



WELCOME



SYNTHESIS CLINIC



WELCOME TO SYNTHESIS CLINIC

We are an expert, highly qualified multidisciplinary team of healthcare professionals who specialise in women's health and hormones and integrative cancer support.

At our award-winning clinic, we assess you as the whole person, not just your IBS, fatigue or menopausal symptoms. We personalise our approach to you as a unique individual and work to tackle the root causes of symptoms, instead of 'a pill for each ill' model. Our expert team works together to help you transform your health and wellbeing.



Synthesis Clinic

2020 WINNER

Best in Women's Health
Services | Hampshire



OUR DIRECTOR



Dr Nina Fuller-Shavel
Integrative Medicine &
Precision Health

MB BChir MA Hons (Cantab) IFMCP
DipIM PG Cert DipION RYT200

Dr Nina Fuller-Shavel is an Oxbridge-trained medical doctor and scientist with over a decade's experience in integrative healthcare and in-depth additional training in nutrition, herbal medicine, yoga, mindfulness, and other therapeutic approaches. She is the founder and Director of Synthesis Clinic, a Fellow of the College of Medicine and the Co-Chair of the British Society for Integrative Oncology.





OUR APPROACH

At the clinic we do not believe in a 'one size fits all' approach. Instead, we aim to provide a compassionate, whole person-based healthcare system where individuals can feel seen, heard, understood, and empowered to make the choices that are right for them.

Working with Dr Nina and our team brings a bespoke blend of cutting-edge precision healthcare and integrative medicine, offering the best of lifestyle, emotional wellbeing and complementary approaches. Through the process of working with us, individuals can regain agency over their lives and feel empowered and supported to begin the journey towards long-term wellbeing.



OUR SERVICES

PRECISION HEALTH & INTEGRATIVE MEDICINE

We offer personalised healthcare that seeks to address the underlying causes of symptoms and health issues, intelligently synthesising the best of conventional, lifestyle and evidence-informed complementary medicine.

FUNCTIONAL NUTRITION/NUTRITIONAL THERAPY

Nutritional therapy uses up-to-date nutrition science to promote mental and physical health and wellbeing. Each plan is personalised to you and tailored to your needs, considering not just nutrition but also your environment, exercise, sleep and stress management.

COACHING FOR EMOTIONAL WELLBEING

We offer emotional wellbeing coaching to support your inherent abilities to move through life's adversities, heal, grow and thrive in spite of the challenges and previous trauma. Our practitioners draw from their extensive healthcare and coaching experience and combine these with additional training, e.g. Emotional Freedom Technique (EFT), NLP, yoga, breathwork and other mind-body approaches. We also offer and refer for health coaching for practical and compassionate support in making lifestyle changes.



OUR SERVICES

PHYSIOTHERAPY, REHABILITATION & SCARWORK

A combination of physiotherapy, scar massage techniques, medical acupuncture and Pilates creates a unique approach to support you with musculoskeletal pain, post-surgery rehabilitation and finding ease in movement, whether you are recovering from injury/surgery or looking for antenatal and postnatal support.

PERSONAL TRAINING

We approach movement as an essential part of our health and wellbeing and one that can bring us confidence, foster physical and mental resilience and create a deeper connection with our bodies. We offer a holistic and collaborative approach with effective, personalised programmes to optimise your health and fitness.



LABORATORY TESTING

We work with a number of trusted laboratory partners to provide the following tests:

- Health check and nutrient tests
- Expanded hormone panels - thyroid, sex hormones (including DUTCH testing), adrenal function
- Food or airborne allergy antibodies
- Breath tests for SIBO and lactose/fructose intolerance
- Stool tests to examine digestive function, gut inflammation and the microbiome
- Organic acid testing to examine metabolic health, neurotransmitter metabolites, nutrient levels, as well as urinary bacterial and fungal metabolites
- Nutritional genomics - DNA SNP testing to personalise nutrition and lifestyle recommendations
- Organic pollutants and heavy metals
- Specialised testing, e.g. liquid biopsy options (with oncology collaboration as appropriate), health MOT (including the revolutionary TruCheck early cancer diagnosis blood test)

OUR APPROACH

PRECISION HEALTH

Most medical treatments and healthcare protocols have been designed with the average patient in mind. This approach works for some patients, but not for others. We know each person is unique. Where we live, our genetic makeup, our family medical history and our lifestyle choices all contribute to our health and wellbeing. Precision health takes into account differences in people's genes, environments and lifestyles and formulates wellbeing support, disease treatment and prevention strategies based on patients' unique backgrounds and conditions.

Precision Health reimagines medicine to focus on predicting, preventing and treating disease precisely. Marrying two seemingly different approaches — high-tech and high-touch — this model of healthcare is tailored to the unique biology and life circumstances of each individual. Precision Health represents a fundamental shift to more proactive and personalised care that empowers people to lead healthy lives.

