

NATIONAL CENTRE FOR INTEGRATIVE MEDICINE



National Centre for
Integrative Medicine

Inspiring health and wellbeing

WELCOME TO THE NATIONAL CENTRE FOR INTEGRATIVE MEDICINE

We are a not-for-profit Community Interest Company registered in England (no. 08529099), based in Bristol.

We are passionate about transforming healthcare using an Integrative Medicine Model which combines the best of conventional, lifestyle and holistic approaches to increase choice and inspire health and wellbeing.

CONTACT US

enquiries@ncim.org.uk

0117 370 1875

National Centre for Integrative Medicine,
Ham Green House, Chapel Pill Lane, Pill,
Bristol, BS20 0HH



What to expect once you have booked your first appointment

We will ask you to complete a **Registration and New Patient Record**. This provides your clinician with useful background information so that you get the most out of your consultation. Please return it to us by email/post at least 48-hrs before your appointment. If you see a Nutritional Therapist there is an additional form to complete which we will send you.

Consultation: An initial appointment is for 1 hour, giving you the opportunity to talk through your medical condition and concerns including physical, emotional, and psychological aspects of your current situation. Your holistic consultation will explore a range of tools to support your health, well-being and resilience. Time on your own with the clinician is very valuable but if you would like to be accompanied by a friend or relative we would be grateful if you could let us know in advance. We ask that no more than one additional person attends with you.

Appointments for children: Children under 16 must be accompanied by an adult. You're welcome to have another adult with you if this would be helpful. For Zoom appointments, the child may choose to leave once the clinician has gathered enough information from them, and for in-person appointments, we have a waiting area and garden.

Your healthcare recommendations: Your personalised healthcare recommendations will be communicated by email from our clinical administration team, within a week of your appointment. We can also send them by post if needed. If there is a delay longer than a week, we will keep you updated.

Follow-up appointments: Your clinician will recommend a follow-up time depending on your needs and circumstances; this can be anything between 4 weeks and 6 months and we will offer you a follow-up appointment when sharing their recommendations with you. If you would prefer to see your clinician sooner than the recommended time, you are welcome to book whenever you feel it's needed. Follow-ups are normally 30-minutes but you can request 1-hour, or your clinician may recommend a 1-hour follow-up if they feel it beneficial.

Cancellation list: Please be aware that some of our clinics may be fully booked for a few weeks ahead. If the wait time is longer than you would like, we advise that you book the next available appointment and request to be added to the cancellation list. We will contact you if an earlier appointment becomes available.

Consultation fees and payments: An invoice will be sent to you with your booking confirmation email. Please pay for your appointment within 7 days of making your booking. You can make an online payment via the link provided in your invoice, or a bank transfer, or telephone us with your card details.

Contact with your clinician between appointments: If you have a query with any of your healthcare recommendations or need to update us about any aspects of your health, please send us an email and we will pass it on to your clinician; we aim to respond within 48 hours.

Emergency appointments: NCIM is unable to facilitate emergency or short-notice appointments. For situations needing immediate medical attention please contact your GP or the NHS by dialing 111 or 999. If you experience any unwanted effects following a recommendation by one of our clinicians, please stop and contact us for advice.

Cancellation policy: If you need to cancel or reschedule your appointment, please phone or email us with as much notice as possible. We understand that there can be extenuating circumstances, so please advise us accordingly.

- Cancellations in advance of 48 hours before your appointment will not incur a cancellation fee, and if you have already paid for your appointment it will be transferred to your next appointment or refunded as desired
- Cancellations less than 48 hours before your appointment will incur a 50% cancellation fee
- If you do not attend your appointment and have not let us know in advance, you will be charged the full cost of your appointment
- We will not be able to book another appointment for you until outstanding cancellation/missed appointment fees have been settled.

If NCIM need to reschedule your appointment: There may be occasions when we need to reschedule your appointment at short notice due to unforeseen circumstances such as staff sickness. We will notify you as soon as possible by telephone and email and offer you a rescheduled appointment within 4 weeks.

