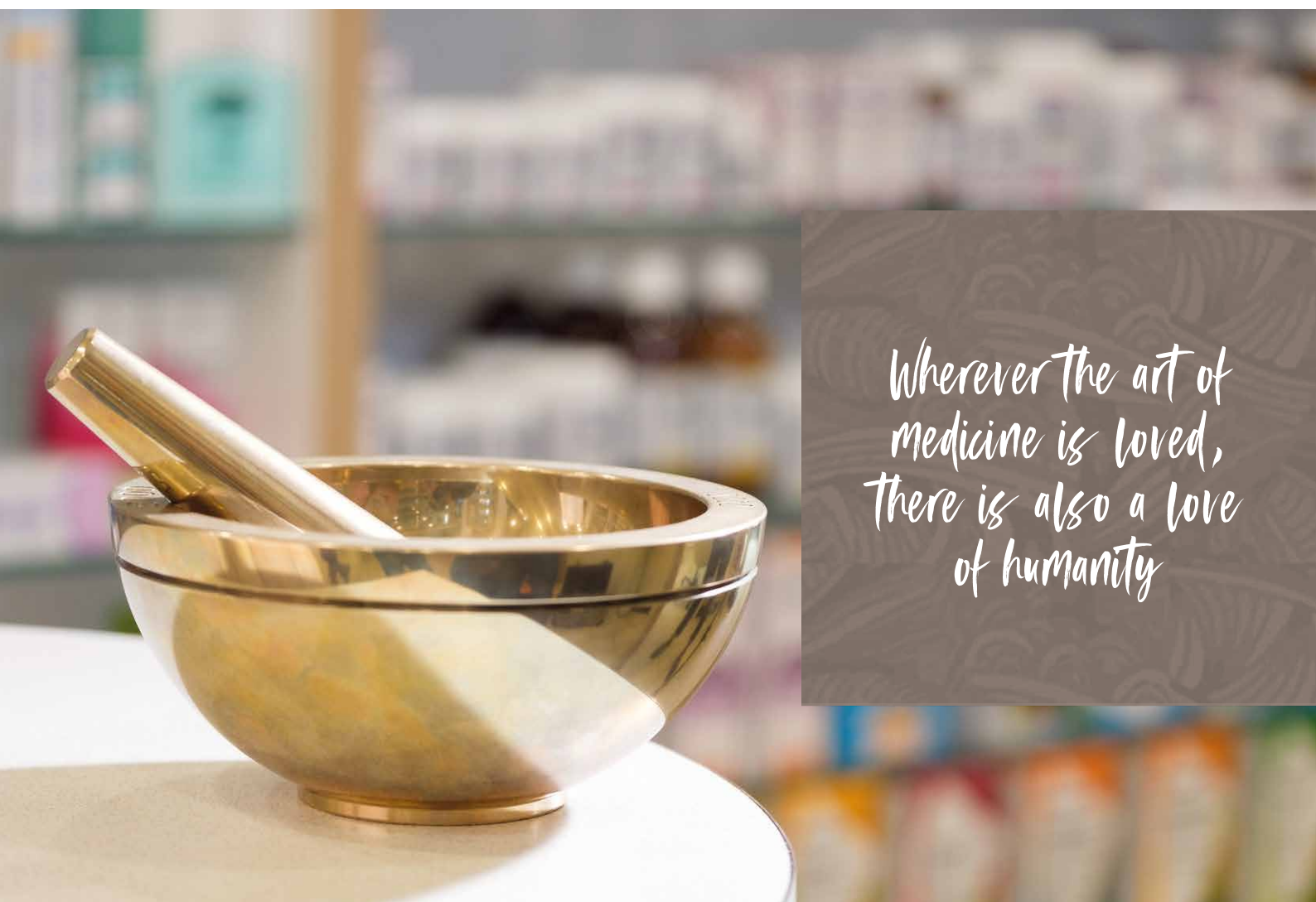


Your local
Pharmacy



*Wherever the art of
medicine is loved,
there is also a love
of humanity*



**TOWER BRIDGE
WELLNESS PHARMACY**

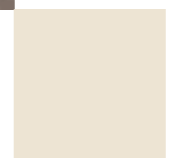
43 Shad Thames, London SE1 2NJ



Contents

Welcome	05
Pharmacy Services	07
Functional Medicine	13
Wellness Screening	19
DNA Wellness Checks	29
Specialised Tests	35
Homoeopathy	43
Body & Soul	44

*Walking is Man's
best medicine*





Welcome to the Tower Bridge Wellness Pharmacy

The Wellness Pharmacy at Tower Bridge Piazza is a new state-of-the-art pharmacy specialising in advanced diagnostic tools and excellent quality nutraceuticals to help you achieve exceptional above average health. In healthy individuals a strong immune system not only heals but prevents and reverses chronic diseases. Through strong defences and repair mechanisms we can adapt to our changes in the environment without harm.

