



Synthesis Clinic

Welcome



Welcome to Synthesis Clinic

A SYNTHESIS IS A COMBINATION WHERE SEPARATE IDEAS COME TOGETHER AS ONE CONNECTED AND COMPLETE WHOLE.

Synthesis Clinic is a **specialist-led practice** where the very best of contemporary, cutting-edge precision medicine and precision health is interwoven with evidence-based nutrition, lifestyle, psycho-emotional wellbeing, and complementary therapies.

Founded by Dr Nina Fuller-Shavel, our clinic offers an award-winning personalised approach to **women's health** and **integrative cancer care**, which champions empowerment with expertise and empathy at its core.





*Our
director*

Dr Nina Fuller-Shavel

PRECISION HEALTH & INTEGRATIVE MEDICINE DOCTOR

DIRECTOR OF SYNTHESIS CLINIC, HEAD OF INTEGRATIVE CANCER CARE

MB BChir (Medicine) and MA Hons Natural Sciences (Cantab)

MSc Precision Cancer Medicine (Oxon)

FBANT FRSA IFMCP DipIM DipAc DipCHM PGCert DipION RYT200

Dr Nina Fuller-Shavel is an award-winning Oxbridge-trained integrative medicine doctor, scientist and educator with over a decade's experience in integrative healthcare. Dr Fuller-Shavel is a Fellow of both the College of Medicine and the British Association for Nutrition and Lifestyle Medicine (BANT). Alongside her scientific and medical training, Dr Nina Fuller-Shavel holds multiple qualifications in nutrition, integrative medicine, functional medicine (IFMCP), health coaching (FMCA), herbal medicine, Traditional Chinese Medicine, yoga, mindfulness and other therapeutic approaches. Alongside her clinical work, Dr Fuller-Shavel delivers educational programmes for medical and nutrition professionals, as well as participating in research and contributing to editorial boards and guideline development panels nationally and internationally.





Our approach

PRECISION HEALTH

Precision health takes into account differences in people's genes, environments and lifestyles and formulates wellbeing support, health promotion and disease treatment strategies based on the individual's unique backgrounds and conditions. At our clinic we use Functional Medicine as a part of our broader Precision Health approach.

INTEGRATIVE MEDICINE

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

DELIVERED BY AN EXPERT
SPECIALIST-LED MULTIDISCIPLINARY TEAM



Our team

Dr Amy Shacaluga

CONSULTANT GYNAECOLOGIST
HEAD OF WOMEN'S HEALTH
LIFESTYLE AND FUNCTIONAL MEDICINE PHYSICIAN



Women's Health

We use the Precision Health (including Functional Medicine) and Lifestyle Medicine approaches at our practice, providing truly personalised healthcare plans based on root causes of illness instead of the 'sticky plaster' symptom-based approach. We offer a broad range of interventions, from nutrition and lifestyle plans to coaching, exercise and emotional wellbeing support. Our doctors also use their medical toolkit in a directed and personalised way, as we believe in people, not protocols.

HEALTH CONCERNS AND SYMPTOMS WE CAN HELP WITH

- Irregular, heavy or painful periods, PMS and PMDD, Polycystic Ovary Syndrome (PCOS) and endometriosis
- Fertility optimisation before IVF, supporting a healthy pregnancy with nutrition and lifestyle changes and postnatal support and rehabilitation
- Perimenopause and menopause



Synthesis Clinic

: W O M E N ' S H E A L T H



Our team

Dr Nina Fuller-Shavel

PRECISION HEALTH & INTEGRATIVE MEDICINE
HEAD OF INTEGRATIVE CANCER CARE
DIRECTOR OF SYNTHESIS CLINIC



Integrative Cancer Care

SYNTHESIS CLINIC IS THE LEADING MULTIDISCIPLINARY INTEGRATIVE CANCER CARE PRACTICE IN THE UK.

Integrative oncology (IO) is a patient-centred, evidence-informed field of cancer care that utilises psychological, nutritional, lifestyle and complementary interventions alongside conventional cancer treatments. Integrative oncology aims to support better quality of life, improve resilience, minimise the side effects of treatment and improve outcomes.

OUR INTEGRATIVE CANCER CARE SERVICES

- Precision Health and Integrative Medicine doctors
- Nutrition for cancer
- Physiotherapy, Pilates and scar therapy
- Mental health support (coaching, EFT and lifestyle and functional medicine psychiatry)
- Oncothermia, mistletoe therapy and acupuncture for cancer support
- Tailored IV support as a part of the overall care plan (under medical guidance)
- Referral network for other modalities



Synthesis Clinic

: INTEGRATIVE CANCER CARE



Our Services

► PRECISION HEALTH & INTEGRATIVE MEDICINE

Our women's health and integrative cancer care physicians offer specialist personalised healthcare that seeks to address the underlying causes of symptoms and health issues, intelligently synthesising the best of conventional, nutrition, lifestyle, psycho-emotional wellbeing and complementary medicine. You can work with a physician alone or be supported by the broader clinic care team under the guidance of your physician.

► FUNCTIONAL NUTRITION AND 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.

All our nutrition professionals are BANT registered nutritionists and nutritional therapists and have specialist training in their area of interest in addition to their core nutrition education.