Our in-person clinics take place at:

NCIM, Ham Green House, Chapel Pill Lane, Pill, Bristol, BS20 0HH

Parking: There is a large car park at Ham Green House offering on-site parking free of charge. From the main road (A369) follow the road signs to Penny Brohn UK.

Public transport: The X4 bus service runs between Bristol City Center and Pill (the nearest stop is the Anchor Inn) with 3 services per hour during the working day.

Accessibility: NCIM is located on the first floor via one flight of stairs. There is lift access if needed; do let us know your in advance so we can support you on arrival.

Upon arrival: Enter the main entrance from the car park and bear right along the corridor following the signs for NCIM. There is no need to wait in the main building reception area, as we have a reception and waiting area upstairs in our clinic.

Online consultations (Zoom): A Zoom link will be sent to you a few days before your appointment. Please join at your appointment time where you will enter the waiting room until your clinician starts the meeting. Please find a quiet, comfortable and private environment where you will not be disturbed. Zoom consultations are not recorded. If you need live captions enabled please request this at the beginning of your session (we can send you more information about this if needed).

Telephone consultations: Your clinician will call you at the time of your appointment. Please be aware that telephone calls will likely display as a withheld number.

Please be aware that appointments run back-to-back and, on occasion, may run over. If you have waited more than 5 minutes, please call our clinical administration team on 0117 370 1875.

Evaluation: As a Centre of Excellence for Integrative Medicine, we routinely ask for feedback from our patients on ways to improve our services (PREM). We also ask patients to complete a MYCaW questionnaire as a way to measure the impact of integrative approaches on health and wellbeing.

Our full range of clinical services:

- Integrative Medicine Doctors and Integrative Pharmacist
- Integrative Cancer Care: Mistletoe and Helleborus niger Therapy, Mycotherapy
- Medical Homeopathy
- Clinical Hypnotherapy
- Therapeutic Coaching (may include Hypnotherapy, Mindfulness and EFT)
- Nutritional Therapy
- Wellbeing courses e.g. Breathwork, Mindfulness, Sleep, Food for Mood

Meet our Integrative Clinical Team on pages 7-15!

Additional resources from NCIM

Integrative Medicine Matters - a free weekly email: Be the first to know our latest news, events, blog posts and special offers by signing up to receive our weekly emails. Sign-up here, www.ncim.org.uk/news-blog, or ask us to register your email address.

NCIM Webinars - a free monthly series: Our NCIM Team run a monthly webinar series covering a wide range of topics such as Building Resilience, Menopause, Gut Health, Sleep, Fibromyalgia, Men's Health, Mental Health and Nutrition, and more! Our webinars always run on the last Wednesday of the month at 6 - 7 pm, online via Zoom, and are free to join live. Recordings of all webinars are available on our NCIM Membership site. To register for webinars and other events please visit www.ncim.org.uk/events.

NCIM Membership: Our membership will connect you to a like-minded community, keeping you up to date about developments in the field of Integrative Medicine, as well as giving discounts to our online and face-to-face teaching events and exclusive member discounts with NCIM partner organisations. You will also be able to watch the full back-catalogue of our popular Integrative Healthcare Webinars and access other resources such as delicious recipes and health tips, and receive our weekly Integrative Medicine Matters emails (see above). Membership fees go into our NCIM Access Fund which enables us to offer low-cost services; making integrative healthcare accessible to as many people as possible. To read more and join please visit www.ncim.org.uk/membership.

Support towards consultation fees: NCIM's mission is to make integrative healthcare accessible to as many people as possible. We understand that seeking any form of private healthcare comes at a cost that can be difficult to meet. Using our Access Fund, any patient can apply for an NCIM Patient Bursary for a 25% discount on consultation fees. We also work closely with a charity, the Health and Wellbeing Trust (HWT) which has similar patient bursaries. Please ask our clinical administration team for more information.