At the Wellness Pharmacy we are all about helping you achieve your best potential in wellness and to stay that way. After all 'health is the new wealth.' Being well, fit and properly nourished allows us to think better and achieve our maximum potential in life, whether it's career, travel, relationships, reaching your goals, or serving those less fortunate than us. We can do this if we have a clear mind and body – free from toxicity.

We sell over the counter medicines and dispense prescription medicines with advice on their safe usage.

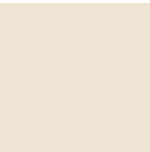
We also give you an opportunity to engage with us in Personalised Lifestyle Medicine. Personalised medicine is a move away from the 'one size fits all' approach to the treatment and care of patients with a particular condition.

We are all unique. Our health is determined by our inherent differences combined with our lifestyle and environment. By combining and analysing information about our genome with our clinical and diagnostic information, patterns can be identified that can help to determine our individual risk of developing diseases; detect illness earlier and determine the most effective interventions to help improve our health. Be they medicines, lifestyle choices, or even simple changes in diet. Our aim is to look after you and your loved ones as we would our own families.

*Strong fences make
strong defences*



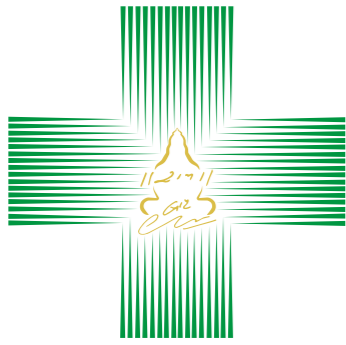
*Medicine is a science
of uncertainty and an
art of probability*



At the Wellness Pharmacy we offer far more than the normal perscription services.

Pharmacy Services





We are here to help and can offer you a wide range of services and advice for you and your family.

Dispensing

At the Wellness Pharmacy we dispense prescriptions and our Pharmacist reviews your medication with you to make sure you're taking your medicines the most effective way. We also check if you are taking any over the counter medicines, herbal medicines or supplements to make sure this does not interact in any way with your medicines.

We also offer a texting service when your medicines are ready for collection. We keep a comprehensive stock of medicines and use fast and efficient wholesaler service to enable us to fulfil all prescriptions promptly. All medicines, where appropriate are dispensed in child resistant containers.

Emergency Supplies

If you need one of your regular medicines in an emergency when you are unable to contact your doctor, we may be able to help. We must stress that this can only be done in genuine cases of emergency and it may incur a charge.

Repeat Dispensing

If you're taking regular medication prescribed by your GP our free Repeat Prescription Service could make your life a lot easier. Once you authorise us, we'll be able to order and collect your repeat prescription, so there's no more running back and forth to your doctor's surgery each time a prescription is due. All you have to do is to tell us when's most convenient for you and we'll have your prescription made up and ready for you to collect. We will even text you when it's ready. Ask us for more information about this service.

Electronic Prescription Service

The Electronic Prescription Service (EPS) is a new NHS service that allows your GP to send your prescription directly to your chosen pharmacy. This means that you can choose to have a paper-free prescription and you'll no longer need to make all those trips to collect your new or repeat prescriptions. Once you nominate our pharmacy to receive your prescriptions we'll do the rest for you.

Patient Medication Records

Our computer allows us to keep records of all your prescriptions dispensed by us. This helps us check for possible problems such as reactions between medicines and will help us deal with any queries you may have. We have to keep these records as our professional obligation to the General Pharmaceutical Council, however we do comply with GDPR regulations and your data is not given to third parties nor do we use it for marketing purposes. Your records are kept entirely for your safety. We will not use your sensitive personal information in any other way except where we have your consent.

Health Advice and Self-care

The Pharmacist and our trained assistants are available for advice on all medicines and minor ailments, in private if required. We can give you advice on a healthy lifestyle, for example, advice on how to stop smoking or healthy diets. We can direct you to other sources of advice and assistance to complement your current treatment.

Consultation Rooms

We have a private area where you can discuss your medicines or general healthcare with the Pharmacist. We can offer you a private face-to-face conversation (or with a chaperone) with our Pharmacist about your prescription medicines.

Phlebotomy

Phlebotomy – a Greek word phlebos meaning vein and the latin suffix tome meaning 'to open'. Phlebotomy is very important in terms of diagnosis and treatment. We utilise Phlebotomy especially in our Functional Medicine clinic for clinical and diagnostic investigations.

