



Dr Rosy Daniel's Regenerative Health Programme

What is the concept behind the Regenerative Health Programme?

Regenerative Healthcare promotes vitality, health and happiness, enabling people to reach their full potential in life whilst reversing the effects of lifestyle-related illness, ageing and depression.

Advances in mind-body science known as psychoneuroimmunology have resulted in definitive evidence that long-term stress, unhappiness and trauma weaken the immune and glandular systems, making people vulnerable to both acute and chronic illness. Nutritional research reveals that modern convenience foods leave us over-fed and under-nourished and vulnerable to obesity, diabetes, cancer and heart disease. Lack of exercise, smoking and excess alcohol, overwork and diminishing joy in living are then the final part in how our Western lifestyles can put us on the path towards serious illness, depression and reduced quality of life.

However, the reverse is also true and when we take charge of improving our lifestyles – really exciting positive change happens in all aspects of our health. Added to this, the new science of epigenetics is now showing us that changing our lifestyle goes right to the heart of our genes, positively changing their regulation and expression. These exciting discoveries show us that much of what we previously thought to be beyond our control is within our power to change if we just have the right level of support, guidance and motivation to engage fully in proactive self-care.

The Regenerative Health Programme is scientifically proven, medically led and outcome measured. It is an intensive lifestyle change programme that can be integrated into a person's existing medical care and accurately measured in terms of benefits to the person and to the health service. Research shows that chronic illnesses such as heart disease, type II diabetes, obesity, depression, asthma, bowel dysfunction and arthritis can be reversed and the state of the body, mind and lifestyle can be radically improved, or even reversed with the right guidance, care and encouragement.

The functioning of all the body's organs, tissues, cells and genes can be improved as a result of making positive physical and mental changes. This can result in measurable changes to health and personal fulfilment and a wonderful resulting rise in energy levels, happiness, confidence and self-esteem. Where illness is chronic or life-threatening, the ability to cope positively and transcend the challenges either of being ill, or caring for the ill, can also be completely transformed.

The Regenerative Health Programme works on changing our health-defining behaviour and in improving all the key determinants of health and wellbeing, namely our:

- Fitness and physique
- Nutrition, immunity and detoxification from excess alcohol, cigarettes and drugs
- Happiness and fulfilment
- Peace of mind and body
- Vitality and energy levels
- Joy in living

Of course we all KNOW that these things make us feel better but most of us cannot make and sustain these healthy changes on our own. Many of us first need strong support and safe medical guidance to make positive changes and then to be part of a supportive pro-health community to sustain changes in the way we live long-term. Dr Rosy Daniel and her team are dedicated to helping improve both the symptoms and quality of life in those who engage in this programme and look forward greatly to working with you and your loved ones to generate positive health.

Who is Regenerative Healthcare for?

The Regenerative Health Programme is ideal for people who are:

- Physically ill with lifestyle related illness such as heart disease, high blood pressure, cancer, type 2 diabetes, arthritis, asthma, bowel dysfunction or recurrent infections
- Overweight
- Toxic due to smoking, alcohol, chemicals, and over-reliance on drugs
- Depressed, anxious or unable to sleep
- Tired all the time
- Stressed or burnt out
- Lost and de-motivated
- A long-term carer of someone who is ill or disabled



Who is Dr Rosy Daniel?

Dr Rosy Daniel trained as a GP in Bristol and since 1989 has worked as an Integrative Medicine Consultant providing expert medical help combined with her knowledge of nutrition, complementary therapy and the mind-body connection to design individualised programmes for the regeneration of health and happiness. After 25 years in this work she has now helped thousands of people engage in this proactive self-help and achieve levels of health and well-being never dreamt of by their conventional medical teams!

Dr Daniel's services are integrated alongside those of her client's normal medical team (GP or Consultant) throughout the programme, with the goodwill and support of all parties. Regular assessments and good communication between the multi-disciplinary team provide vital feedback on progress to enable sensitive tailoring of ongoing care.



How does the Regenerative Health Programme work?

The programme begins with a health and wellbeing self-assessment questionnaire, followed by a medical consultation with Dr Daniel, to design together a personalised twelve week Regenerative Therapy Programme. This engages clients in improvement of fitness, nutrition, stress reduction, relaxation and emotional well-being with continual guidance from Dr Daniel and her Regenerative Therapy Team. At the end of the twelve weeks each client will be given an ongoing Support Plan designed to sustain and build upon all the healthy changes that have been made already.

