

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

Thank you for your interest in seeing Dr Rosy Daniel in Bath. 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 can work in person, by telephone or Skype, depending on your preference. Bookings and payments are made online on her [www.drrosydaniel.org](http://www.drrosydaniel.org) website, through the Setmore calendar and 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
- working through her Health Creation Programme with telephone Mentor support, to get you feeling strong and back in charge of your health and happiness.

### The Consultation

The consultation can be either face-to-face in the afternoon, at:

The Weston Chiropractic and Holistic Therapy Centre, Apthorp House, Weston Road, Bath BA1 2XT or by telephone or Skype in the morning if you prefer.

The direct clinic line to call for telephone consultations is 01225 315501 (this number is only for consultations - for enquiries or to leave messages please see the number below).

For Skype appointments use [rosy.daniel1](mailto: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](http://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](mailto:rosy@drrosydaniel.org)

**Payment** is taken at the time of booking online, or if Dr Daniel makes the booking for you, she will send you 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](http://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](http://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 a 30-minute follow up appointment 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, the email 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 MBChB 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.

## Travel and Accommodation

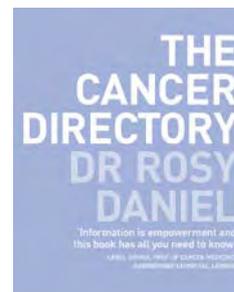
**The Apthorp Centre, Weston Road, Bath** is next door to the Bath Priory Hotel who offer tea, coffee and snacks on a drop-in basis and meals in their Pantry or full restaurant if booked in advance. Please find directions to Apthorp House from its website. [www.apthorpcentre.com](http://www.apthorpcentre.com). The centre has its own free car parking.

For those needing B&B accommodation, the nearby Marlborough House in Bath is good and provides vegetarian and vegan food – 01225 318175. Up-market accommodation is available at the Bath Priory Hotel, the Royal Crescent Hotel and Bath Spa Hotel. Many other possibilities can be found on the website: [www.visitbath.co.uk](http://www.visitbath.co.uk).

## 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](http://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](http://www.healthcreation.co.uk).

### For further help please:

Visit the website to make a booking – [www.drrosydaniel.org](http://www.drrosydaniel.org)

Email – [rosy@drrosydaniel.org](mailto: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 often away teaching.**

**Dr Daniel also works for the Health and Wellbeing Trust charity and offers training in Health Creation Mentorship and Consultancy.**