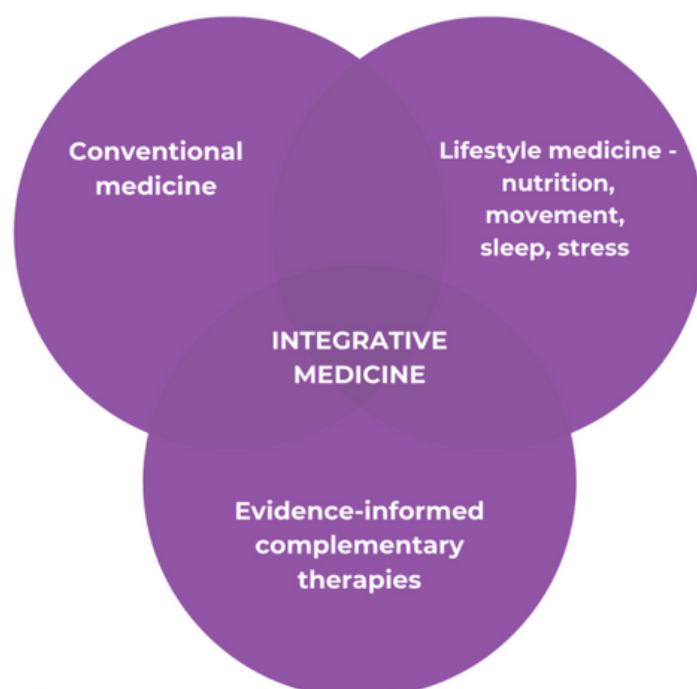


OUR APPROACH

INTEGRATIVE MEDICINE

Integrative Medicine is a model that synthesises the best of multiple therapeutic approaches, including conventional, lifestyle medicine and complementary medicine, within a multidisciplinary whole person-centred approach.

This means we bring a whole therapeutic toolkit to bear on the health issues you are facing with your goals and needs at the centre. For example, if someone is struggling with PCOS, we would use nutrition, supplementation, stress management and physical activity to help with the metabolic and hormone disturbances underlying this diagnosis. Our integrative plans for cancer support include detailed nutrition, supplementation, stress management and sleep advice, among other tools.



OUR APPROACH

FUNCTIONAL MEDICINE

Functional Medicine is a unique personalised biological systems-based model that enables practitioners to work with clients to address the underlying causes of symptoms and health issues in order to promote optimal wellbeing. It is the medicine of 'why', focusing on the roots of disease rather than purely symptom management.

For example, we dig into causes and triggers of IBS (a stomach upset on holiday, heavy antibiotic exposure etc.) or what is really underlying fatigue in an individual. The Functional Medicine model starts with a thorough exploration of each client's genetic, biochemical and lifestyle factors and utilises this information intelligently to direct personalised treatment plans.

Functional Medicine combines science, evidence and clinical insight and brings the art of medicine and the whole-person approach back into the therapeutic relationship between practitioner and client.

Find out more at:
<https://www.ifm.org/>



THE INSTITUTE FOR
**FUNCTIONAL
MEDICINE®**



WORKING WITH US

1

AT LEAST 2 WORKING DAYS BEFORE THE INITIAL APPOINTMENT:

Complete pre-consultation paperwork (intake forms, terms and conditions and information consent). Please share previous test results/medical letters with us and let us know who else is involved in your care.

1 WEEK BEFORE THE APPOINTMENT:

Please complete the 3-day nutrition and lifestyle diary and symptom scores via the portal. **All paperwork must be received 2 working days before the appointment.**

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PRIOR TO THE APPOINTMENT:

You will receive an appointment reminder (please note **48-hour cancellation policy**). Please settle your invoice by the day of the appointment.

FOLLOWING THE APPOINTMENT:

Your written care plan will usually be sent to you within 5 working days*. **Please book your follow-up as soon as possible** to avoid delays and follow the testing guidelines.

4

5

FOLLOW-UPS:

Our medical follow-ups are usually booked around every 6-8 weeks. Nutrition and health coaching consultations are booked every 2-4 weeks depending on individual need. You will be asked to complete symptom scores and nutrition and lifestyle diaries prior to every appointment to help track progress. Once you have achieved your goals, you will be provided with a maintenance plan.

*There may occasionally be a delay if the clinic is extremely busy.

Dr Fuller-Shavel's plans can take longer due to her schedule and highly detailed nature of her work.



IMPORTANT REMINDER

Please note that our services are not a substitute for emergency NHS services or your routine GP and NHS care, including screening programmes.

We are not able to provide urgent advice. You are advised to contact your GP, 111 or 999 as appropriate to your situation.



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QUESTIONS?

If you are on a package with Synthesis Clinic, you will be provided with details of the clinic coordinator who will be your point of contact throughout your time under our care. They will help coordinate any tests, connect with your other healthcare providers if/as necessary and ensure that your care plan runs as smoothly as possible.

Please note that, by necessity, access to our clinical staff is not unlimited. We offer the opportunity for a maximum of 1-2 short emails between appointments via our clinic coordinator to clarify 1-2 points or ask something that is sufficiently urgent that it cannot wait until the follow-up.