Education and training for Healthcare Professionals

- Diploma in Integrative Healthcare
- Integrative Healthcare Forums
- Online PHCE/MFHom Professional Training in Homeopathy
- Masterclasses

Contact education@ncim.org.uk to find out more.

How you can support NCIM

NCIM Access Fund / Paying It Forward: NCIM's mission is to make Integrative Medicine available to everyone. As a Community Interest Company, we fund-raise into our Access Fund which allows us to offer low-cost/free services and patient bursaries. We are grateful for all your support as it positively impacts the health and wellbeing of individuals and their families. To support our Access Fund you can join our NCIM Membership, or if you'd like to make a donation, please contact us and we'll advise how you can do this, thank you!

Find and follow us on social media

Website: www.ncim.org.uk

Facebook: National Centre for Integrative Medicine

Instagram: @ncimhealthcare

LinkedIn: National Centre for Integrative Medicine

Meet the NCIM Integrative Clinical Team



Dr Elizabeth Thompson
IM Doctor
Medical Homeopath
Mistletoe Therapy



Dr Roger Smith
IM Doctor
Mistletoe Therapy



Dr Emi Maruo
IM Doctor
Medical Homeopath
Mistletoe Therapy



Dr Duncan Still
IM Doctor



Dr Hazel Walklin
IM Doctor
Functional Medicine



Dr Jay Bowden
IM Doctor
Functional Medicine



Kiriaki Marselou
IM Pharmacist
Nutrition Advisor
Medical Homeopath



Dr Nikki Chatfield
Clinical Hypnotherapist



Anna Thomson
Nutritional Therapist



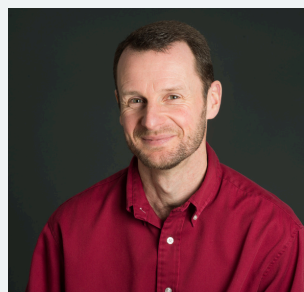
Claire Cohen
Nutritional Therapist



Lillian Klein
Nutritional Therapist



Barbara Pereira
Therapeutic Coach



Chris Barker
Mindfulness
Practitioner



Emma Greenhow
Clinical Services
Manager



Becca Irwin
Clinical Services
Administrator

Read more about our team



Dr Elizabeth Thompson MBBS, BA (Oxon), MRCP(UK), DM (Oxon), FFHom
CEO, Integrative Medicine Doctor, Medical Homeopath, Mistletoe Therapy
GMC registration number: 3262577

Background

Dr Elizabeth Thompson trained in Medicine at the University of Oxford and completed her training at Guy's Hospital in London. Whilst training in Palliative Medicine to Consultant level, she also studied a range of integrative approaches including Medical Homeopathy. In 2000 she was appointed as an NHS Consultant and Homeopathic Physician and set up an Integrative Cancer Care service at the University Hospital Bristol, and then went on to be Lead Clinician for the Bristol Homeopathic Hospital. In 2014 she set up the National Centre for Integrative Medicine (NCIM) and stepped away from the NHS in 2019 to run NCIM full time.

Elizabeth is a Council Member for the [College of Medicine](#), [British Society of Integrative Oncology](#), and the [Faculty of Homeopathy](#). She has been past President for the [European Congress for Integrative Medicine](#) and the [Integrative and Personalised Medicine Congress](#).

Along with her Membership of the [Royal College of Physicians](#), she also has a Doctor of Medicine Thesis from the University of Oxford, focusing on complex trial design and understanding placebo responses when investigating complementary approaches.

Clinical approach and special interests

Dr Thompson is passionate about supporting a transformation of healthcare towards a wellness and empowerment model that combines conventional, holistic and lifestyle approaches to support health and wellbeing, as well as creating diversity and choice for patients. She practises for NCIM as an Integrative Doctor and Medical Homeopath and supports patients with Mistletoe Therapy. She has expertise in integrative cancer care and special interests in women's health including supporting women with the side effects of breast cancer treatments.



