

Dr Amina  
Davison

FUNCTIONAL MEDICINE

# SERVICES GUIDE



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# Dr Amina Davison

FUNCTIONAL MEDICINE

## Compare our plans

	360 Assessment	Pay as you go member	Pay as you go non-member
Personalised health plan	✓	✓	✓
Online booking and appointments	✓	✓	✓
Messaging and support included	✓	✓	✗
Testing and supplement discount	✓	✓	✗
Appointments included	✓	✗	✗
Tests included	✓	✗	✗

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# 360 ASSESSMENT

TRANSFORM YOUR ENERGY AND QUALITY OF LIFE WITH  
PERSONALISED, DOCTOR-LED CARE.

When you have been living with a chronic health condition for a long time, it takes commitment and perseverance to make changes that will ultimately get you living the life you deserve.

You may have already seen numerous doctors, specialists, had tests and still don't have any answers. You may be feeling under pressure to go on long term medication, or feel abandoned or lost because your doctor has run out of options for you. If you're ready to take control of your health once and for all, we're ready to help.

The 360 Assessment is a full medical assessment, including tests. This assessment is designed to delve deep into your health concerns, helping you to kickstart your health.

## INCLUDED

- 2 DOCTOR VISITS.
- 2 NUTRITIONIST VISITS.
- 2 HEALTH COACH VISITS.
- INITIAL TESTS.
- PERSONALISED HEALTH PLAN.
- 3 CATCH-UP CALLS.
- 3 MONTHS MEMBER SUPPORT.

## INVESTMENT

**£2800**

\*See website for full details



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# PAY AS YOU GO +MEMBER SUPPORT

STAY ON TRACK WITH MEMBER PERKS AND SUPPORT WHEN YOU NEED IT

Included as part of the 360 Assessment, or purchase this membership with pay-as-you-go appointments.

Speak directly with your team via online messaging and email. Plus zero additional fees for services such as prescription writing, test interpretation and referral letters.

As a member we offer a generous 25% discount on supplements, and 10% off tests so you can get the quality of treatment that you need

The member support package is cancellable any time by giving one months notice.

## INCLUDED

- **PAY-AS-YOU-GO APPOINTMENTS.**
- **PERSONALISED HEALTH PLAN.**
- **ONLINE MESSAGING AND EMAIL SUPPORT.**
- **TESTING AND SUPPLEMENT DISCOUNT.**
- **ADDITIONAL SERVICES INCLUDED.**

## INVESTMENT

**£49 PER  
MONTH**

\*This price is for membership only.  
Appointments are priced separately. See  
below for individual prices. New patients  
must purchase an initial consultation first.



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# PAY AS YOU GO NON-MEMBER

BOOK EACH SERVICE INDIVIDUALLY

If you prefer to book individual appointments without any additional services then you can! Our non-membership option gives you full control to access only the services you want.

Start with an initial doctor consultation to create your personal health plan, then you can book additional services at your own pace.

## INCLUDED

- PAY-AS-YOU-GO APPOINTMENTS
- PERSONALISED HEALTH PLAN
- PAY FOR ADDITIONAL SERVICES AS YOU NEED THEM.

## INVESTMENT

£ PER  
APPOINTMENT

\*See below for individual prices. New patients must purchase an initial consultation first.



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# OUR SERVICES

## MEDICAL

### INITIAL CONSULTATION

Your first visit with your practitioner. This 75 minute session is a great opportunity to help them understand your health objectives, your medical history to date, the health concerns and your priorities. Initial health plan and testing recommendations are included.

£550

### RESULTS CONSULTATION

Your practitioner will spend time analysing and interpreting your test results before your appointment. During this 60 minute session, your doctor will take you through the results in detail and you will have the chance to ask any questions. Your personalised health plan will be updated to reflect any new changes based on your results.

£440

### FOLLOW UP IHR

Follow up consultations are designed to give you and your practitioner time together to review your progress since your last visit and for you to work together with your health practitioner to empower you to take the next step on your health journey. It's a great opportunity for you to ask any questions, concerns or ask for clarification on anything since your last visit. This longer session is suitable if it has been a while since you have seen your practitioner or if you have several points to discuss.

£355

### FOLLOW UP 30M

Our 30 minute follow up appointment is suitable if you are having regular sessions with your doctor and you want to catch up on your progress, ask questions and update your personalised health plan.

