



DR SHILPA
DAVÉ HEALTH

Personalised Lifestyle Medicine



Services that you can
TRUST

☎ 0203 303 0326
🌐 www.privategp.org
@ pa@privategp.org

OUR MISSION

Family General Practice is at the heart of Shilpa Dave Health. Covering Richmond, Twickenham, Teddington and Kingston Upon Thames, we are local and accessible. For our Richmond and Teddington Patients, we are a short drive and offer Private General Practice Services for all your family health needs. From vaccinations, to blood tests and prescriptions, we are here to provide you and your family with your all health needs.

For busy professionals our video consultations and finger prick blood tests offer convenience, however the traditional General Practice model is one we value and is at the core of the our practice philosophy.

- A Doctor who is part of your family, who knows you and your family as a whole, not as individuals.
- A Doctor who can arrange simple blood tests, scans and tests quickly and conveniently
- A Doctor where conditions dictate can refer you to trusted Specialists locally and throughout central London.

MEET THE TEAM

- DR SHILPA DAVE
- DR YEN YEN KHOR
- NICKY DYE
- CHRISTINE BAILEY
- JOE ASH



DR SHILPA DAVE

MBBS, BSC, MRCGP, DFSRH

I have now spent 20 years in Medicine and am an experienced GP practicing both in the NHS and Privately.

My roots in Indian tradition and ayurvedic medicine had always fascinated me and I discovered Functional Medicine as I sought out strategies for coping and recovery from my own health challenges. As a Functional Medicine Practitioner, my goals for my patients are to use lifestyle factors, nutrition, and wellbeing as treatments alongside the latest conventional medical guidelines.

My own FM journey helped my thyroid underactivity and has given me a unique insight into delivering bespoke personalized lifestyle medicine to my patients

A combined approach is best where conventional medicine acts as the platform for adding a Functional Medicine Approach, and the sections of the website on Balance, Burnout, and Menopause outline our holistic approach at Shilpa Dave Health. The greatest health gains can often be found in exercise, nutrition, and lifestyle. By integrating these into your health journey with a Functional Medicine approach supported by our team of passionate practitioners, we can help you not just be healthy but revitalize your everyday life, work-life balance, and relationships with food, people, and your family. Staying well, living mindfully, strong, and with purpose.



DR YEN YEN KHOR

MB BS MRCP DF SRH

Dr. Yen Yen Khor graduated from the University of Southampton in 2007. She held hospital posts including Obstetrics and Gynaecology, Rheumatology, Psychiatry, Gastroenterology, Elderly Care, Colorectal and Emergency Medicine before qualifying as a GP in 2013. She can speak Mandarin, Cantonese as well as English, and is currently training to be able to practice Acupuncture. Dr. Yen Yen's special interests are women's health and sexual health, and she hopes to use her knowledge of Traditional Chinese medicine to complement conventional medicine to take a holistic approach to help her patients.

Qualifications, Training & Memberships:

- BM University of Southampton
- GP Training in Obstetrics and Gynaecology, Rheumatology, Psychiatry and Emergency Medicine
- Membership of the Royal College Of General Practitioners (MRCP)
- Diploma in sexual and reproductive healthcare (DFSRH)



NICKY DYE

STRALA YOGA GUIDE. TEEN
YOGA & MINDFULNESS TEACHER

Appointments with Nicky are booked via our website and can be private one to one in your own home, as part of a class, group, at the Claygate studio or online - simply email us at yoga@privategp.org and we put you in touch with Nicky directly

Nicky Dye has been practising yoga and mindfulness for 20 years while pursuing a corporate career in the airline industry. Nicky became a Strala Yoga Guide in 2014 and has been teaching yoga full time since then. Strala Yoga combines the movement and healing wisdom of yoga, tai chi and qigong, and is infused with the principles of Chinese and Japanese Medicine. Nicky is passionate about supporting people back to optimal health & wellness. Trained in the Yoga Medicine approach, she uses a Chinese Medicine evaluation to build a big picture of each client, in order to create a highly personalised yoga treatment plan. Modalities include different styles of yoga, breath work, acupuncture, myofascial release, massage, meditation and visualisation. Beginners are welcome, and flexibility is not required! Particular areas of interest include sleep, women's health and fertility, as well as mental health for adults and teens.

