



**CLIENT INFORMATION BEFORE SEEING
DR ROSY DANIEL BSc MBBCh
INTEGRATED MEDICINE CONSULTANT
www.drrosydaniel.org**



Thank you for your interest in seeing Dr Rosy Daniel in Bath. Dr Daniel offers Lifestyle Medicine to promote health, well-being and quality of life for all her clients. She provides individually tailored guidance on getting the best of all worlds, medical, complementary and self-help to regenerate optimum vitality for living and great performance at work. This approach can prevent and reverse lifestyle illness and greatly improve the coping skills and health outcomes of those facing health challenges.

What Dr Daniel offers

Dr Rosy Daniel offers her services for those with cancer, heart disease, diabetes, weight problems, digestive issues, depression and anxiety, life-crisis, emotional breakdown and stress related illness. She will help you to:

- Make sense of what is happening to you and build with you a personalised programme of medicine, therapy and self-help to bring you back into balance and strength
- Understand your condition and the options available to help you choose what is absolutely right for you.
- Reduce reliance on medication and minimise the side effects of treatment through the use of complementary medicines.
- Understand the types of therapy and self-help options that will help you
- Create an individualised self-help programme for you built around your unique circumstances and needs to help you regain your strength, health, and peace of mind.
- Introduce you to her Mentorship programme to provide the motivational support that you need to help you to make the lifestyle changes that will make the most positive difference to your health and wellbeing long term.

The Consultation

The consultation can be face to face in Bath or by telephone if you are unable to make the journey. During the consultation, which lasts for 55 minutes, Dr Daniel will:

- Take your personal history,
- Help to define your state and needs of body, mind and spirit
- Explain to you the range of choices that are most helpful for you
- Form with you your personalised regenerative health programme

After the session Dr Daniel will provide you with:

- Your personal programme
- Information on where to get all the support, therapy, nutritional supplements or second opinions mentioned in your session
- Handouts on special diets recommended
- Information about receiving support from a Health Creation Mentor

Please bring a photo of yourself to your first appointment if possible, so that this can be placed in your notes. This is really helpful if you need to have future telephone appointments.

Access to the clinic by car: both centres where Dr Daniel practices have free parking for clients. Please note the directions provided, and which centre you are booked in to.

Follow-up appointments and phone-ins

At the end of the consultation you will be invited to make a 30-minute follow up appointment so that Dr Daniel can follow closely your progress and assess the benefit with you of your Personal Programme, making adjustments over time as required to further improve your health and well-being. In between appointments, if required, you may book a 15-minute phone-in slot via Dr Daniel's helpline on 01225 745737 to discuss any new issues that may arise needing urgent help. Rosy does not consult via email and this should be used purely for sending reports.

To book an appointment call Dr Daniel's Health Creation Helpline on 01225 745737

The fee for the initial appointment is £180; Thirty minute follow up is £90; and Fifteen minute phone-ins are £45.

After your appointment

We intend to make sure that you are confident about your next steps and are happy about the service that you have received. To confirm or clarify any information about the supplements provided you are welcome to contact Amanda Williams, at Cytoplan who will answer any specific nutrition queries relating to the use of any of their nutritional supplements. Cytoplan: 01684 310099.

Payment We prefer to take payment directly after the consultation, for telephone appointments, and for sessions in person we will request your card details on booking to secure the appointment, and take payment at the time of the session. In the event of cancellation, fees are either carried forward or refunded. Card payments can be taken electronically in person or over the phone. Debit Cards and credit cards are both accepted, and only American Express is the type of card that we are unable to accept.

Cancellations We are very sensitive to your medical needs and will re-schedule your appointment if cancelled due to a medical emergency. For all other cancellations we require a minimum of 1 working days notification. This means cancelling by 5pm on the Thursday preceding a Monday clinic and 5pm Friday preceding a Tuesday clinic. Dr Daniel has a waiting list and this allows us to give other people the opportunity to come sooner. Please note that without this level of notice we will have to charge you for the missed appointment.

For further information about Dr Daniel and her work see www.drrosydaniel.org

Dr Daniel is registered with the General Medical Council, registration number 2829308. To see her CV or brief biography see in About Us/Our Leadership Team/ Dr Rosy Daniel within the Health Creation website www.healthcreation.co.uk.

Please be aware of the boundaries of the Integrated Medicine Doctor role...

It is important to understand what an Integrated Medicine Doctor does and does not do. Dr Daniel will provide consultant advice about forming your personal health promotion programme. Thereafter, she will follow your progress closely and work with you over time to find all possible ways of improving your health, energy and well-being. Dr Daniel is not an oncologist (cancer specialist) and will not take on the medical treatment of cancer, the responsibility for which remains with your medical team at home. Your medical screening and investigation of any new symptoms must also be arranged through your existing medical team too. The progress of your Health Creation work with Rosy can then be assessed against your routine medical scans and tests.

Dr Daniel does not provide an emergency out-of-hours service and your acute medical needs must always be taken to your normal GP or hospital consultant. She will, however, be your health advocate, empowering you to get the very best of all health options, orthodox, complementary, psycho-spiritual and self-help.

Dr Daniel does not routinely write to your doctors about your consultation and self-help programme out of respect for your privacy and confidentiality in this sensitive matter. However, she is happy to do at your request if this would be helpful.

Travel and Accommodation

The centres where appointments are available are **Weston Chiropractic Centre** (nr RUH Hospital), and **Circle Bath Hospital** outside of Bath at Peasdown St John. Please ensure you are clear about which centre you are booked into when making your appointment; directions to these centres are available from their own websites, and will be provided to you on booking.

For those needing B + B accommodation we have heard that Marlborough House in Bath is good and provides vegetarian and vegan food - 01225-318175. Up-market accommodation is available at the excellent Priory Hotel, the Royal Crescent Hotel and Bath Spa Hotel. Many other possibilities can be found on the tourist information website: www.visitbath.co.uk

A room is also available from a friendly local Health Creation colleague who is happy to provide one-room accommodation at a very reasonable rate to Dr Daniel's clients. Please ask Abi for more information or call Liz Thearle on 01225 200071, 07808 216033 or e-mail on ealt121@gmail.com

Preparing for your consultation

We recommend that you do the Picture of Health self-assessment exercise to 'map' your current state and needs. This can be done online at www.healthcreation.co.uk. This helps you to see the current state of your body, mind, spirit and environment and can form a good basis for discussion of your current health, lifestyles and the problems you are currently experiencing.

Clinical Audit

Dr Daniel aims to assess the benefits to her clients of her help and of help experienced from any therapeutic and self-help approaches used. You may be asked by your team if you are happy to complete audit questionnaires to help us research and improve our service.

Terms and conditions on Health Creation products and services

All items ordered via the Health Creation Helpline (01225 745737) or website www.healthcreation.co.uk will carry an extra charge for post and packaging. If you are not happy with any of the products you may return the goods within two weeks of purchase in perfect condition and claim a full refund.

We look forward to being of service to you and wish you all power in your health creation process!

If you have any further queries, or would like to book an appointment, please ring the helpline on 01225 745737