Our Services

► HEALTH COACHING

A health coach is a partner in an individual's behaviour change process, supporting clients to develop the confidence to make conscious, sustainable lifestyle choices and pursue activities that support that individual to achieve their whole health potential. A health coach understands and respects that each client or patient is an expert on their own life and is a non-judgemental ally, supporting, educating and motivating them to find sustainable and practical ways to break through resistance and challenges.

► PHYSIOTHERAPY, REHABILITATION & SCAR THERAPY

A combination of physiotherapy, scar therapy 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 ((ncluding cancer-related operations) or looking for antenatal and postnatal support.



Our Services

► COACHING FOR EMOTIONAL WELLBEING AND EFT (EMOTIONAL FREEDOM TECHNIQUES OR TAPPING)

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 approach draws from extensive healthcare and coaching experience and combine these with additional training, e.g. Emotional Freedom Technique (EFT), NLP, breathwork and other mind-body approaches. We also offer and refer for other modalities, e.g. yoga and yoga therapy or hypnotherapy.

► SPECIALIST MENTAL WELLBEING SUPPORT (FUNCTIONAL AND LIFESTYLE MEDICINE PSYCHIATRY)

Functional psychiatry incorporates a range of interventions, including personalising and titrating traditional psychiatric medications, but with a particular emphasis on the importance of psychological therapies and lifestyle factors such as diet, exercise, sleep, and stress management in supporting mental health.

Our consultant psychiatrist is trained in multiple forms of psychotherapy and medical hypnotherapy, treating all mental health conditions and supporting people with complex physical symptoms. In his practice Dr Jordan uses talking therapies, lifestyle interventions, hypnotherapy, and medication where required.



A photograph of laboratory glassware including several test tubes in a rack and a 50ml Erlenmeyer flask, all containing green liquid and small green plant sprouts. The background is a light, neutral color.

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, mycotoxins 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)

Working with us

1

1 WEEK BEFORE THE APPOINTMENT:

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

2

AT LEAST 2 WORKING DAYS BEFORE THE INITIAL 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 at the latest or the appointment may need to be rescheduled.

3

PRIOR TO THE APPOINTMENT:

You will receive an appointment reminder (please note our 48-hour cancellation policy). Please settle your invoice for packages as soon as possible and for individual consultations on the day of the appointment.

4

FOLLOWING THE APPOINTMENT:

Your written care plan will usually be sent to you within 5-10 working days*. Please book your follow-up as soon as possible to avoid delays and follow the testing guidelines in your plans. Please contact the clinic coordinator if you have any queries.

5

FOLLOW-UPS:

Our medical follow-ups are usually booked around every 6-8 weeks. Nutrition consultations are booked every 2-4 weeks depending on individual need. Health coaching often takes place weekly. 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.



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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 or out of hours advice. You are advised to contact your GP, 111 or 999 as appropriate to your situation.



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 questions to your clinician 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 appointment** (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 that arise between appointments without a consultation.** This is because any new problems require an up-to-date proper clinical assessment.



Travelling abroad for treatment

it is essential that if you travel abroad for treatment, you agree this with your usual NHS or private treatment team. Please make sure your medical and other healthcare professionals abroad are aware of our involvement and have agreed to communicate with our clinicians regularly, ideally via a **weekly report with clearly documented interventions and test results**. This is essential if you would like Synthesis Clinic to continue to provide your personalised and integrative care on your return to the UK. If there is no communication and we are left unaware of treatment abroad, we reserve the right not to continue with follow-up. This is because of poor experiences previously where our staff had to resolve a number of severe issues that resulted from variable quality care abroad. We want to make sure you receive safe and effective care wherever you are, and for this to happen, we need clear and timely communication with sufficient information provided to enable us pick up your care seamlessly on your return.

Our clinicians will be able to discuss any issues following weekly reports directly with your care team abroad but unfortunately **we are not able to offer consultations to you directly while you are away and under a different care team**. This is because our outpatient clinic is based in the UK with the appropriate regulatory and insurance guidelines.

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 our practice management team on lauren@synthesisclinic.co.uk and emmaeastman@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. **You will be asked to submit your prescription requests in advance of summer and Christmas holidays to ensure that you have sufficient medication and herbal medicine cover.**

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 Management team (lauren@synthesisclinic.co.uk and emmaeastman@synthesisclinic.co.uk)

► ARE YOUR SERVICES COVERED BY INSURANCE?

Some of our services, e.g. gynaecology, psychiatry and physiotherapy, may be covered by insurance, currently mainly WPA and Cigna. Please check your policy for coverage information and ask your clinic coordinator for further details.



► 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 otherwise, you should continue on your supplement plan until a new written plan is issued after your consultation. 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.

FAQ

► 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.

► 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.

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. 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. We usually ask that no more than one other person is present because we need to focus on getting to know you and addressing your needs.

▶ 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, but we do not work with all private non-medical professionals (particularly in cancer care where standards may vary), and our clinic coordinator will advise you on this. **Please do make sure to let us know who else is involved in your care, this information is essential.** It is also important to note that as a UK-based outpatient clinic, we are not able to provide consultations while you are an inpatient in a hospital or while you are treated abroad.

▶ 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



Synthesis Clinic

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