Nicky organises the annual conference for the Teen Yoga Foundation, bringing together leading researchers and teachers from all over the world to share their expertise. She is also a positive mental health ambassador and teaches yoga and mindfulness to teens.

Qualifications, Training & Memberships:

- 📌 Women's Health & Fertility, (Chinese Medicine module), Yoga Medicine
- 📌 Shiatsu Level 3 Diploma, BSY (in progress)
- 📌 Mental Health Fundamentals; Essentials for Practice and Teaching Yoga, with leading Yoga Therapist, Lisa Kaley-Isley
- 📌 Chinese Medicine Immersion with Therapeutic Yoga, Yoga Medicine
- 📌 100-hour Advanced Strala Yoga Training / Shiatsu
- 📌 100-hour Advanced Strala Yoga Training / Leadership
- 📌 Teen Yoga and Mindfulness Teacher Training
- 📌 300-hour Vinyasa Flow Teacher Training with appleyoga



CHRISTINE BAILEY

FUNCTIONAL PERFORMANCE NUTRITIONIST
REGISTERED NUTRITIONIST - MSC
PGCE MBANT MIFM

Christine is an award winning degree-qualified Registered Nutritionist (BANT), Chef, and Author with over 20 years of experience in the health, corporate, and food industries. With additional training by the Institute of Functional, Medicine Christine is an experienced Functional Performance Nutritionist working in the public and corporate sector.

Christine has a busy online nutrition clinic and works with a range of leading corporates providing nutritional expertise, webinars, seminars, and one-to-one consultations. She also runs practitioner and public online nutritional programs including her popular gut health, menopause, and brain health programs. She also works in recipe and product development and lectures nationally and internationally.

She is the author of over 14 books including the Brain Boost Diet, Functional Nutrition Cookbook, Go Lean Vegan, My Kids Can't Eat That!, and the Gut Health Diet Book which is endorsed by leading functional US doctor Dr. Mark Hyman.



JOE ASH

PERSONAL TRAINER

More about Joe Ash

Platinum Fitness
Twickenham RFC
South Road Hampton, TW12 3PE

For bookings:

Email: JA.platinumfitness@outlook.com

I have been in the Leisure and fitness industry for 17 years. I started out as a fitness instructor and worked my way through the ranks, becoming an advanced gym instructor and then a personal trainer.

I have also had experience in management and became a Platinum Personal Trainer for David Lloyd back in 2010.

My passion for sport and fitness came from a young age and fond interest in rugby, which I continue to play and coach still. My biggest passion now (apart from training my clients of course) is my family. I have two gorgeous children who keep me on my toes.

From my many years as a trainer, I have had the pleasure of working with people of all ages, levels, and abilities, helping them lose weight, tone up, rehab, training for a specific sport and core strength. So, whatever your gym goals maybe, I would love to help you.

Qualifications, Training & Memberships:

- ↳ REPS Level 3 Personal Trainer
- ↳ Level 1 Nutrition Coach
- ↳ Pad Boxing Level 1 Certificate
- ↳ Stability Ball Certificate
- ↳ I have also completed training in pre and post-natal, kettlebells and Theragun



OUR SERVICES

FUNCTIONAL MEDICINE:

There are so many aspects of Family Health, from vaccinations to simple problems such as an ear infection, where rapid access to a GP is vital. At Shilpa Dave Health we understand that a responsive and caring practice is at the core of keeping you well, but we want to do more than that.

Many of my patients tell me there just isn't enough time when they see their GP. Many of them want to begin a journey to better health and want to have someone to guide them and listen to them. They do not want to be labeled with a disease but want to understand and explore the underlying causes of their symptoms.

WHAT IS FUNCTIONAL MEDICINE?

Functional Medicine looks at optimising, not just maintaining your health so you can live well. Preventing disease by screening and testing, maintaining your health by eating well and exercising and looking after your mental health, and restoring your health by replenishing nutrients, reducing inflammation and stress.

By putting these together into a personalized journey supported by a team of passionate health professionals you will achieve more balance, feel better and reach your health goals, supported by us.





HEALTH SCREENING

Our tailored health screens are designed to identify underlying health conditions but also screen you for future health risks and concerns. We look at all aspects of your health not just physical problems and blood test results.