Dr Roger Smith MBBS, BSc (Intercal), MCRP(UK), Dip (IM), MFHom
Integrative Medicine Doctor, Mistletoe Therapy, Helleborus niger Therapy
GMC registration number: 6160785

Background

Dr Roger Smith trained in Medicine at St Bartholomew's and Royal London Hospital Medical School, and The Royal London Hospital for Integrated Medicine. An NHS doctor specialising in Supportive Care, he completed a postgraduate Diploma in Integrative Healthcare from NCIM. Roger joined our team in 2021, bringing experience from working at the Glasgow NHS Centre for Integrative Care. His training also includes Mistletoe Therapy with the [Camphill Wellbeing Trust](#) in Aberdeen and Foundation Studies in Anthroposophic Medicine with the [Arlesheim Academy](#) in Switzerland.

Clinical approach and special interests

Dr Smith's interest is in holistic and lifestyle-based approaches for patients with cancer and other long-term conditions. He leads NCIM's Mistletoe Therapy service and supports our Integrative Medicine Clinic, helping patients manage pain, fatigue, and improve emotional well-being and sleep. Dr Smith actively contributes to education and training in Mistletoe Therapy, integrative healthcare, and social prescribing.

Please note that Dr Smith is unable to see patients residing/receiving treatment in Cornwall, Devon, and Somerset due to his NHS work in these areas.



Dr Emi Maruo MBBS/MD, MFHom
Integrative Medicine Doctor, Medical Homeopath, Mistletoe Therapy
GMC registration number: 75700139

Background

Dr Emi Maruo first qualified as a medical doctor in Japan before moving to the UK. She has a broad range of professional experience in general medicine and psychiatry working in both NHS and private hospitals. Emi completed her homeopathic training with NCIM, adding Medical Homeopathy to her Integrative Medicine toolbox, and joined our clinical team in 2023.

Clinical approach and special interests

Dr Maruo's experience of cultural and dietary differences, particularly between Japan and the UK, strengthened her belief in the importance of a broader model of healthcare which supports physical, mental and emotional health. In Japan she specialised in diabetes care to support patients control their diabetes with lifestyle and dietary approaches alongside their conventional treatments. Emi has also trained in Mistletoe Therapy to support cancer patients.



Dr Duncan Still MBBS, MRCGP, BA
Integrative Medicine Doctor
GMC registration number: 7015935

Background

Dr Duncan Still comes from an NHS GP background and has an interest in Lifestyle Medicine; recognising the importance of nutrition, physical activity, stress-management and sleep in achieving and maintaining optimum health. He joined our clinical team in 2018 to widen his practice in Integrative Medicine. Duncan has also worked with the cancer charity, [Penny Brohn UK](#), for several years as a holistic doctor in their integrative cancer care team and teaches medical students at Bristol Medical School and Sheffield Medical School.

Clinical approach and special interests

Dr Still's interest in health and wellbeing goes beyond the purely conventional, working within an Integrative Medicine Model which includes a range of holistic and lifestyle approaches. He has a particular interest in the role of mind-body relationship, nature connection, breathwork and bodywork, microbiome health, mindfulness, and the emerging role of psychedelics in mental health. He is also experienced in supporting cancer patients.



Dr Hazel Walklin MBBS BSc(hons), RCGP, IFMCP
Integrative Medicine Doctor, Functional Medicine Practitioner
GMC registration number: 7138448

Background

Dr Hazel Walklin is an NHS GP with a special interest in Functional Medicine. Since qualifying as a doctor in 2011, she has recognised the importance of integrating body, mind, relationships, and environment into healthcare and wellness optimisation. Through the Functional Medicine model, Hazel is able to practice in this way and get to the root cause of illness. Since completing her training with the [Institute for Functional Medicine](#), Hazel has discovered ways to not only help people from illness but move towards optimal wellbeing.

Clinical approach and special interests

Dr Walklin has a whole-person view of managing conditions and enhancing wellness. Using the core Functional Medicine Principles, no stone will be left unturned to find the root cause of a patient's problems. Hazel is proud to provide the time and support to help those who are struggling with all stages, and in particular, has interests in pre and post-natal health, perimenopause and beyond.