The Regenerative Health Programme has 3 stages

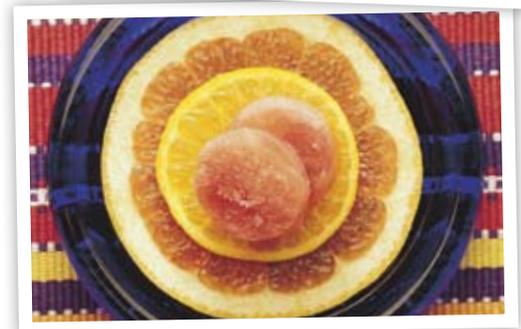
Regenerative Medical Consultation and Self-Assessment

An initial self-assessment process based upon completing an online questionnaire followed by a full consultation with Dr Daniel resulting in the formation of a personally-tailored 'Regenerative Therapy Programme'.

Regenerative Therapy Programme

Providing professional support over an initial twelve weeks with:

- Healthy Nutrition – led by nutritional therapist, Cally Herbert
- Relaxation – led by yoga therapist and senior nurse, Katie White
- Fitness Coaching - led by exercise coach, Matt Palfrey
- Emotional Wellbeing – led by counsellor, Clare Harris; EFT practitioner Rowena Beaumont and hypnotist Tessa Kirby
- Health Coaching – led by Health Creation Mentor, Sue Caden
- Follow-up with Dr Rosy Daniel mid-way and at the end of the twelve week programme to assess progress and benefits and to design your 'Regenerative Support Plan'



Regenerative Support Plan

This provides ongoing access to support and tuition to sustain and improve upon healthy changes made in your Regenerative Programme through:

- Yoga – led by yoga teacher, Yvonne Carlisle
- Meditation classes – led by Katie White
- Weight Loss Classes – led by hypnotherapist, Tessa Kirby
- Smoking Cessation Classes – led by hypnotherapist, Tessa Kirby
- Healthy Cookery Classes led by top health chef, Jane Sen
- Dance Classes – led by Nia Dance teacher, Christine Davis
- 'Alive and Loving It' Support Group – led by Jo Slee
- Daily Walking Group – led by Mike Tooze

To see our timetable of all groups and classes click here [pdf of timetable to go on services page]

Who can answer my questions?

If you are interested in the Regenerative Health Programme but need to be sure that it is right for you, please call and speak to our helpful team from Tuesday to Thursday on 01225-745766.

Appointments

To get started on your programme call the Health Creation Centre on 01225 745766.

How will I benefit from the Regenerative Health Programme?

The benefits and skills achieved through Regenerative Healthcare are:

- Becoming physically fit, toned and active
- Gaining clarity and control of the important choices in life
- Achieving optimum nutrition for cellular regeneration and peak immune function
- Learning skills and practices to achieve a positive outlook, mindfulness and a relaxed body
- Being supported to live an authentic fulfilling lifestyle that expresses the real you
- Experiencing a high level of enthusiasm and physical energy
- Improved appearance and the confidence and self-esteem that go with radiant health
- Making renewed commitment to the whole-hearted enjoyment of living



How will my programme be personalised?

After clients complete the self-assessment questionnaire, the Regenerative Health Programme starts with a one hour consultation with Dr Rosy Daniel. During this session Rosy will discuss the results of the questionnaire in order to ascertain each individual's:

- Medical history and any treatments being used
- Motivation for starting the programme
- Personal goals to be achieved through the programme
- Current state, needs and challenges
- Physical and mental state
- The level and type of help needed to start and maintain the programme

Based upon a client's needs, choices and budget, Dr Daniel will then work out with each person a Regenerative Therapy Programme, with the right level of support from the team to ensure success in achieving and maintaining the desired new level of fitness, health and happiness.

All appointments will be co-ordinated by the Programme Co-ordinator. Personal progress feedback and the team's feedback will all be entered onto the confidential online 'Client Report' which can be viewed at all times by each client with their unique access codes.



What is the scientific evidence for the Regenerative Health Programme?

Dr Daniel's greatest inspiration has come from the work of Cardiologist researcher Dr Dean Ornish in the USA who proved first in the Lifestyle Heart Trial (Ornish et al. 1998) that coronary heart disease could be reversed through lifestyle programmes based upon healthy diet, daily exercise, yoga, relaxation and emotional support. Since this time he has gone on to prove that people with heart problems that engage in his programme cost their insurance companies up to \$30,000 less than those who rely solely upon orthodox medicine!

Dr Ornish subsequently proved through his GEMINAL study (Ornish et al. 2008) of men with prostate cancer that not only could PSA levels be dropped within a 12 week lifestyle programme but also that this programme changed the genetic expression of the cancer cells resulting in positive changes in the production of key proteins involved in the regulation of cellular growth and multiplication. This indicated that the use of lifestyle programmes goes right to the very heart of gene regulation and proves that diseased or malfunctioning cells can regenerate and start to function in a healthy way again!

