



Dr Shamim Daya BM DRCOG

Dr Daya completed medical training at Southampton University in 1985, followed by a further 6 years of postgraduate training in General Practice.

With her Diploma in Obstetrics & Gynaecology, she has a special interest in Women's health issues.

Whilst working as an NHS GP principal in a group practice between 1991–1994, she felt a distinct need to include the field of holistic medicine to provide patients with greater choices in their health care.

Her exploration of this new & exciting aspect of nutritional & energetic medicine took her on the following journey:

- Medical doctor at BioLab Medical Unit between 1994 – 1997.
- Training in general nutrition and holistic medicine with Dr Jonathan Wright (USA)
- Specialised training with Dr Wright in the use of Bio-Identical natural hormones.
- Exploration of food as a medicine, and production of her "Food Therapy" video

Other courses & training undertaken by Dr Daya include :

- Homeopathy
- Herbal Medicine including, Western, Ayurvedic & Traditional Chinese Medicine
- Energetic Medicine
- Functional Biochemistry & Applied Kinesiology
- Dark Field Microscopy
- Time Therapy with Manuel Schoch
- Psych – K
- Thermal Imaging
- Electro- Lymphatic Therapy

This wealth of knowledge & experience served to broaden her skills & ability to assess patients' problems holistically, from a much broader perspective, enabling Dr Daya to supervise & guide her patients through a variety of integrative treatment options.

The Wholistic Medical Centre, directed by Dr Shamim Daya, is Care Quality Commission registered.

Dr Daya works with a team of highly skilled practitioners to integrate different holistic perspectives with the conventional medical perspective.

The Wholistic Medical Centre offers a variety of different tests & treatments under one roof, including Thermal Imaging and Electro Lymphatic Treatments.

"I see a patient as a whole being and like a detective; I explore all possible explanations for a patient's symptoms, especially when conventional medical tests come back as normal." - Dr. Shamim Daya

Dr Daya welcomes visits to the Wholistic Medical Centre from doctors who would like to come and to sit in on some of her sessions.

You may email her on drdaya@wholisticmedical.co.uk or visit her website on www.wholisticmedical.co.uk