

**PERSONAL PROFILE - Dr Rosy Daniel BSc, MBChB
GP and Lifestyle Medicine Consultant**



- Dr Rosy Daniel is one of Britain's leading Lifestyle Medicine Consultants, who first specialised in the holistic support of those with cancer. She now offers proactive healthcare to all to support the primary and secondary prevention of illness and the regeneration of positive health and happiness. She has pioneered holistic health coaching and consultancy in the UK with a unique approach known as 'Life Energy Management'.
- Trained medically in Cardiff (1977-1983) and also achieving a First Class Physiology degree (1980), she moved on to train as a General Practitioner in Bristol until 1989.
- She was Medical Director of the Bristol Cancer Help Centre (1989-1999) (now Penny Brohn Cancer Care) and has authored seven books on cancer and its prevention, lecturing and broadcasting nationally and internationally. Becoming fascinated by mind-body medicine, complementary medicine, psychological and empowering self-help approaches, she has spent 25 years studying, developing and practising what has come to be known as Integrative or Lifestyle Medicine, helping those with lifestyle illnesses like cancer, heart disease, diabetes, depression, digestive dysfunction, arthritis and stress-related illness to get the very best outcomes physically, emotionally and spiritually when faced with illness or life crisis.
- After leaving the Bristol Centre she set up Health Creation, an organisation which has pioneered a proactive health coaching approach for support of the ill and motivational health coaching for individuals and in the workplace. In 2007 the Health Creation approach was introduced to Denmark and Ireland and training of Health Creation Mentors and Consultants was accredited at postgraduate level by Bath Spa University in 2009. In 2011 she became a member of the Harvard Medical School Institute of Coaching credentialing group, working towards defining international standards and competencies of health and wellness coaches. In 2015 Health Creation has partners in Egypt, USA, China, Hong Kong and Australia and is set to go global through the creation of its online and webinar training and health coaching programmes
- In 2007 Dr Daniel set up the Health and Wellbeing Trust through which she has co-founded the British College of Integrated Medicine. Its first course, a Postgraduate Diploma in the Study of Integrated Medicine commenced in September 2009 validated by the University of Buckingham Medical School with the academic partnership of Professor Sikora. BCIM presented its first graduates to HRH the Prince of Wales in 2012.
- Dr Daniel has a private Integrative Medicine practice in the Apthorp Centre Bath and at the Circle Hospital, Bath. She formerly practised at the Harley Street Oncology Centre, London (1999-2004). Her healthcare approach combines sensitive, compassionate warmth in her own style of highly personalised holistic medicine.
- Dr Daniel is a passionate advocate for positive health and environmental protection through the promotion of wholehearted living based upon emotional, physical, spiritual and ecological integrity. Her own health and wellbeing stems from a life-long practice of yoga and she is Patron of the British Wheel of Yoga and the Healing Trust.

For further information regarding Health Creation Coaching, Consultancy or Training or Integrative Medical Appointments please:

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