

INFORMATION ABOUT A SESSION WITH DR ROSY DANIEL BSc MBChH HEALTH CREATION CONSULTANT

Thank you for your interest in seeing Dr Rosy Daniel, Integrative Health Consultant. Dr Daniel offers holistic health consultations to help people to promote their health, well-being and quality of life through effective self-help programmes. She works with conditions including cancer, heart disease, diabetes, arthritis, depression and obesity to create regenerative health programmes to improve medical outcomes, quality of life, coping skills and to generate a positive mental attitude. Dr Daniel works virtually by Zoom, Skype or telephone, depending on your preference. Bookings and payments are made online on her www.drrosydaniel.org website, through the Setmore calendar and secure Square payment system.



What Dr Daniel offers

Dr Rosy Daniel will mentor you through the choices that you are making, including:

- supporting you through your reaction to diagnosis and helping you to set up your support network at home.
- helping you to understand your condition and the medical treatment options on offer from your medical team, and to choose what is absolutely right for you
- safely integrating orthodox and complementary approaches
- how to minimise the side effects of treatment through use of complementary medicines.
- reviewing your self-help and therapeutic options.
- creating an individualised self-help programme, built around your unique circumstances and needs, to help you regain your strength, health, and peace of mind
- and optionally, working through her Health Creation Programme with telephone Mentor support, to get you feeling strong and back in charge of your health and happiness.

Please send any enquiries to rosy@drrosydaniel.org or contact Rosy's PA Ally Phillips at ally@drrosydaniel.org for help.

The Consultation

The consultations are on Thursdays, and they are conducted by Telephone, Zoom or Skype. You can indicate your preference when booking.

The Clinic Helpline number is 01225-745737 for voice messages which will usually be answered within 24 hours.

For Skype appointments, once booked in, please send a contact request to [rosy.daniel1](https://www.skype.com/people/rosy.daniel1)

During the initial consultation, which lasts for 60 minutes, Dr Daniel will:

- take your personal history,
- give you medical counselling to enable you to get the best of all worlds, medical, therapeutic and self-help
- explain and explore your options for your personalised programme

After your session you will receive your written programme providing you with:

- relevant advice or explanations about your medical treatment and any second opinions suggested
- recommendations for the proposed therapy, support, self-help, nutritional supplements for you and guidelines for the low-acid wholefood diet
- information about receiving support from a Health Creation Mentor

To book an appointment go to 'Make a Booking' on Dr Daniel's website www.drrosydaniel.org. If you need more help, please leave a message on 01225 745737.

Fees The fee for the initial appointment is £190 which includes your written personalised report after the consultation; a 30 minute follow up is £95; and 15-minute phone-ins are £50.

Please email any helpful medical results and a photo of yourself to rosy@drrosydaniel.org

Payment is taken at the time of booking online, or if Dr Daniel or Ally makes the booking for you, you will receive an online invoice.

Evidence for Holistic Healthcare

You will find research evidence for holistic healthcare on the website of the Health and Wellbeing Trust at www.healthlearning.online. Dr Daniel also recommends the website of Dr Dean Ornish at the Preventive Medicine Research Institute in the USA – www.pmri.org. A review of the effects of the herbal remedy Artemisinin can be found at: <https://www.hindawi.com/journals/bmri/2012/247597/>.

After your appointment

Dr Daniel will send you a comprehensive report to make sure that you are confident about your next steps and are happy about the service that you have received.

Follow-up appointments and phone-ins

After the consultation you will be invited to make 30-minute follow up appointments so that Dr Daniel can support you and fine tune your programme over time as required. In between appointments, you may also book a 15-minute phone-in slot via the website to discuss any new issues needing urgent help.

Please note: Dr Daniel does not consult via email, so your emails should be used purely for sending reports or information.

Audit and Feedback

Dr Daniel performs audits on her service from time to time to assess the quality and helpfulness of her service. You may be asked to complete an audit questionnaire to help us evaluate and improve our service. You will also be invited to give feedback directly to Dr Daniel after your session or anonymously on a feedback form which will be provided to you after your consultation.

Cancellations

We are very sensitive to your medical needs and will re-schedule your appointment if cancelled due to a medical emergency. For all other cancellations we require a minimum of 24 hours' notification. Please note that without this level of notice we will have to charge you for the missed appointment.

Professional Qualifications and Validation

Dr Daniel has a first-class BSc degree in Physiology and an MBBCh in Medicine. She trained as a GP in Bristol. She is registered and validated with the General Medical Council, Registration number 2829308.

Please be aware of the boundaries of Dr Daniel's role...

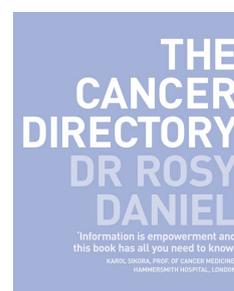
Dr Daniel will provide holistic health advice based on your particular circumstances to help you form your personalised self-help programme. Thereafter, she will follow your progress closely and work with you over time to find all possible ways of improving your health, energy and well-being. Dr Daniel is not an oncologist (cancer specialist) and will not take on the medical treatment of cancer or other illnesses, nor the prescribing of medication, responsibility for which remains with your medical team at home. Your medical screening and investigation of any new symptoms must also be arranged through your existing medical team. The progress of your health promotion work with Rosy will then be assessed against your routine medical scans and tests.

Dr Daniel does not provide an emergency out of hours' service and your acute medical needs must always be taken to your GP or hospital consultant. She will, however, be your health advocate, empowering you to get the very best of all health options, orthodox, complementary, psycho-spiritual and self-help. Dr Daniel does not routinely write to your doctors about your consultation and self-help programme out of respect for your privacy and confidentiality in this sensitive matter. However, she is happy to do so at your request if this would be helpful.

Preparing for your consultation if you have cancer

You may wish to prepare for your consultation with:

1. The Picture of Health – holistic assessment tool to work out your starting place in your self-help programme. You will find this on the Health Creation website at www.healthcreation.co.uk in the Personal section of the online shop.



2. Dr Daniel's book 'The Cancer Directory' – Price £16.99 from online booksellers.
3. Dr Daniel's full self-help kit 'The Cancer Lifeline Kit' – Price £125 plus postage of £17.50 (total £142.50). Please order from the Health Creation website shop.

The Cancer Lifeline Kit includes:



- Three workbooks for the time of diagnosis and treatment; for your recovery journey; for your carers
- Three self-help CDs to help you cope positively with treatment, and learn relaxation, visualisation and meditation.
- Jane Sen's healthy recipe cards
- An inspiring 'Message of Hope' DVD.
- We recommend that you engage Mentorship support to

work through this pack so that you can be guided, supported and motivated to make all the positive steps you need to get you strong, positive, fit and healthy again.

Pre-Consultation preparation for those with other conditions

If you do not have cancer, we recommend that you do the Picture of Health self-assessment exercise to form a good basis for discussion of your current health, lifestyles and the problems you are currently experiencing. This can also be done online at www.healthcreation.co.uk.

For further help please:

Visit the website to make a booking – www.drrosydaniel.org

Email – rosy@drrosydaniel.org

Call the Helpline – 01225 745737

Dr Daniel will aim to reply to emails and calls within 48 hours, but please be aware that she is also working for the Health and Wellbeing Trust charity or training students in Health Creation Mentorship and Consultancy.