£210

### PHONE CALL 15 MIN

Existing patients with brief queries which cannot be answered in an online message (members only), or who are in need of a brief discussion. This is not suitable for amending or creating new treatment plans.

£85

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AVAILABLE TO BOOK ONLINE VIA THE PORTAL

# OUR SERVICES

## MEDICAL

### CLINICAL EMAIL CORRESPONDENCE WITH GP\*

Depending on length of email. Priced per 15 minutes of GPs time.

£25+

### PRIVATE PRESCRIPTION\*

Priced per page of prescription. Additional costs may include telephone call to patient if not part of a consultation..

£35

### OFF LICENSE PRESCRIPTION\*

eg HRT. Priced per page of prescription. Additional costs may include telephone call to patient if not part of a consultation.

£45

### GP OR REFERRAL LETTER\*

Price depends on length of letter. Additional charges may apply if letter is longer than 2 pages.

£50-£100

### INTERPRETATION OF TEST RESULTS FROM OTHER SOURCES\*

eg. NHS results, other private tests ordered privately or from other practitioners.

£10+ PER TEST

# OUR SERVICES

## HEALTH COACHING AND NUTRITION

### INITIAL CONSULTATION- NUTRITIONIST

Your first visit with your nutritionist. During this 60 minute session you will review your 7-day food diary, and discuss your diet and personalised diet plan.

£230

### FOLLOW UP CONSULTATION- NUTRITIONIST

This 45 minute session allows you time to review your progress with your personalised diet plan, and the opportunity to ask questions from your practitioner. You will also need to complete a 7 day food diary before this appointment.

£155

### INITIAL CONSULTATION- HEALTH COACH

Your first session with your health coach, This 60 minute session will review your health and life history, including delving into previous events in your life, how you handle stress, traumatic events and general self care. You will be asked to complete a self care questionnaire prior to this session.

£230

### FOLLOW UP CONSULTATION- HEALTH COACH

30 minute sessions to keep on track and stay on top of your new changes. Health coach sessions are useful for regular support and guidance in implementing your personalised health plan.

£115

### PHONE CALL NUTRITIONIST / COACH

For brief queries or a brief discussion with your nutritionist or health coach.

£55

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CONTACT PRACTITIONER TO BOOK



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# TESTING GUIDE



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# TEST MENU

## BLOOD

### ULTIMATE PERFORMANCE

The ultimate blood test for men and women who are transforming their bodies through diet and exercise and want to track their progress. Includes markers for hormones, proteins, autoimmunity, liver health, cholesterol status, kidney health, diabetes, iron status, thyroid, clotting, red and white blood cells, adrenal hormones, vitamins, muscle health, inflammation, gout risk and more.

£199

### THYROID WITH ANTIBODIES

Includes TSH, FT4, FT3, and thyroid antibodies for an in-depth picture of your thyroid health.

£65

### ADVANCED DIABETES

A blood test which measures your glucose levels as well as HbA1c to look at your blood sugar levels over the previous 10 - 12 weeks prior to assess your sugar control.

£67

### FOOD INTOLERANCE

The test measures 132 foods including dairy, grains, fruits, additives, vegetables, beans, spices, fish, meat, nuts, extracts, poultry, seeds, shellfish and microbes for candida and yeast (bakery and brewery).

£316

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OTHER TESTS ARE AVAILABLE. MEMBERS SAVE 10%.

# TEST MENU

## SPECIALIST TESTS

### GI EFFECTS

The GI Effects® Comprehensive Stool Profile is a group of advanced stool tests that provide immediate, actionable clinical information for the management of gastrointestinal health. Utilizing cutting-edge technologies and biomarkers, this profile offers valuable insight into digestive function, intestinal inflammation, and the intestinal microbiome.

£355

### SIBO

A non-invasive breath test to measure levels of gases produced by bacterial overgrowth in the small intestine.

£150

### ADRENAL STRESS PROFILE

Assessment of the Hypothalamic-Pituitary-Adrenal (HPA) axis using carefully timed salivary samples of the hormones cortisol and DHEA

£85

### METABOLOMIX

A non-invasive, patient-friendly way to assess the functional need for antioxidants, B-vitamins, minerals, digestive support, fatty acids, and amino acids.

£335+

### ORGANIC ACIDS

A non-invasive functional and nutritional evaluation that assesses important metabolic pathways. Provides nutrient recommendations for key vitamins, minerals, and digestive support

£225

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