



Synthesis Clinic

: INTEGRATIVE CANCER CARE

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 the College of Medicine, the British Association for Nutrition and Lifestyle Medicine (BANT) and the Royal Society of Arts (RSA). 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. Dr Fuller-Shavel regularly presents at conferences and educates medical and nutrition professionals, as well as participating in research and contributing to journal editorial boards and guideline development panels nationally and internationally.



# Our approach

## ► INTEGRATIVE ONCOLOGY

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 to support better quality of life, improve resilience, minimise the side effects of treatment and improve outcomes.

Integrative oncology uses a broad range of modalities alongside conventional cancer treatment. At Synthesis Clinic this includes:

- Personalised nutrition guidance with supplementation as appropriate - this is guided by clinical assessment and laboratory testing
  - All supplements are thoroughly checked for supplement-drug interactions.
- Sleep and stress management advice, including health and emotional wellbeing coaching or other support as needed
- Physical activity suggestions, e.g. general guidance or specific rehabilitation, physiotherapy or cancer exercise specialist support
- Medical input as needed if you are seeing one of our doctors, including in-depth testing, e.g. pharmacogenetics, functional testing and liquid biopsies, and medication review
- Additional modalities, e.g. scar therapy delivered by our physiotherapist, herbal medicine, acupuncture, mistletoe, oncothermia and nutrient infusions
  - Please note that these are for supportive whole person care alongside conventional oncology treatment, and we do not make any claims for any of these modalities as cancer treatments.
- Referrals to other professionals both within and outside the clinic, e.g. [yoga for cancer](#) or [yoga therapy](#), [breathwork](#), [cancer exercise specialist support](#), [clinical hypnotherapy](#) and more

Please read Dr Nina's blog on integrative oncology for the Oncio website [here](#).

# Our approach

## ► SYSTEMS APPROACH TO CANCER

Through her extensive study and clinical experience in integrative and functional medicine and other therapeutic modalities, Dr Nina Fuller-Shavel has created the Systems Approach to Cancer Programme, which is applied in clinic and used in training programmes for nutrition and medical professionals.

This is an approach that takes the systems biology view of cancer and cancer hallmarks, while applying the whole person perspective and treating the ecosystem as a whole. For every person who comes to the clinic, Dr Nina and her team will assess the different aspects below in detail from the clinical history and targeted testing as appropriate, providing a detailed and personalised plan to address the aspects that come to the fore. This not only helps us dynamically manage symptoms but more importantly, supports whole person resilience to deliver better quality of life and clinical outcomes.





# Our Services

## ► PRECISION HEALTH & INTEGRATIVE MEDICINE

Our integrative oncology doctors offer specialist personalised healthcare, intelligently synthesising the best of conventional, nutrition, lifestyle, psycho-emotional wellbeing and complementary medicine. Our aim is to minimise treatment side effects, foster whole person resilience, improve quality of life and support better clinical outcomes of your conventional cancer treatment or survivorship care. You can work with a physician alone or be supported by the broader integrative cancer care team under the guidance of your physician. Please note that we do not deliver conventional treatment for cancer at the clinic (we are not oncologists), instead we work with oncology teams across the NHS and private sector.

## ► FUNCTIONAL NUTRITION AND NUTRITIONAL THERAPY

Nutritional therapy uses up-to-date nutrition science (including testing where appropriate) 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 cancer nutrition and Systems Approach to Cancer in addition to their core nutrition training.



## Our Services

### ► PHYSIOTHERAPY, REHABILITATION & SCAR THERAPY

A combination of physiotherapy, scar therapy techniques, medical acupuncture and Pilates creates a unique approach to support you with preparation for surgery or systemic treatment (prehabilitation) or post-surgery rehabilitation, as well as relieving musculoskeletal pain and finding ease in movement.

### ► HERBAL MEDICINE AND TCM ACUPUNCTURE

As a qualified herbalist, Dr Nina Fuller-Shavel offers a herbal medicine prescription service, drawing on multiple herbal medicine traditions and approaches, including Western herbal medicine, Traditional Chinese Herbal Medicine and Functional Herbal Therapy. Herbal medicine may be used to support side effects of treatment or specific symptoms and complaints. All herbal medicine prescriptions are carefully checked for herb-drug interactions, just like all supplements our doctors and nutrition professionals may use. The herbal medicine service is available to all of Dr Nina's patients, as well as to other patients and clients of our nutrition team via a brief IM (integrative medicine) consultation. TCM acupuncture with Dr Nina is offered on-site at Synthesis Clinic, Hampshire, for those already under the clinic's care. Herbal medicine and acupuncture provision depends on availability, and we may be able to refer to other local practitioners as needed.