Often it's quite difficult to get blood drawn at your GP surgeries or Walk-In centres. We offer a unique service where if you need your blood drawn, we can assist. In addition we can centrifuge your blood samples, freeze, package and post to the lab of your choice on your behalf taking the hassle out of your busy day. The appointments are really easy to make and we will try and accommodate the time that suits you the best.

To enjoy a glow of good health, you must exercise

Holistic Health Check

Millions of people across the country are at risk of developing heart disease, which may seem alarming. What most people don't realise is that it can be often prevented by taking some simple steps to look after your heart. Our Holistic Health Check gives you the opportunity to find out if your heart is as healthy as it could be.

- We check your cholesterol and triglycerides, HbA1c marker for diabetes, blood pressure, heart rate variability (to look at your autonomic nervous system adaptability) and body composition.
- We discuss your results.
- We offer you a personalised lifestyle advice such as diet plans, exercise & stress management. Book a Holistic Health Check today.



Travel Vaccinations and Health Advice Service

We can provide expert advice, vaccinations and malaria prevention that's tailored to you and your travel plans. If you're about to travel outside of the UK, you may need to be vaccinated before you set off for your trip. The Childhood Vaccination Programme in the UK protects you from a number of diseases, but you may need extra vaccinations or antimalarials if you're planning on visiting certain parts of the world.

Getting vaccinated can help prevent you from getting ill if you're exposed to diseases which we don't normally have in the UK. We can help you understand how to keep your risks of getting a disease low while abroad and help you work out which vaccinations and antimalarials you may want to consider depending on things like:

- Which regions you'll be visiting
- What activities you'll be doing
- Your age and general health

Some travel vaccinations may be needed several weeks before departure. Ideally you should see us six to eight weeks before travelling, but we may still be able to help if you're leaving sooner. By appointment only. Please speak to our Pharmacist.

Sexual Health Screening

Sometimes going to your GP or a Sexual Health Clinic may not be convenient nor private enough. Our private clinic offers a discreet and 100% confidential testing service. We will not share your results with anyone. Our non-judgemental approach will ensure that you feel at complete ease.

Screening for sexually transmitted infections (STIs) is an important part of maintaining your sexual well-being, and it is a good idea to get tested if you have unprotected sex, whether you display symptoms or not. Maintaining good sexual health is important as it prevents illnesses that could not only result in painful symptoms, but also potentially spread to your partner.

Rest assured you will be looked after in a completely confidential environment. Please speak to our Pharmacist for further information or simply call/email us for appointments.



Seasonal Influenza Vaccine

Flu Vaccines cause antibodies to develop in the body about two weeks after vaccination. These antibodies provide protection against infection with the viruses that are in the vaccine. The Seasonal Flu Vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. The Seasonal Flu Programme is a long established, cost-effective vaccination programme that's proven to save lives.

If you are a company and offer your employees a Seasonal Influenza Vaccine, we can help you by visiting your offices to vaccinate your staff, or arrange a vaccination clinic at our consulting room within the Pharmacy.

Pharmacy Products

- Medicines
- Nutraceuticals – vitamins and minerals
- Herbal remedies
- Homoeopathic remedies
- Vegan and natural cosmetics
- Organic & natural skin care range
- Natural fluoride-free toothpaste and dental products
- Organic & natural sanitary products
- Vegan healthy snacks
- Top quality protein powders without artificial colours and sweeteners
- Cannabis oil
- Aromatherapy oils
- Natural medicines – Heel, Weleda, Bioforce, Biocare and much more
- Royal collagen
- Top quality panax ginseng, royal jelly & shilajit - super rejuvenating herbs



*Life is like a tree
and its root its
consciousness. Therefore,
once we tend to the
roots, the tree as a
whole will be healthy*

Functional Medicine utilises a unique operating system and personalised therapeutic interventions to support individuals in achieving optimal wellness.

Functional Medicine



Functional Medicine is a systems biology-based model that empowers patients and practitioners to work together.

Improving Health in Era of Chronic Disease

The epidemic of chronic disease, which threatens generations with short less healthy lives is largely preventable and reversible. Yet these diseases persist and are increasing alarmingly in the 21st Century. Functional Medicine addresses today's clinical challenges and chronic disease is by far the biggest health challenge we face today.

