September Newsletter 2025

We seem to be steaming into autumn, full speed ahead, and moving towards the upcoming cold and flu season. Already, there is a virulent (but not dangerous) 'bug' going around.

I felt a timely reminder of remedies and supplements to keep in your cupboard would be useful. A lot of these bugs are better stopped in their tracks, and keeping ourselves as healthy as possible can keep things at bay.

For general immunity through the next 6 months:

- A Multivitamin
- A Probiotic
- Vitamin D with Vitamin K

At the first sign of a sore throat/cough/cold:

- Echinacea
- Olive leaf extract
- Vitamin C (up to bowel tolerance level)
- Lobelia fluid extract for inhalation (an infusion to drink)

In other news…

I was delighted to be in attendance at 'An Evening of Innovation in Health and Wellness' in London last week. The two speakers were Dr Isaac Mathai, Founder, Soukya, Integrative Health Destination, (with whom I worked under my father's tuition, 40 years ago) and the CEO, Medical Director and Head Scientist of Founders Health. They describe themselves as offering 'AI-driven analysis, advanced diagnostics, and immersive insights for unparalleled personalization'.

This provided a fascinating 'contra-point of view'. One of healing through Eastern Philosophies, Ayurvedic and Homeopathic treatments - within a physical infrastructure including an organic farm, medicinal gardens (at Soukya they grow many of the herbs), accommodations with gardens, walking tracks, yoga halls, etc. visited by our Royalty, dignitaries and those from all walks of life.

The other is utilising advanced lab testing, imaging and remote / home monitoring, but fewer natural components in its programme.

The two are seemingly in opposition yet reflect pinnacles of integrated health – something I hope is seen within my practice.

I am also honoured to be a speaker at the annual Yes to Life Conference *'What's Really Working'* in London on September 27th. The Conference organisers are humble enough to state that '*the UK is not a top destination for Integrative*

Oncology', but this conference provides international data for successful strategies and will clarify what is available. Do please come along.