We are different from many health providers who often only perform a narrow range of basic blood tests (not cancer screening tests like a smear or FIT test) and cover only basic aspects of your lifestyle and also unlike most health screens we include a follow up Consultation to discuss the outcome and create a tailored plan just for you.

The Health Screening questionnaire covers all aspects of your Health and Lifestyle so please allow at least an hour to complete it thoroughly. We offer two types of Health Screen CORE and PLATINUM. The Core Health Screen is ideal for patients who want a full health check, the Platinum Health Screen combines all the benefits of the Core Screen with our in depth Functional DX biomarker blood testing and a detailed Nutritional therapy appointment and report.

	Core £750	Platinum £1495	Aditonal Tests
Life Analysis	X	X	
Body Scan	X	X	
Urinalysis	X	X	
Comprehensive Blood Panel	X		
ECG	X	X	
FIT test of Bowel Cancer	X	X	
Cervical Smear	X	X	
PSA test for Men	X	X	
FDX advanced biomarker blood testing with detailed report		X	
Nutritional therapy 60 mins appointment		X	
OURA Ring 3 Data Analysis**			X
Personal Training 45 mins			X
Yoga 45 mins			X

	Core £750	Platinum £1495	Aditonal Tests
Mindfulness and Breathing session 45 mins			X
Yoga and Mindfulness 6 session bundle			X
Cardio Scan remote cardiac monitoring			X
Echocardiography			X
Cardiac Rehabilitation and polar tracking			X
MRI Scanning			X
Mammogram			X

Detailed Health Questionnaire and Lifestyle Analysis, Blood Pressure, Height, Weight, Body Composition Analysis
 Comprehensive Body composition with Bodyscan™ (Hydration, lean muscle, %body fat, visceral fat, Bone mass), urinalysis, (smear for women). Blood tests HAEMATOLOGY (FBC, differential, ESR, Ferritin) BIOCHEMISTRY (Sodium, potassium, chloride, bicarbonate, urea, creatinine, eGFR) LIVER PROFILE (bilirubin, Alkaline Phosphatase AST,ALT, Albumin, Globulin) CARDIAC PROFILE (LDH, CK, glucose, triglycerides, Cholesterol, HDL Cholesterol, LDL Cholesterol, Non-LDL Cholesterol, iron, iron binding) BONE PROFILE (calcium, phosphate, uric acid) VITAMIN D, THYROID PROFILE (Free T4/TSH) HBA1c + FIT Test (faecal test).

** Requires OURA Ring 3 purchase via**

www.oura.com



MEMBERSHIP

Practice Membership with Shilpa Dave Health allows patients to build a long term relationship with our Doctors who can work with patients to reach their health goals. Our vision and strategy and practice philosophy is based around three founding principles.

Wellness

We look at your overall health from all aspects to help patients stay well and live well.

Positivity

We help patients to develop a positive mindset to optimize their health and engage positivity with patients and their families to treat and manage the disease.

Care

We care about our work, our standards, and our patients. We aim to practice diligent, caring evidence-based medicine supporting with respect and care for each other and our patients, we don't leave aspects of medical care to other people to sort out, we facilitate care and aim to care for our patients throughout the care cycle of any condition

THE CARE CYCLE:

Step: 1 → The Health Screen

Step: 2 → Planning

Step: 3 → Testing and Multidisciplinary team approach

Step: 4 → Support and tracking to reach your Health Goals.

STEP 1: The Health Screen

We bring together all aspects of your lifestyle and physical health starting with a detailed health screening appointment. By completing detailed questionnaires and a comprehensive examination we will understand the timeline of health events, triggers, and contributing factors such as

- Lifestyle
- Work and Environment
- Stress, Mindset, and Psychology
- Nutrition
- Genetic factors

If we discover a medical condition of concern you will be referred at this stage to our Network of hand-picked Hospital Specialists both locally and in Central London.