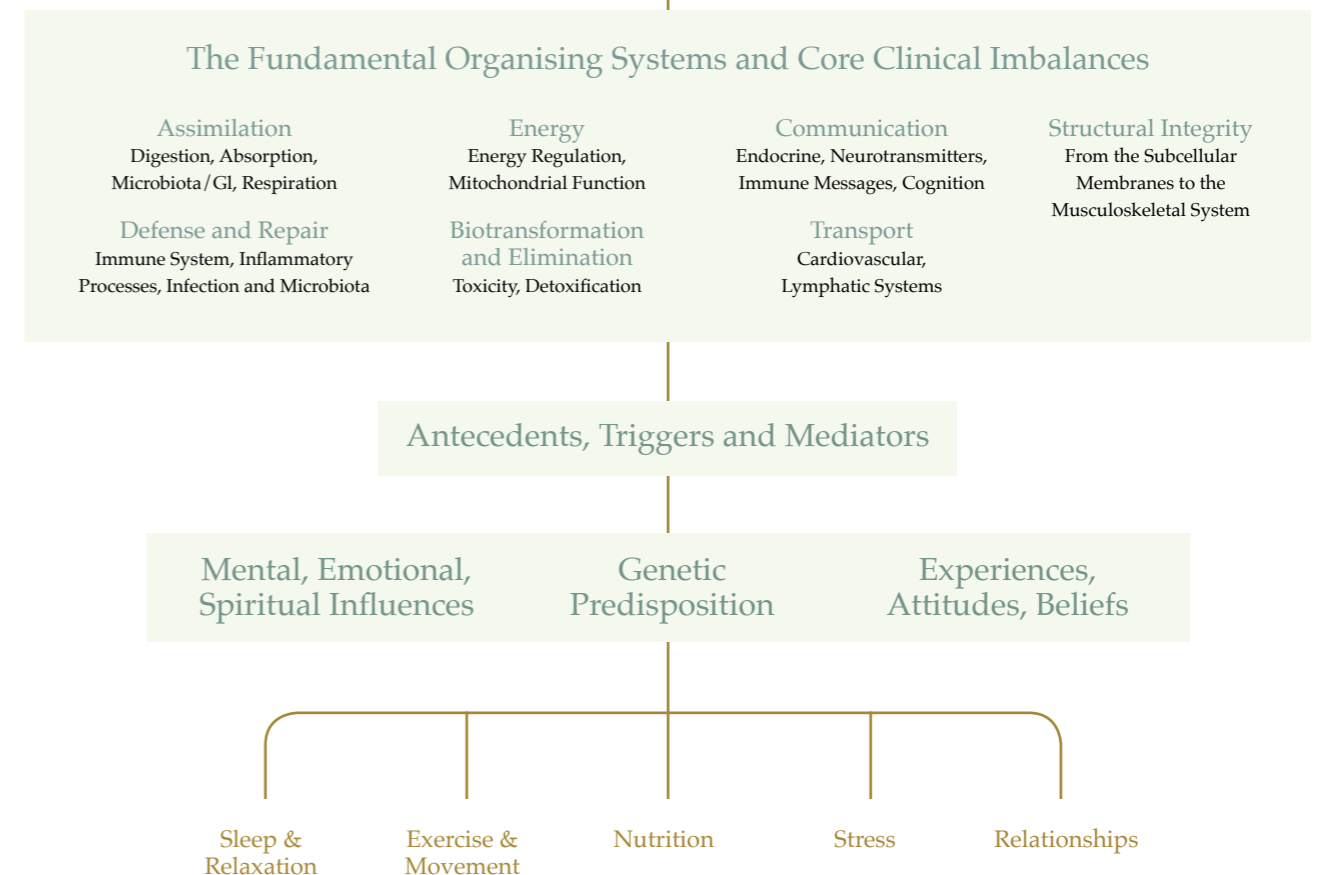
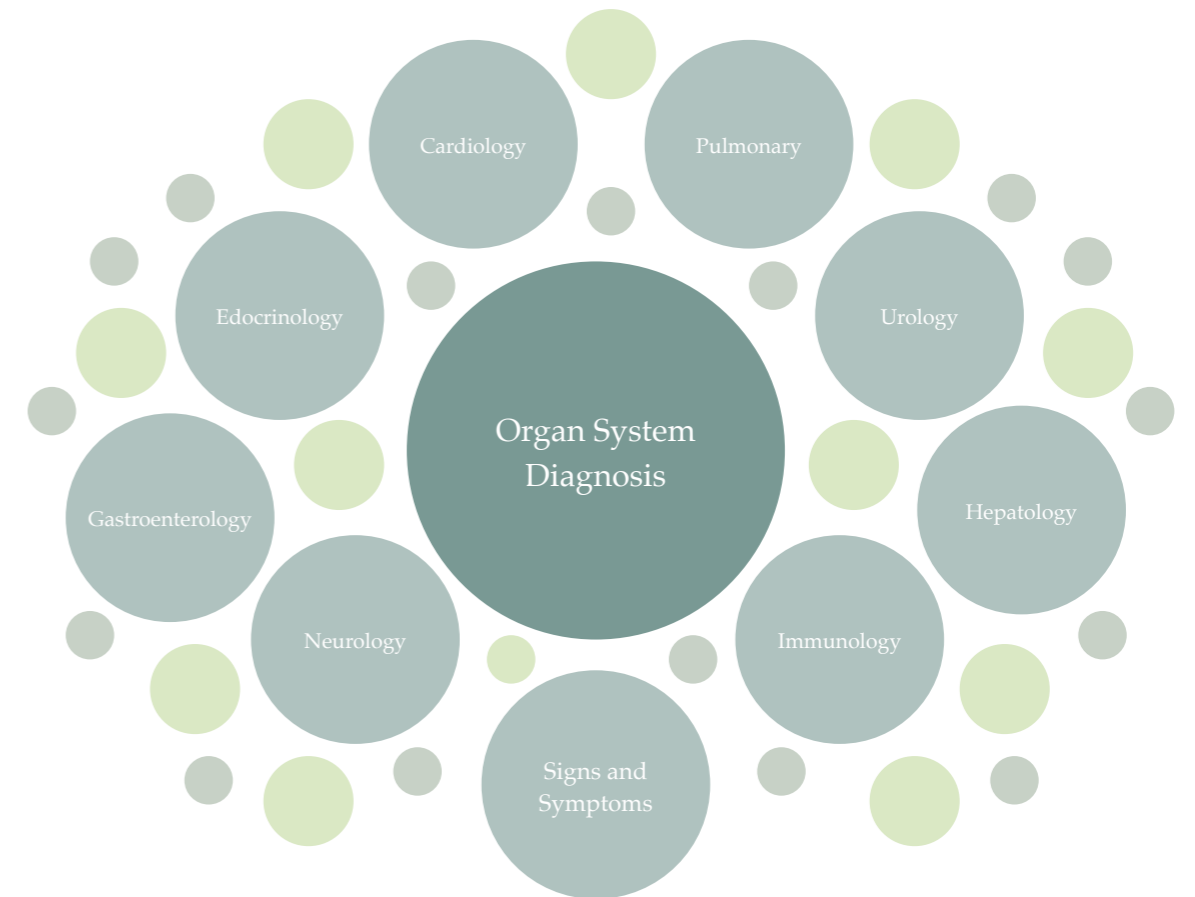
- Our society is experiencing a sharp increase in the number of people who suffer from complex, chronic diseases such as diabetes, heart disease, cancer, mental illness and autoimmune disorders like rheumatoid arthritis.
- 27% of children now have a chronic disease, up from just 13% in 1994.
- Chronic disease is responsible for seven out of every ten deaths.

