

# HOLISTIC DOCTOR

## JOIN UP THE DOTS OF YOUR HEALTH AND WELLBEING WITH OUR HOLISTIC DOCTOR SERVICE, GIVING YOU THE OPPORTUNITY TO SPEND AN HOUR WITH A QUALIFIED DOCTOR

This service is specifically designed for you if you...

- are tired of feeling rushed in GP appointments
- feel frustrated at being offered 'a pill for every ill'
- want a doctor who offers solutions that make sense

You may have a specific health complaint or long term condition, feel rundown and emotionally drained, or you may simply be seeking a general review of your health and wellbeing.

NCIM's unique Holistic Doctor service is a new approach to healthcare that gives you control of your own health and wellbeing and makes the most of conventional, lifestyle and holistic approaches.

We aim to help you understand the full picture of your health and create a bespoke plan for wellness with you.

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### Bookings & Information:

0117 370 1875

[enquiries@ncim.org.uk](mailto:enquiries@ncim.org.uk)

[www.ncim.org.uk](http://www.ncim.org.uk)



Clinical  
Services

## About Holistic Doctor

The Holistic Doctor service is delivered by qualified and experienced medical doctors who focus on whole-person care.

Your Holistic Doctor will work with you to create a personalised health plan. This may include a range of therapeutic interventions such as nutrition, craniosacral therapy, acupuncture or homeopathy from our Associate Therapy Team or interventions offered elsewhere.

Your Holistic Doctor may also recommend lifestyle and healthcare approaches without you needing to see additional therapists.

### **What you can expect**

Initial consultations are 60 minutes with 30 minute follow-ups to check in with your progress and refine treatment plans if necessary.

We will work with you to agree what's right for you - this can often involve making lifestyle changes with our support.

*Please note: the Holistic Doctor will not diagnose any conditions, nor perform clinical investigations, including blood tests.*

## About NCIM

Integrative Medicine combines conventional, lifestyle and complementary approaches to maximise patient choice and individualise care to improve health and wellbeing.

The National Centre for Integrative Medicine (NCIM) is a centre of excellence that champions an integrative healthcare approach. We deliver healthcare services as well as training for healthcare professionals.

We are creating a model for wellness that can be adopted by mainstream medicine in the future and by you right now!



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