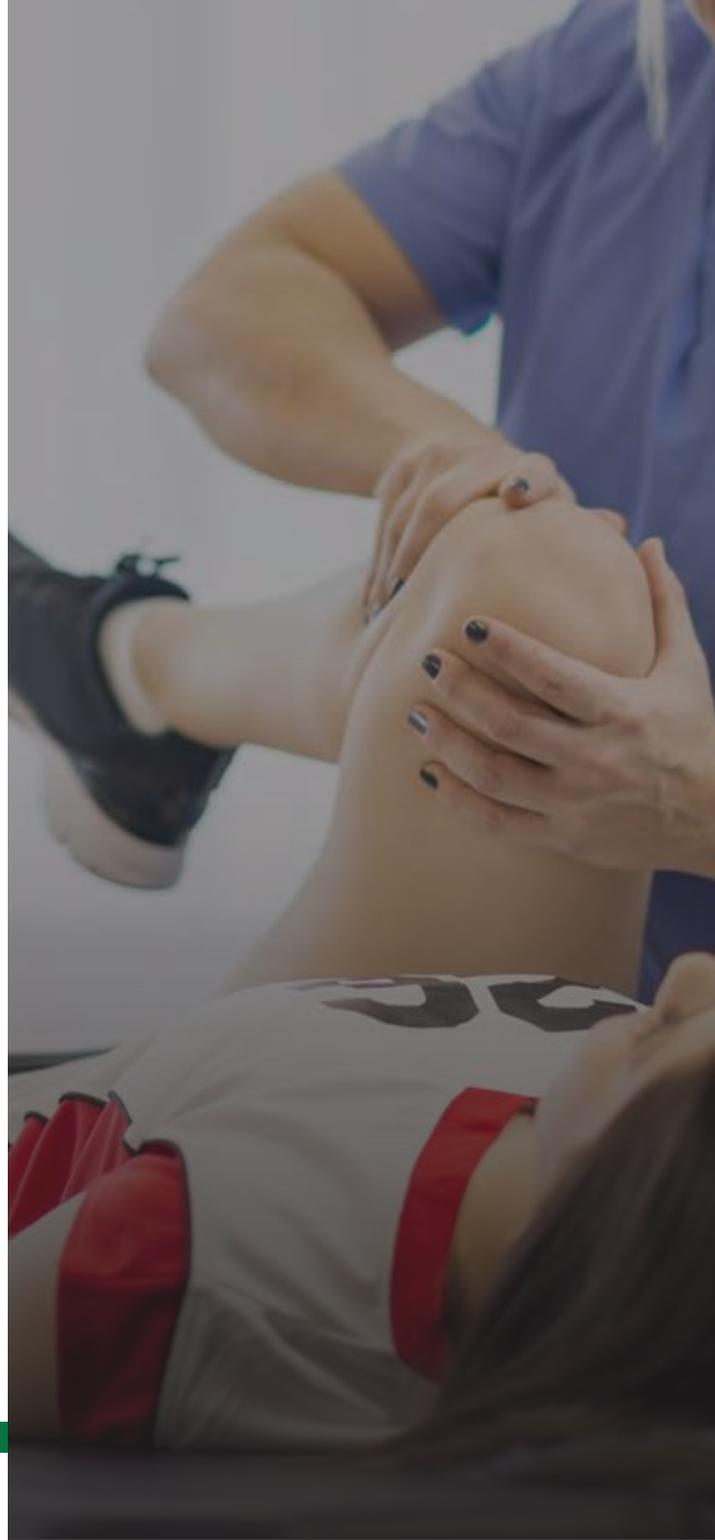
STEP 2: Planning

We then build a timeline of events and start to develop personalized Health Goals. What motivates you to change?