The Consequences of Chronic diseases are Severe:

- It's destroying our quality of life, shortening our lifespans, bankrupting our governments and threatening the health of future generations.
- This generation is the first in which children are expected to live shorter lifespans than their parents.

Functional Medicine provides clinicians tools and strategies to engage patients in adopting personalised treatment plans that reverse diseases or improve conditions, instead of just treating symptoms. We promote wellness by focusing on the fundamental underlying factors that influence every patient's experience of health and disease.

The Functional Medicine Tree





The Physician's high and only mission is to restore the sick to health.

We Consider Multiple Factors:

Environmental inputs. The air you breathe and the water you drink, the quality of the food you consume, the levels of physical activity and toxic exposure or traumas you have experienced all affect your health.

Mind-body connections. Psychological, spiritual and social factors all can have a profound influence on your health.

Genetic makeup. Although individual genes may make you more susceptible to some diseases, your DNA is not an unchanging blueprint for your life. Emerging research shows that your genes may be influenced by everything in your environment, as well as your experiences, attitudes and beliefs. That means it is possible to change the way your genes are activated and expressed.

Assessment of these underlying causes and triggers of dysfunction through the lens of Functional Medicine means we are able to understand how key processes are affected. These are the body processes that keep you alive. Some occur at the cellular level and involve how cells function, repair and maintain themselves. These processes are related to larger functions such as:

- How your body rids itself of toxins.
- Regulation of hormones and neurotransmitters.
- Immune system function.
- Inflammatory responses.
- Digestion and absorption of nutrients and the health of your digestive tract.
- Structural integrity.
- Psychological and spiritual equilibrium.
- How you produce energy.