## 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 your cancer diagnosis and/or previous trauma. Our approach draws from extensive healthcare and coaching experience and combines this with additional training, e.g. EFT, NLP, breathwork and other mind-body approaches. We also offer and refer for other modalities, e.g. yoga and [yoga therapy](#) or [clinical hypnotherapy](#).

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

Functional psychiatry incorporates a range of interventions, including personalising and titrating traditional psychiatric medications (where needed), 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.





# Our Services

## ► MISTLETOE THERAPY

Mistletoe products in the form of injections have also been used in complementary cancer support since 1917. Mistletoe or VAE (*Viscum album* extract) is licensed in many countries around the world but is used off-license in the UK when prescribed by a qualified doctor. Multiple guidelines and reviews highlight mistletoe benefits for quality of life, fatigue and improved conventional treatment tolerance, and we also see immunological benefits in clinic. Mistletoe is given by subcutaneous injection and/or IV treatment as prescribed, with the first injection given in clinic under medical supervision. Oral homeopathic mistletoe does NOT have the same evidence base or effects.

## ► ONCOTHERMIA (LOCO-REGIONAL MODULATED ELECTROHYPERTHERMIA)

Synthesis Clinic is fortunate to have the EHY-2030 Oncotherm device, which is used by our staff to deliver loco-regional modulated hyperthermia to support conventional cancer treatment for solid tumours. Oncothermia treatments are delivered up to 2-3 times a week at our Hampshire site.

## ► IV INFUSIONS

If deemed appropriate by our doctors after a consultation, you may be offered a nutrient IV infusion, e.g. IV vitamin C. These are for supportive care only and are not for the treatment of any disease or disorder. For some infusions, you may need to have a blood test beforehand, e.g. testing for G6PD deficiency prior to high dose IV vitamin C.



A photograph of laboratory glassware including several test tubes in a rack and a 50ml Erlenmeyer flask, all containing green liquid and fresh green plant stems. 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) and the revolutionary TruCheck early cancer diagnosis blood test

C



## Important reminder

PLEASE NOTE THAT OUR SERVICES ARE NOT A SUBSTITUTE FOR EMERGENCY NHS SERVICES OR YOUR ROUTINE GP AND NHS CARE, INCLUDING ONCOLOGY CARE, IMAGINE OR SCREENING PROGRAMMES.

We are not able to provide urgent or out of hours advice. You are advised to contact your oncology team, 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 doctor 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](mailto: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](mailto:lauren@synthesisclinic.co.uk) and [emmaeastman@synthesisclinic.co.uk](mailto:emmaeastman@synthesisclinic.co.uk).

Coaching, EFT, scar therapy and physiotherapy 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](mailto: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](mailto:lauren@synthesisclinic.co.uk) and [emmaeastman@synthesisclinic.co.uk](mailto:emmaeastman@synthesisclinic.co.uk))

## ► ARE YOUR SERVICES COVERED BY INSURANCE?

Some of our services, e.g. 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. Unfortunately currently most of integrative oncology is not covered.



## ► 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, as well as additional treatments. 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, particularly metastatic cancer, may require more ongoing input. Please discuss your individual case and your expectations with your practitioner. Please note that if you booked a nutrition package, you are expected to complete all appointments within 6 months, and we are not able to carry appointments over beyond this time (any outstanding sessions will be voided).

## ▶ 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.

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  
: INTEGRATIVE CANCER CARE

[WWW.SYNTHESISCLINIC.CO.UK](http://WWW.SYNTHESISCLINIC.CO.UK)

023 8017 8340 | [HELLO@SYNTHESISCLINIC.CO.UK](mailto:HELLO@SYNTHESISCLINIC.CO.UK) (GENERAL)

[JODY@SYNTHESISCLINIC.CO.UK](mailto:JODY@SYNTHESISCLINIC.CO.UK) (INTEGRATIVE CANCER CARE CLINIC COORDINATOR)