Dr Jay Bowden BMedSci, BMBS, MRCGP, NCIM IHDip, AFMCP, DRCOG, DRSRH, PGCert (MedEd)

Integrative Medicine Doctor, Functional Medicine Practitioner

GMC registration number: 6101470

Background

Dr Jay Bowden graduated from the University of Nottingham Medical School in 2004, also earning a First Class degree in Biomedical Science and obtaining a publication for his neuroscience research into anxiety, attention and pain pathways. Jay has completed the Masters-Level 7 Diploma in Integrative Medicine at the [National Centre for Integrative Medicine](#) and has trained in functional medicine at the [Institute for Functional Medicine](#). He also holds postgraduate diplomas in Obstetrics and Gynaecology and Sexual and Reproductive Health.

Jay continues to work as an NHS GP in South-East London. He leads the award-winning Lewisham GP-Led Youth Clinics, an integrated GP-led Adolescent Health Service which he developed in partnership with Lewisham Child and Adolescent Mental Health Service (CAMHS) and Lewisham Council. This pioneering service provides accessible and integrated mental, physical and sexual health support for teenagers and young adults, also partnering with community organisations to provide mentoring and social prescribing. Jay is also the Mental Health Lead for North Lewisham Primary Care Network and has developed an integrative mental health service providing mindfulness, yoga and art therapy groups as well as 1:1 mental health coaching and lifestyle support. This service has not only improved patient choice, but also addressed local health inequalities, providing evidence-based treatment options for patients who do benefit from or find it difficult to engage with traditional NHS services.

Clinical approach and special interests

Jay believes in empowering patients to take control of their health through a supportive, whole-person approach. Using a functional medicine lens, he helps patients identify the root cause of their illness and address this using nutrition, lifestyle change, mind-body approaches, herbal and nutraceutical supplements. He is also able to advise on a variety of evidence-based complementary therapies. His balanced, evidence-based approach enables patients to make informed decisions that optimise health outcomes, whilst respecting their unique preferences and life circumstances.

As a generalist, Jay is able to advise on the full spectrum of health concerns and illness, but has particular clinical interests in:

Mental health (anxiety, depression, non-pharmacological approaches in ADHD)

Gastrointestinal health

Cardiac and metabolic health (including type 2 diabetes)

Men's health

Longevity medicine



Kiriaki Marselou MRPharmS, MFHom, Dip NH
Integrative Pharmacist, Nutrition Advisor, Medical Homeopath
GPharm registration number: 2060382

Background

Kiriaki is an experienced conventional pharmacist and medicines expert who is also trained in Medical Homeopathy, Nutraceuticals, Mycotherapy (medicinal mushroom extracts), Mistletoe Therapy, and Lifestyle Medicine for Cancer Prevention and Survivorship. Kiriaki holds a post-graduate Diploma in Natural Health Products and is certified in Plant-based Nutrition from Winchester University. Kiriaki joined our clinical team in 2020.

Clinical approach and special interests

Inspired by Hippocratic teachings, Kiriaki believes that lifestyle interventions and dietary measures can help enormously in the treatment of disease. She has a special interest in chronic inflammation and how this can lead to several diseases. Her clinics are aimed at restoring health through a combination of moving to an anti-inflammatory diet, nutritional supplements, homeopathic medicines and other natural remedies. Kiriaki often works with patients on prescription medicines who would like to explore natural health options that are safe and compatible with their conventional treatments. In 2022, Kiriaki expanded her clinical practise to support cancer patients with nutrition, mycotherapy, homeopathy, and to assess suitability for Mistletoe Therapy.



Dr Nikki Chatfield MBChB, HPD, CHBP, NCIM IHDip, Dip BSLM, CMgr FCMI, MRCPGP, CNHC Reg, MNCH, LAPHP, UKIHCA-RHC
Clinical Hypnotherapist
GMC registration number: 6025382

Background

Dr Nikki Chatfield is an experienced NHS GP, Lifestyle Medicine Physician, Clinical Hypnotherapist, NLP Master Practitioner and Mindfulness teacher, and joined our clinical team in 2022 to support patients with hypnotherapy. Nikki is also a graduate of NCIM's master's Level 7 Diploma in Integrative Healthcare.

