



Synthesis Clinic

: INTEGRATIVE CANCER CARE

Welcome to our group programmes

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# Welcome to Synthesis Clinic

A SYNTHESIS IS A COMBINATION WHERE SEPARATE IDEAS COME TOGETHER AS ONE CONNECTED AND COMPLETE WHOLE.

Synthesis Clinic is a **specialist-led practice** where the very best of contemporary, cutting-edge precision medicine and precision health is interwoven with evidence-based nutrition, lifestyle, psycho-emotional wellbeing, and complementary therapies.

Founded by Dr Nina Fuller-Shavel, our clinic offers an award-winning personalised approach to **women's health** and **integrative cancer care**, which champions empowerment with expertise and empathy at its core.





*Our  
director*

## Dr Nina Fuller-Shavel

PRECISION HEALTH & INTEGRATIVE MEDICINE DOCTOR

DIRECTOR OF SYNTHESIS CLINIC, HEAD OF INTEGRATIVE CANCER CARE

MB BChir (Medicine) and MA Hons Natural Sciences (Cantab)

MSc Precision Cancer Medicine (Oxon)

FBANT FRSA IFMCP DipIM DipAc DipCHM PGCert DipION RYT200

Dr Nina Fuller-Shavel is an award-winning Oxbridge-trained integrative medicine doctor, scientist and educator with over a decade's experience in integrative healthcare. Dr Fuller-Shavel is a Fellow of the College of Medicine, the British Association for Nutrition and Lifestyle Medicine (BANT) and the Royal Society of Arts (RSA). Alongside her scientific and medical training, Dr Nina Fuller-Shavel holds multiple qualifications in nutrition, integrative medicine, functional medicine (IFMCP), health coaching (FMCA), herbal medicine, Traditional Chinese Medicine, yoga, mindfulness and other therapeutic approaches. Dr Fuller-Shavel regularly presents at conferences and educates medical and nutrition professionals, as well as participating in research and contributing to journal editorial boards and guideline development panels nationally and internationally.



# Our approach

## ► INTEGRATIVE ONCOLOGY

Integrative oncology (IO) is a patient-centred, evidence-informed field of cancer care that utilises psychological, nutritional, lifestyle and complementary interventions alongside conventional cancer treatments to support better quality of life, improve resilience, minimise the side effects of treatment and improve outcomes.

Integrative oncology uses a broad range of modalities alongside conventional cancer treatment. **At Synthesis Clinic for 1:1 care this includes:**

- Personalised nutrition guidance with supplementation as appropriate - this is guided by clinical assessment and laboratory testing
  - All supplements are thoroughly checked for supplement-drug interactions.
- Sleep and stress management advice, including health and emotional wellbeing coaching or other support as needed
- Physical activity suggestions, e.g. general guidance or specific rehabilitation, physiotherapy or cancer exercise specialist support
- Medical input as needed if you are seeing one of our doctors, including in-depth testing, e.g. pharmacogenetics, functional testing and liquid biopsies, and medication review
- Additional modalities, e.g. scar therapy delivered by our physiotherapist, herbal medicine, acupuncture, mistletoe, oncothermia and nutrient infusions
  - Please note that these are for supportive whole person care alongside conventional oncology treatment, and we do not make any claims for any of these modalities as cancer treatments.
- Referrals to other professionals both within and outside the clinic, e.g. [yoga for cancer](#) or [yoga therapy](#), [breathwork](#), [cancer exercise specialist support](#), [clinical hypnotherapy](#) and more

Please read Dr Nina's blog on integrative oncology for the Oncio website [here](#).

# Our approach

## ► SYSTEMS APPROACH TO CANCER

Through her extensive study and clinical experience in integrative and functional medicine, nutrition and other therapeutic modalities, Dr Nina Fuller-Shavel has created the Systems Approach to Cancer Programme, which is applied in clinic and used in training programmes for nutrition and medical professionals.