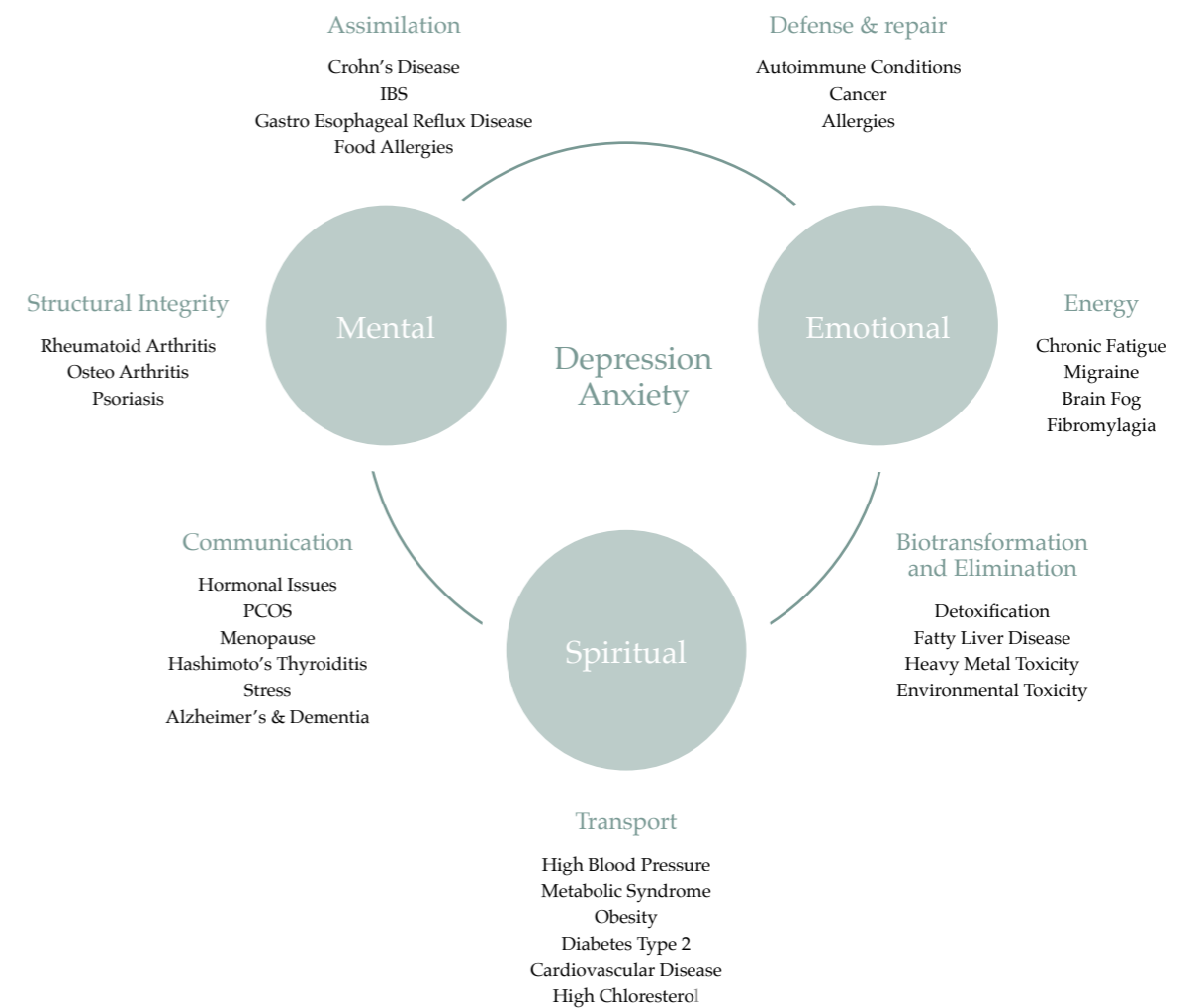
All of these processes are influenced by environmental factors and your genetic make-up; when they are disturbed or imbalanced, they lead to symptoms which can lead to diseases if effective interventions are not applied.

Functional Medicine is a systems biology-based model that empowers patients and practitioners to work together to achieve the highest expression of health by addressing the underlying causes of disease. Functional Medicine utilises a unique operating system and personalised therapeutic interventions to support individuals in achieving optimal wellness. It incorporates the latest research in genomics, systems biology, the microbiome and the impact of lifestyle factors.

Diseases such as diabetes, cardiovascular disorders, Alzheimers and maybe even cancer do not just suddenly appear. Their origins can be traced many years before and very often there are multiple root causes of the diseases such as gluten sensitivity, dysbiosis, intestinal permeability, stress, obesity, inflammation, poor nutrition, toxicity, sedentary lifestyle and genetic predisposition.

Here at the Wellness Pharmacy using the Functional Medicine model we address as many fundamental causes that we can. Functional Medicine is a different way to add a standard of care and addresses conditions unique to that individual.

Some of the conditions Functional Medicine Addresses: Prevents, Improves, Reverses





Autoantibodies are messengers from future

Chronic diseases are often complex. We believe in moving beyond treating symptoms and focusing on revealing the root causes of chronic diseases.