Clinical approach and special interests

Finding that many of her clients struggle with significant overwhelm and don't know where to start, Nikki helps patients to identify important changes to their physical and mental habits. Then, using a combination of mind-body approaches, including hypnotherapy and mindfulness, will help support, motivate, and empower patients to make a transformational difference in their lives. Nikki has special interests in mental health (anxiety, depression, stress, phobias), chronic pain, insomnia, irritable bowel syndrome and supporting lifestyle change.



Anna Thomson Reg.Nutritionist BSc Nutr.Med, mBANT, mCNHC
Nutritional Therapist

Background

Anna is a registered Nutritional Therapist with a degree in Nutritional Medicine from the University of West London. Anna also holds a Master Practitioner Award in Eating Disorders & Obesity from the [National Centre for Eating Disorders](#) and has additional training in Intuitive Eating, Mindful Eating, Motivational Interviewing and Functional Imagery Training. Anna is also the founding director of [Nourishing Families](#), a social enterprise that supports parents, children and young people build a positive relationship with food to nurture wellbeing. The organisation works in partnership with children's centres, schools, and social enterprises to deliver community nutrition and food education. Anna joined our clinical team in 2022.

Clinical approach and special interests

Anna works collaboratively with a client and focuses on small doable changes rather than a complete dietary overhaul to create sustainable long-lasting outcomes. She supports a wide range of conditions but has a particular interest in digestive issues, no-diet approaches to weight management, and emotional or disordered eating challenges.



Claire Cohen DipNT, mBANT, mCNHC
Nutritional Therapist

Background

Claire is a registered Naturopathic Nutritional Therapist and graduated from the [College of Naturopathic Medicine](#) in Bristol, having previously completed a Diploma in Vegan Cooking from the renowned [Demuth Cookery School](#). Recognising the challenge of supporting individuals to achieve sustained dietary and lifestyle changes, she studied further to become a qualified Health Coach with [Zest for Life](#). Claire joined NCIM in 2023 to support delivery of our community Food for Mood courses and workshops, and since our move to Ham Green House, she has joined our clinical team to offer in-person Nutritional Therapy consultations.

Clinical approach and special interests

Claire's passion for growing her own produce, adapting recipes, and connecting with people over meals, led to a fascination with how nutrition can influence so much of our physical and mental health and wellbeing. In clinical practise she aspires to create easy, achievable, and sustainable changes that fit each client's unique circumstances and therefore become part of their everyday life. Claire works with a variety of conditions ranging from digestive issues, weight management, and low energy, to women's hormonal health and the transition to menopause. Claire loves to share her joy for the variety of benefits found in wholefood and put into practise all she has learned to create food first, personalised nutrition plans to empower clients to feel their absolute best.



Lillian Klein BSc Nutr.Science, PGDip Nutritional Therapy, mBANT, mCNHC
Nutritional Therapist

Background

Lillian graduated from Middlesex University with a first-class honours degree in Nutritional Science and postgraduate training in Nutritional Therapy. She has additional training in Functional and Integrative Approaches to Cancer and completed training with the cancer charity, [Penny Brohn UK](#), in their Whole Body Approach to Cancer. She is also a certified Nutrigenomics practitioner. Lillian has worked as a Lead Nutritionist for Nuffield Health for 6 years, running programmes to support women's health. Currently, Lillian is a clinical supervisor for the [Centre for Nutrition Education & Lifestyle Management](#) (CNELM) and practises as a Nutritional Therapist for the cancer charity, [Victoria's Promise](#). Lillian joined our clinical team in 2024 to support our delivery of integrative cancer care services.

