

Information on Doctors Sessions



The aim of an Integrative Medicine doctor session is to support the person physically, mentally and emotionally to help them manage the strain of diagnosis and treatment, maximise their general health, energy and wellbeing, and maintain an attitude that is at once realistic and positive.

Scope of the Doctors Sessions

1. To answer queries regarding:

- Aspects of disease process.
- Aspects of medical procedures.
- Health promotion.
- Psycho-neuro-immunology and the science behind the Bristol Approach.
- Complementary therapies and self help techniques.
- Unconventional cancer therapies.
- Unconventional methods of monitoring disease.

2. To inform the person about:

- Health promotion.
- Maximising benefits of medical care.
- Complementary treatments for symptoms.
- Principals of the science underpinning the Bristol Approach.
- Complementary therapies and self help techniques.
- Unconventional cancer therapies, where appropriate.
- Preparing for surgery, chemotherapy, radiotherapy and end of life care.

3. To inspire:

- A healthy lifestyle, appropriate to the individual, to maximise health and wellbeing.
- An approach of looking at the glass half full rather than half empty.
- Being an active participant in decision making and treatments.
- Embracing an integrative approach involving all aspects of the self, body, mind, emotions and spirit.
- Forming a balanced life plan, with achievable long and short term goals.

4. To support:

- In taking the first or next steps in enhancing health.
- In dealing with difficult treatment decisions.
- The making of important decisions involving lifestyle.
- In telling important others difficult news.
- In finding appropriate support systems.

5. We do **not**:

- Give a second opinion with regards to chemotherapy or other forms of medical treatment, diagnosis or disease outcome.
- Give in-depth information on different forms of cancer.
- Undermine in any way the person's medical care.