STEP 3: Testing & Multidisciplinary Team Approach

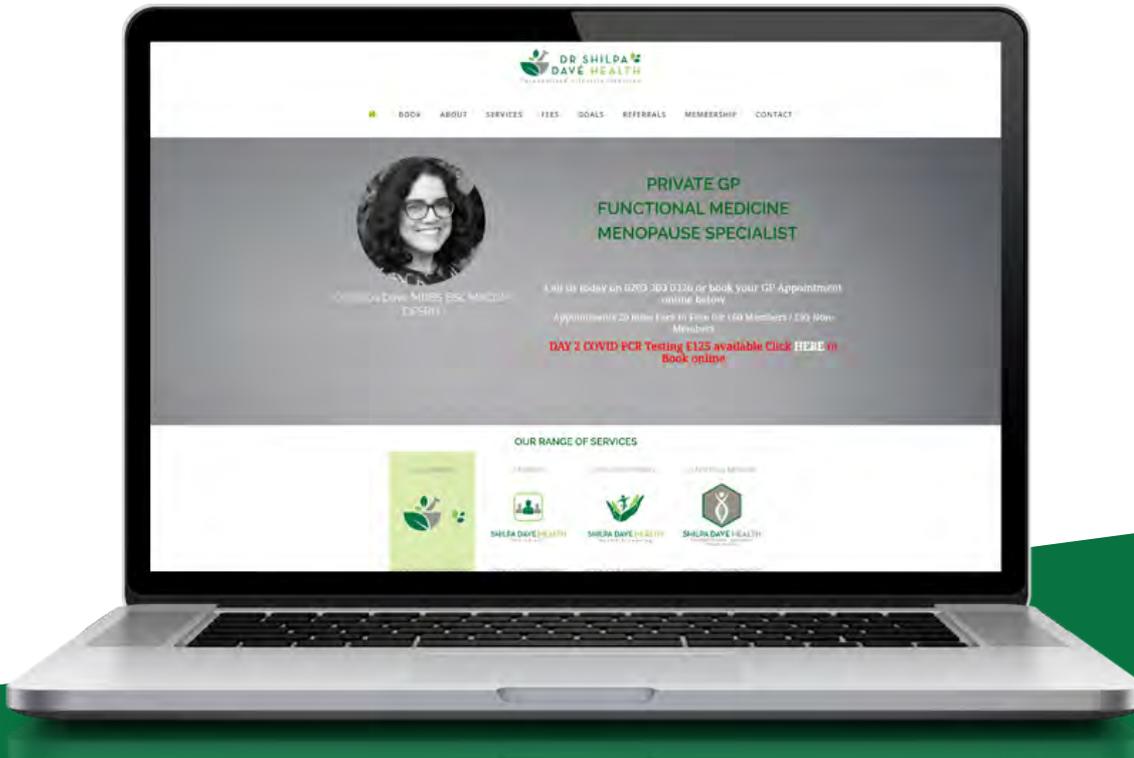
We complete a standard panel of blood and urine tests to ensure that common important medical conditions are not missed. We will as a Team review your Health Screen with your results and discuss if appropriate more detailed testing for example gut health, adrenal and hormonal tests.



STEP 4: Support & Tracking to reach your health goals.

Typically over 3-6 months we will work together and involve key health professionals to track your progress towards your health goals. Examples of the tools and professionals we use regularly include:

- ↳ Nutritionist
- ↳ Physiotherapist
- ↳ Personal Training
- ↳ Counselor and Psychotherapist
- ↳ Wearable Fitness devices such as OURA Ring.



As part of our mission to put wellness first, Membership of Shilpa Dave Health provides patients with a number of benefits for a small monthly cost. Joining the practice membership is simple, simply click on the Membership Tab on the website and enter in your personal details and your payment details.

We serve Richmond-upon-Thames, Teddington, Twickenham and Kingston-upon-Thames with Private GP services and Membership.

Individual Membership costs £30 per month, Couple Membership costs £50 per month and Family Membership (2 adults & up to 3 children) costs £75 per month and there is no minimum term of membership.

We do not offer an out of hours service, terms and conditions and privacy notice with link to bottom of page.
see website for **TERMS AND CONDITIONS** and **OUR PRIVACY NOTICE**

Membership frequently asked questions

Click Here: <https://www.privategp.org/user/276/edit>

BECOME A MEMBER

<https://www.privategp.org/user/276/edit>

The practice is located in Kirby Chemist, Medical and Dental Centre located in Teddington High Street Teddington High Street in south-west London and is convenient if you live in Richmond-upon-Thames, Twickenham, Teddington and Kingston-upon-Thames. Appointments are available six days a week. find out what's best for you. Booking online is the most convenient.

TEDDINGTON CLINIC - HOW TO FIND US

By Train:

Teddington station is a 6 minute walk from the practice.

By Bus:

Teddington High Street is served by the 281, 285 and R68 buses.

Parking:

There is a pay-and-display car park across the road and metered parking is available along Teddington High Street and Marks and Spencer also has ample parking.



53 high st Teddington TW11 8HD