Clinical approach and special interests

Lillian specialises in breast cancer. Her aim is to support a patient's health and wellbeing by providing an integrative model of breast cancer care where, alongside the medical team, patients have all the tools needed to improve outcomes, enhance recovery and reduce future risk of disease. For patients looking for breast cancer prevention support, who are currently undergoing treatment or no longer have breast cancer, Lillian can meet you wherever you are on your health journey. Lillian is also able to support patients with non-cancer conditions and has worked with everything from thyroid issues, skin problems, digestive disorders, Alzheimer's, diabetes, heart disease, and much more!



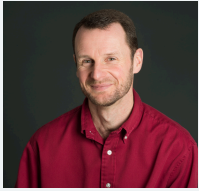
Barbara Pereira
Therapeutic Coach

Background

Bárbara initially qualified as a Nuclear Medicine Technologist and has clinical experience in the NHS and neuroimaging research settings. She since retrained in Hypnotherapy, Neuro Linguistic Programming (NLP), and Life Coaching and holds a master's level 7 Diploma in Integrative Healthcare from NCIM. As well as providing 1:1 support for clients, Bárbara is also interested in health promotion in local communities. In 2022 she was part of a charity funded project to support low-cost access to complementary therapies to the Grenfell community in London. Barbara joined our clinical team in 2023.

Clinical approach and special interests

Bárbara's approach is to empower her clients to deal with their health conditions, and she focuses on the role and impact of their emotional landscape on their general health. The therapeutic time with her clients is dedicated to understanding their internal 'world map', preferences, values, and priorities towards their health, using that to define sustainable goals to work towards together as a team. With this collaborative approach, Bárbara has helped people dealing with chronic stress, anxiety, chronic pain, and irritable bowel syndrome. She has a special interest in somatic approaches for emotional regulation, such as Emotional Freedom Technique (EFT) – also known as tapping.



Chris Barker BA (Hons), PGCE, PG Cert & Dip
Mindfulness Practitioner

Background

Originally a PE teacher, Chris discovered how transformative mindfulness can be when he was a stressed Head of Department in a large secondary school. Seeing how much it had changed his life he now teaches mindfulness to school children and leads international training courses for other schoolteachers to do likewise. Chris graduated as a Mindfulness Teacher from The University of Exeter in 2020, leads a national group supporting Mindfulness for Cancer teachers, and joined NCIM as our Mindfulness for Wellbeing Lead in 2021.

Clinical approach and special interests

Chris' main Mindfulness experience is with those living with and beyond a cancer diagnosis, which includes family members and carers who have also been impacted by the diagnosis. Chris has undertaken further training through Oxford University and the Mindful Eating Training Institute in California. This includes 'Mindful Eating' for those who experience yo-yo dieting or emotional / binge eating episodes as well as courses aimed at the over 55's who want to shift from languishing to flourishing in later life. Chris holds a space safe which allows difficult experiences to be shared and drawing on a deep understanding of the principles of mindfulness, Chris offers insights into the mechanisms of suffering, as well as ways to skilfully work with this to improve emotional wellbeing.



Emma Greenhow
Clinical Services Manager

Emma has a high level of customer service and administration expertise from a range of experience in different business sectors. Her interest in healthcare came about in 2014 after a period of ill-health, and she was inspired to train as a Nutritional Therapist. She graduated in 2019 from the College of Naturopathic Medicine in Bristol and went on to run her own Nutrition practice specialising in thyroid health. Emma's desire to return to a team working environment and her drive to promote holistic health, led her to join NCIM in 2021. Emma is now our Clinical Services Manager and responsible for running our 1:1 clinics, clinical events, and looking after our patients and clinical team.



Becca Irwin
Clinical Services Administrator

Becca originally trained in Human Nutrition, Nutritional Therapy and Kinesiology, and has experience working in a number of clinical practices. She also has training in emotional wellbeing for children and experience working in schools. Becca happily found her way back to the world of holistic healthcare and joined NCIM in October 2023. As well as supporting our Clinical Services, Becca works closely with NCIM's strategic partner The Health and Wellbeing Trust and their eLearning platform.

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