Wellness Screening at our Pharmacy

Because your body is unique and we want you to live your life with renewed vigour and purpose.

Wellness Screening

We offer Wellness Tests at the Pharmacy as a screening tool offering insight into root causes of chronic diseases, which are often complex. We believe in moving beyond treating symptoms and focusing on revealing the root causes of chronic diseases.

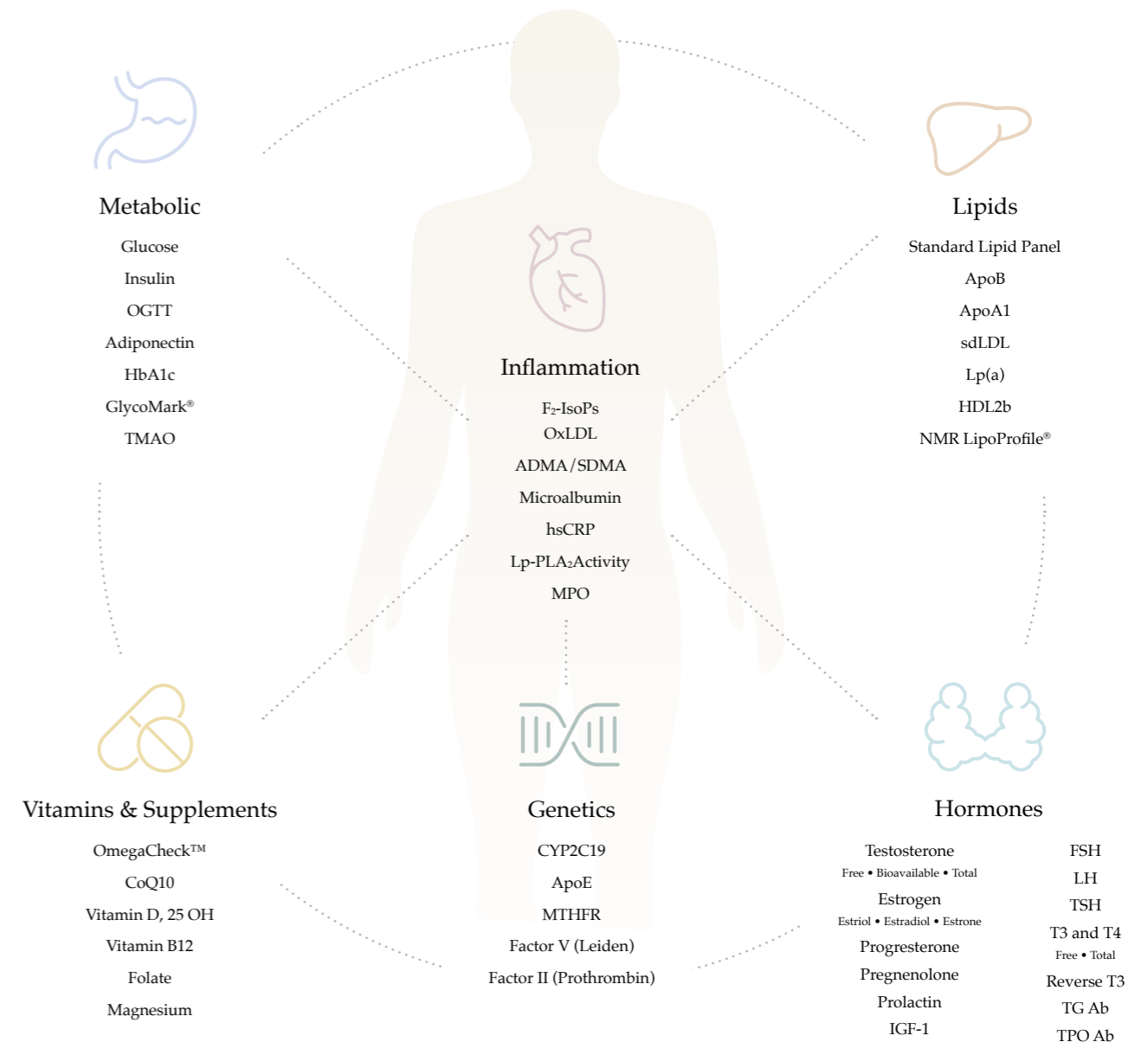
Testing helps us to understand our bodies better and educates us in taking care of ourselves through modifiable lifestyle intervention – thus greatly reducing the chances of future diseases, medication or even surgery. Diseases don't just suddenly appear. The biological changes start long before the symptoms appear. Identifying these changes early not only gives us an assessment of how healthy we are, but also gives us a valuable window of time to take appropriate action needed and refrain from activities and lifestyles which endanger health and quality of life.

