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Breast Clinic

**Supporting Information, Services
and Practitioner Information**

The Breast Clinic – Supporting Information / Services & Practitioners

Our Range of Services

For patients who are receiving treatment for Cancer, the role of breathing, mindfulness, yoga, nutrition and exercise, are increasingly being recognised as important.

For non cancer patients with breast symptoms aged between 35-50 the pre and peri-menopause can be a time of great challenge physically, emotionally and on a practical level in everyday life. At the Breast Clinic we feel there is a key role in promoting wellness with yoga and mindfulness, breathing and meditation, nutritional advice and focused exercise, tailored to your individual needs.

All of our practitioners work alongside Mr Davies and his team, working as a group, and delivering a coordinated approach to your own personal health concerns and goals. This is integrated women's health - tailored to you.

At the Breast Clinic we offer a range of services to support, repair and heal you before, during and after treatments or support you achieve your health goals in everyday life.



OUR SERVICES INCLUDE



Yoga / Mindfulness and Breathing

Email: yoga@thebreastclinic.co.uk



Repair and Heal packages – in association with Ten Clinic

Email: heal@thebreastclinic.co.uk



Private General Practice and Lifestyle/Functional Medicine/Acupuncture (Teddington/Richmond/Kingston area)

Email: pa@privategp.org



Functional Nutritional Therapy with Christine Bailey

Email: nutrition@thebreastclinic.co.uk



Pilates Personal training – Ten Health and Fitness

Email: PT@thebreastclinic.co.uk

Visit our Website: www.ten.co.uk

Our Multidisciplinary Team



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 industry. 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 programmes including her popular gut health, menopause and brain health programmes. She also works in recipe and product development and lectures nationally and internationally.

She is 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.

More about [Christine Bailey](#)

[@AdvNut](#)

[christinembailey](#)

[christinebaileykitchen](#)

Our Multidisciplinary Team



Nicky Dye

*Strala Yoga Guide. Teen Yoga & Mindfulness Teacher.
Yoga Medicine Therapeutic Yoga Teacher.*

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, acupressure, 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:

- 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
- Sleep Recovery™ Teacher Training
Mental Health & Wellness, (Chinese Medicine module), Yoga Medicine

Yoga/Mindfulness/Sleep Sessions with Nicky Dye

- These can take a variety of forms, group/individual/private at home/online. Typically patients take 3-6 sessions of therapeutic Yoga to gain the most benefit
- Private sessions are available in the studio on Waldegrave Road or in Claygate. Individual sessions are £70 for 45 minutes, and involves a detailed review by Nicky of your medical records and needs (which is why it is a higher cost than her standard classes) in order to give you a completely personal programme for your wellness journey. Sometimes Nicky will suggest a series of sessions for example to improve your sleep
- You are under no obligation to take up classes suggested but we will only recommend sessions that are suitable for your health needs and fit in with your health goals and wishes. All patients have a choice around their care and treatment options and we are here to help and guide you, with you being free to decide the care we provide





T E N H E A L T H & F I T N E S S

TEN CLINICAL – SPECIALIST CLINICAL EXERCISE PRESCRIPTION FOR PATIENTS FOLLOWING A BREAST CANCER DIAGNOSIS

For anyone today living with one of many chronic life-changing clinical conditions – cancer, heart disease, diabetes, and menopause amongst them – recent advances in medicine mean that the focus today is as much on life after diagnosis as it is on treatment.

TenClinical exists to help maximise quality of life for clients living with these conditions, or their aftermath. We do this by providing bespoke, specialist, clinically proven and highly effective physical exercise sessions within a welcoming, inclusive and empowering boutique environment. The evidence in support of this kind of exercise during and after treatment is overwhelming. And the benefits, both physical and mental, are huge.

HOW DOES IT WORK?

The Ten Clinical Team is led by Adam Hewitt. Adam comes Ten Clinical with over 10 years experience in rehabilitation. All of the Ten Clinical Team hold masters levels qualifications in strength and conditioning and degrees in Sports and Exercise Medicine as well as specific level 4 cancer rehabilitation qualifications.

Every patient has a full clinical, functional and musculoskeletal assessment, which underpins the development of his or her programme. All sessions are closely monitored with regular assessments to evaluate performance and measure improvement. Outside of the 1-1 sessions, our patients have access to Ten's in house massage and physical therapy teams, along with Nutritional guidance and mindfulness coaching to support them on their journey.



You can book your discovery call directly through the website

www.thebreastclinic.co.uk/repair-and-heal

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Patients can just take the repair and heal package with Ten Clinic, or couple it with more focused specific Nutritional planning from Christine Bailey or Yoga and Mindfulness and Breathing with Nicky Dye. This is tailored – just to your specific needs and requirements



For patients between 35-50 the pre and peri-menopause can be a time of great challenge physically, emotionally and on a practical level in everyday life

Non Cancer Patients – Ten Health Fitness Programmes

At the Breast Clinic we feel there is a key role in promoting wellness with yoga and mindfulness, breathing and meditation, nutritional advice and focused exercise, tailored to your individual needs. Ten Health and Fitness are one of London's leading Boutique Fitness Providers, providing expertly taught small group classes in a friendly, welcoming environment. With studios in Fitzrovia, Mayfair, St James', Notting Hill, Little Venice, Hatton Garden, Chiswick, Tottenham Court Road and the City, their focus on posture, form and movement makes their workouts as safe and sustainable as they are time effective and efficient.

Mr Giles L.S.Davies MB BS BSc. MD FRCS
Consultant Oncoplastic Breast Surgeon
The Breast Clinic Ltd.

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