For repeat prescriptions to be authorised by Dr Daya you will need a follow up appointment at least every 3-6 months to review your medication and progress.

SEEING OTHER PRACTITIONERS

Please inform WMC if you are seeing another practitioner. WMC reserves the right not to offer treatments to patients undergoing treatment by another practitioner.

REFUNDS

Services are not refundable.

We offer a full refund on unopened products if returned within 14 days.

CHILDREN

We only see children over the age of 5 years who must be accompanied by an adult at all times.

MOBILITY

If you have any mobility problems please notify us in advance so we can ensure you receive help in entering the building.



PUBLIC TRANSPORT

The nearest tube station is Regents Park, approximately 5 minute walk away. Also close by: Baker Street / Great Portland Street / Bond Street and Oxford Circus stations.

PARKING

Pay by phone car parking is available on Wimpole Street and surrounding roads. There is an NCP car park in Cavendish Square.

DISABLED ACCESS

Please note that our clinic is on the Lower Ground Floor.

We do have a wheelchair ramp for access into the building and can arrange to assist you via a chair in the lift to our clinic.

HOW TO FIND US

The Wholistic Medical Centre

8 Upper Wimpole St
London W1G 6LH

Located midway
between Devonshire St
and Weymouth St