Another ground-breaking study was the San Diego Cancer Centre study (Pierce et al. 2007) which showed that for women with breast cancer who changed upon diagnosis to eating a healthy diet and starting a daily exercise programme, their survival level more than doubled compared with those who did not when assessed nine years after diagnosis. Leading UK oncologist Professor Karol Sikora said this study has a far better survival curve than any known treatment of breast cancer.

There are now thousands of other high quality research studies confirming the benefit of the use of self-help approaches, exercise, healthy nutrition, relaxation and emotional and energy support to prevent and reverse lifestyle illnesses. A sample of these studies for your reference can be viewed in the Evidence section of the website.

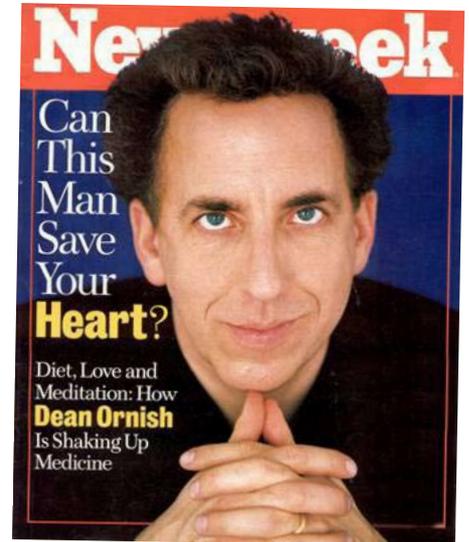
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Ornish, D. et al., 1998. *Intensive Lifestyle Changes for Reversal of Coronary Heart Disease*. JAMA: The Journal of the American Medical Association, 280(23), pp.2001 -2007.

Pierce, J.P. et al., 2007. *Greater survival after breast cancer in physically active women with high vegetable-fruit intake regardless of obesity*. Journal of Clinical Oncology: Official Journal of the American Society of Clinical Oncology, 25(17), pp.2345-2351.

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Smith TC, Wingard DL, Smith B, Kritz-Silverstein D, Barrett-Connor E. Walking decreased risk of cardiovascular disease mortality in older adults with diabetes. J Clin Epidemiol. 2007 Mar;60(3):309-17. <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2542980/?tool=pubmed>



How much does the Regenerative Health Programme cost?

The cost of the programme can be broken down as follows:

Regenerative Medical Consultation	£160
This includes:	
Self-assessment process	
One hour medical consultation with Dr Rosy Daniel	
Personalised Regenerative Health Programme	
Regenerative Therapy Programme	
This includes:	
Therapy and coaching sessions	£60
Follow up session with Dr Daniel	£80
Regenerative Support Classes	
Average price per class	£10

Where does the Regenerative Health Programme take place?

Dr Daniel and the Regenerative Health Team are based at the Health Creation Centre which occupies one wing of Bailbrook House in Batheaston, on the northern outskirts of Bath.

It comprises:

- Dr Daniel's consulting room
- A suite of three therapy rooms
- A large classroom for group work
- A gym and beautiful grounds for fitness coaching
- A relaxation room for chilling out after sessions and classes
- The Health Creation shop with supplements, books, CDs and self help programmes
- The reception and waiting rooms

Bailbrook House is a beautiful regency building set in 20-acre grounds with ample parking facilities just 2 miles from the centre of Bath. It can be accessed by car, taxi and the number 13 bus from the city centre. The Health Creation Centre is on the first floor of Bailbrook House and those with disabilities can be seen on the ground floor by prior arrangement with the clinic receptionist.

How do I find Bailbrook House? To find us see www.bailbrookhouse.co.uk/directions for a map. If using Sat Nav then please use the postcode BA1 7DA which works better than our own postcode!

Why not start your programme with a Health Creation Holiday in Bath?

You can get your Regenerative Health Programme off to a great start with a healthy holiday break at Bailbrook House. This means that you can combine your first Regenerative Medical Consultation, Therapy and Coaching sessions with a 3, 5 or 7 day stay at Bailbrook House. You can take advantage of the Health Creation Centre's position on the outskirts of the beautiful World Heritage City of Bath taking in the sights and enjoy Bath's healing Thermae Spa, stunning river walks, cycling along the canals with rest and recuperation in the hotel. Bailbrook House Hotel combines a beautiful Regency building with modern 3 star accommodation conveniently placed 12 miles from junction 18 of the M4. If you do feel tired, overwhelmed or just in need of a big lift in your energy and well-being this could be the perfect place. See www.bailbrookhouse.co.uk