Please ask all non-urgent questions during your follow-up (writing them beforehand can help).

Any additional advice, including short phone calls, is chargeable on a pro-rata basis and depends on the individual clinician's availability. We are not able to advise on any new clinical issues without a consultation.



CONTACTS

QUERIES REGARDING APPOINTMENTS, TESTS & PLANS

Please contact the clinic coordinator regarding package or medical appointments, tests and written plans - Jody Middleton, jody@synthesisclinic.co.uk.

For all invoice queries or broader questions around clinic processes, please contact the practice manager, Marianne Potgieter, on marianne@synthesisclinic.co.uk.

Coaching, physiotherapy and personal training appointments are covered by reception but if you have a clinic coordinator, they will do this for you. Please note that our administrative staff may not work full time or may be busy helping other patients, so please allow at least 1 working day before chasing a reply.

RUNNING LATE FOR AN APPOINTMENT ON THE DAY?

Please ring reception on 023 8017 8340 and/or email hello@synthesisclinic.co.uk, so that we are aware. Please leave a message if we are not able to pick up immediately.

PRESCRIPTIONS, HERBAL MEDICINE & SUPPLEMENTS

Repeat prescriptions - please contact the pharmacy, e.g. Roseway Labs or other suppliers, to check if you have any repeats left on your prescription first, then contact the clinic coordinator if you need a new prescription. The repeat prescription will then be added to the doctor's workflow list. Please note that while we aim to provide the repeat prescriptions as promptly as possible, the usual lead time is 3 working days but please allow at least 1 week for the medication to get to you, as there may be pharmacy-related delays. Herbal medicine and supplement requests also go to the clinic coordinator.

FAQ

COMPLIMENTS, FEEDBACK AND COMPLAINTS

If you have positive feedback, want to change something about your care plan or have suggestions on how we can improve on our services, please contact the Practice Manager, Marianne Potgieter, on marianne@synthesisclinic.co.uk.

MY SUPPLEMENTS WILL RUN OUT...

Please follow the instructions in your plan - it should say to continue something until follow-up or to stop after a certain duration. Please note that unless specifically stated you should continue on your plan. If you cannot find your supplement on Natural Dispensary or Amrita, please contact your clinic coordinator or try using a general search. Using the recommended brand is important, quality matters.

DO I NEED TO DO THE NUTRITION DIARY AGAIN?

Yes, we ask everyone who sees our medical and nutrition team to complete the 3-day nutrition and lifestyle diary prior to every appointment, so that we can assess progress and help you in the areas where you are struggling. All paperwork needs to be received at least 2 working days before the appointment or it may have to be rescheduled. We need to be thorough in our information gathering to better help you.

WHEN DO I PAY?

Payment is due by the day of the appointment, please. Please note that care plans will not be released until payment has been received.

FAQ

CAN I HAVE MY RESULTS BEFORE THE APPOINTMENT?

Test results require professional interpretation with your whole clinical picture in mind, so please wait until your appointment to get the full explanation and action plan. You will be provided with a copy of your test results following the appointment with your practitioner.

WHEN AND HOW DO I PAY FOR TESTS?

It varies, depending on what test you need. Your plan should have full instructions on how to order your test. If the test is conducted at the clinic, you will usually receive an invoice from us with payment on receipt. For other tests, you may need to pay the company on order or sample submission, please ask your clinic coordinator.

ARE THERE ADDITIONAL FEES?

Additional fees apply to testing and phlebotomy (taking blood) as per terms and conditions. 1-2 short emails between appointments to clarify a point or ask something that cannot wait until your follow-up are fine. Please ask all non-urgent questions during your follow-up (writing them beforehand can help). Any additional advice beyond 1-2 quick emails between consultations, including short phone calls, is chargeable on a pro-rata basis and is subject to practitioner availability/schedule.

WHEN WILL MY TESTS BE READY?

Please call your clinic coordinator or the testing company to enquire, they are best placed to help.

FAQ

HOW MANY APPOINTMENTS WILL I NEED?

It is very difficult to answer this without knowing your clinical situation. As a minimum, we see clients for 3-6 months but more complex cases may require more ongoing input with longer follow-up spacing. Please discuss your individual case and your expectations with your practitioner.

I'D LIKE MY FRIEND/FAMILY MEMBER TO BE PRESENT

If you would like your family member or loved one to attend a consultation with you, please ensure you notify the clinic coordinator in advance. They will provide details on the clinic policy.

I AM UNDER THE CARE OF OTHER PROFESSIONALS

Please note that our services are not a substitute for emergency NHS services or your routine GP and NHS care, including screening programmes. We often work in collaboration with other professionals, both NHS and private. Please make sure to let us know who else is involved in your care, this information is essential.

HOW DO I KEEP UP WITH CLINIC NEWS?

Please opt in to our newsletters, we send them out only when we have important information and never more than once a month. Please also follow us on Facebook, Instagram or LinkedIn for health and wellbeing information and clinic news - just search for Synthesis Clinic.



**WE LOOK FORWARD TO
SUPPORTING YOU!**