This is an approach that takes the systems biology view of cancer and cancer hallmarks, while applying the whole person perspective and treating the ecosystem as a whole. For every person who comes to the clinic, Dr Nina and her team will assess the different aspects below in detail from the clinical history and targeted testing as appropriate, providing a detailed and personalised plan to address the aspects that come to the fore. This not only helps us dynamically manage symptoms but more importantly, supports whole person resilience to deliver better quality of life and clinical outcomes.



# Systems Approach to Cancer® group programme

## ▶ WHO IS THE PROGRAMME SUITABLE FOR?

We offer separate programmes for people going through primary cancer treatment, those living with cancer and people in early survivorship (within the first 3 years post-treatment). If you are interested in how integrative oncology and the Systems Approach to Cancer can support you, this is a great opportunity to learn more within a group setting.

## ▶ HOW WILL THE PROGRAMME BE DELIVERED?

The programme is delivered by our multidisciplinary team of healthcare professionals, including doctors and nutrition, exercise, yoga, health coaching, and mental wellbeing professionals, as well as expert patients. It is a mix of live 60 min sessions (usually once every 1-2 weeks) and pre-recorded content and resources related to that month's theme. In our live sessions, we aim to provide information for 30-45 minutes with 15-30 min for Q&A to keep them interactive.

The programme is delivered through our clinical portal, Function365, where you will find two important sections - Summary Notes and Action Plan. The Action Plan will contain all the handouts and links to session recordings. Please do not share any links or proprietary Systems Approach to Cancer information with anyone who is not on the programme. All recordings are confidential, and all Systems Approach to Cancer resources are copyrighted and should not be reproduced without prior written permission. Recordings are available to you as long as you are continuing with the membership programme.

You will also be asked to complete some baseline intake questionnaires and scores. This is to help us see where you are at and to help us evaluate the programme as we go on.

## ▶ HOW DO I SIGN UP AND GET STARTED?

Please contact Jody, our Integrative Cancer Care clinic coordinator ([jody@synthesisclinic.co.uk](mailto:jody@synthesisclinic.co.uk)), for the sign-up link to your specific group programme. Please complete your questionnaires before our initial session.



# Group consultation programme outline

## ► MONTH 1 (WEEKS 1-4)

We will start with an introduction to integrative oncology and how it intelligently synthesises the best of conventional, nutrition, lifestyle, psycho-emotional wellbeing and complementary medicine in week 1. This session is usually covered by one of our doctors, including Dr Nina Fuller-Shavel and Dr Emma Davies. We will then go over the foundations of nutrition in week 2, movement in week 3, and stress management and sleep support in week 4. The exact schedule is subject to change but by the end of month 1 you will have build solid foundational knowledge in nutrition and lifestyle support.

## ► MONTH 2 (WEEKS 5-8)

In month 2 we start delving into the Systems Approach to Cancer. Our sessions delivered by different members of our cancer care team will cover the following aspects:

- Mental/emotional/spiritual health and the importance of circadian rhythms for our health and wellbeing
- The role of the gut microbiome in cancer and treatment support
- The role of the immune system and inflammation in cancer development and treatment and how we can support a healthy immune balance
- Factors that affect our environmental exposures and toxic load and how we can support healthy detoxification without affecting medications







# Group consultation programme outline

## ► MONTH 3 (WEEKS 9-12)


In month 3 we continue exploring the Systems Approach to Cancer with our multidisciplinary team, covering the following topics:

- Supporting healthy circulation and the structure of our body, including bone and muscle health, the role of fascia and how scar therapy can help
- Mitochondrial and metabolic health, including the importance of blood sugar regulation, fat metabolism (incl. cholesterol) and supporting energy
- Hormone balance, including sex hormones, thyroid hormones and other influencers of our hormone environment, as well as medications that can impact hormones and managing related symptoms
- The role of methylation in the body and how epigenetics is important in cancer development and progression, as well as exploring impact of genes that can affect genomic stability, e.g. BRCA1/2, PALB2, TP53 etc

## ► ONGOING GROUP ENGAGEMENT - MONTH 4+

After the foundational 3 months, we will co-design the programme with you as a group. We will ask you about regular sessions, e.g. yoga, breathwork, EFT, exercise, and any additional topics you would like to cover, from herbal medicine, acupuncture or mistletoe therapy to fasting, hyperthermia etc. We can arrange sessions with the team or guest speakers on the subjects you would like to learn most about.





## Important reminder about group consultations

Group consultations are not the same as 1:1 personalised care but they do provide us with a great opportunity to learn much useful information together at a lower cost and to create a supportive community. Please note that participating in group consultations does not create a medical duty of care with the doctors who support the programme. It is not possible to deliver medical care or advise on prescriptions in details in a group setting online without a private and confidential 1:1 consultation with your full medical history and clinical assessment. While we might talk about supplements in general, personalised supplementation advice is also not possible, as this needs an interaction and suitability check with your medical history to hand. This can be provided within a separate 1:1 consultation as needed (outside of group consultation costs).

### *Ground rules*

We actively foster psychological safety, and please note that **anything shared within the group is considered confidential** and should not be discussed with anyone not present in the session. It is also important to remember that everyone's journey is different, and what works for you may not work for everyone. Our individuality should be respected while giving everyone space for expressing their perspective and reflecting on how the information applies to them. Our goal is to treat everyone with kindness, compassion, courtesy and respect.

If you have questions regarding the material covered in the group consultation, please bring it to the next session. We are unfortunately not able to answer questions for groups between sessions, and it makes for a richer discussion when we are all together.

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## Important notice

PLEASE NOTE THAT OUR SERVICES ARE NOT A SUBSTITUTE FOR EMERGENCY NHS SERVICES OR YOUR ROUTINE GP AND NHS CARE, INCLUDING ONCOLOGY CARE, IMAGING OR SCREENING PROGRAMMES.

**We are not able to provide urgent or out of hours advice.**  
You are advised to contact your oncology team, GP, 111 or 999 as appropriate to your situation.

# Contacts and questions

## ► QUERIES REGARDING GROUP ADMIN AND MAKING 1:1 APPOINTMENTS WITH SYNTHESIS CLINIC TEAM MEMBERS

Please check your Synthesis Clinic portal first for your group schedule and head to the Action Plan to check resources. If you do not find the information you need there first, then please contact the Integrative Cancer Care clinic coordinator regarding group timings and making 1:1 appointments - Jody Middleton, [jody@synthesisclinic.co.uk](mailto:jody@synthesisclinic.co.uk). Please note that our administrative staff may not work full time or may be busy helping other patients and clients, so please allow at least 1 working day before chasing a reply.

### *Cancellations*

Please see the terms and conditions for our full policy. You can cancel your participation in the programme at any point after 3 months by contacting the clinic coordinator.

## ► WHY DO I NEED TO COMPLETE QUESTIONNAIRES ON THE PORTAL?

This is really important for us to be able to evaluate the group programme. We are auditing the programme as we deliver it, so that we can gather information to show impact for the medical and scientific community, as well as refining and improving it for you. By participating in the programme, you agree that we can use anonymised score data and background data for clinical audit and programme analysis. Apart from quality of life and symptom questionnaires, you will be asked to complete a survey to give us your feedback. We really appreciate your time in helping us tailor the programme to your needs. We hope this can pave the way to adopting programmes like this more widely within healthcare, including the NHS to support more people.

## ► COMPLIMENTS, FEEDBACK AND COMPLAINTS

If you have positive feedback for our staff, want to change something about the group programmes or have suggestions on how we can improve on our services, please contact the clinic coordinator or the Practice Management team ([jody@synthesisclinic.co.uk](mailto:jody@synthesisclinic.co.uk) and [emmaeastman@synthesisclinic.co.uk](mailto:emmaeastman@synthesisclinic.co.uk))



We look forward  
to supporting you.



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: INTEGRATIVE CANCER CARE

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