Laboratory tests reveal who we really are - physically unique individuals, the sum of numerous biochemical systems. The study of these systems grants us perspective into how we live and how we feel. To know your body is to know your self. With this knowledge we can make informed decisions on how to alter our habits to better our lives.

Keeping your body healthy is an expression of gratitude to the whole cosmo



Approach to Optimal Wellness



Our route back to health

Wellness Continuum

What People Really Want



If left unaddressed, the triggers continue to create more disease

The Conventional Path

The best preparation for tomorrow is to do today's work superbly well.



Bio-impedance. The Human Body and Impedance

Body composition is a method of describing what the body is made of. It includes fat, protein, minerals and body water. It also describes weight more accurately than BMI. Body composition analysis can accurately show changes in fat mass, muscle mass and body fat%age. This can help validate services like personal training, patient care and corporate wellness.

Bioelectrical Impedance Analysis (BIA) measures impedance by applying alternating currents on the human body. A simple but effective non-invasive technique to analyse body composition. It's also a tracking tool to assess progress or effectiveness of Personalised Lifestyle Prescription.

Diabetes

Body composition is a valuable tool used to understand overweight patients or patients with risk factors associated with diabetes. It provides information such as Body Fat Percentage, total body water, lean body mass and visceral fat area. Visceral fat area having an important contribution to diabetics because of the strong association between high visceral fat levels and diabetes.

1. Assessment of diabetes risk through muscle mass

Insulin Resistance is linked to reduced muscle mass, especially in the legs. Using segmental lean analysis to analyse leg muscle mass High Percentage Body Fat (PBF) and Visceral Fat Area is linked to a high risk of T2 Diabetes.

2. Screening of nephropathy

Using Extracellular Water ratio for early detection of diabetic nephropathy. A common complication of diabetes. Patients with nephropathy will have oedema (ECW over 0.390).

3. Verifying effects of treatment

Patients with diabetes are prescribed medication, exercise and diet plans. By using body composition history, we can see if the treatment is positively affecting weight, Skeletal Muscle Mass, PBF and ECW ratio.

Cardio Vascular Disease

Body composition is important for understanding a patient's cardiovascular health. High blood volume, increased water levels in the body, strains on the heart are all issues that stem from conditions like obesity. High visceral fat has been linked to increased risk of hypertension, high cholesterol and diabetes.

1. Assessment of CVD Risk

Excessive%age Body Fat and Visceral Fat Area are high risk factors for CVD. Research has shown that patients who have low Skeletal Muscle Mass have higher risks of CVD.

2. Screening for Circulation Issues

Patients with CVD will often suffer from poor circulation. Segmental ECW ratio will show oedema in the body, which can be a sign of vascular occlusion or stenosis.

3. Nutritional Status Assessment

Using phase angle to assess a patient's cellular integrity. CVD patients often suffer from poor circulation which can lead to poor cellular health, which will be demonstrated by a low phase angle. Bio-impedance works well in conjunction with our other Holistic Wellness Checks.

Blood Pressure Monitoring

Determination of Blood Pressure from the Functional Medicine Perspective.

Functional Nutrition Evaluation allows us to consider the root causes of endothelial dysfunction associated with inflammation, immune dysfunction, and oxidative stress imbalances leading to high blood pressure.

The correct determination of blood pressure and appropriate interventions can change the trajectory of health and disease. A comprehensive program that includes diet and nutrition and optimal exercise to influence healthful weight and body composition changes can decrease the 90% risk of developing hypertension during a person's lifetime. There are many diet and lifestyle habits that are associated with abnormal blood pressure. Focusing on nutrition-associated impacts on hypertension. Less-healthy diets are often low in protein, potassium, and magnesium while being high in trans fats and sodium.

Nutritional interventions include eating healthy proteins, fats and oils, limiting simple carbohydrates and adding specific types of fibre. Attention to dietary minerals, soluble vitamins and a wide variety of phytonutrients from colourful vegetables and fruit is essential. Often adding a single food item can have a significant effect on systolic blood pressure. We can help you monitor your blood pressure and offer advice on nutrition and lifestyle as means of therapeutic intervention.

Analysis of the Autonomic Nervous System (ANS)

No other assessment can catch developing diseases at an earlier stage. The ANS Analysis measures the Autonomic Nervous System Heart Rate Variability (HRV). A great non-invasive tool for prevention and risk assessments.

ANS Analysis is a very simple and fast method to show how well our body's primary control centre the Autonomic Nervous System is working and performing its regulatory duties.

ANS Analysis measures the degree of fluctuations in length of intervals between heart beats. For healthy people, HRV shows a fluctuation in heart rate (demonstrating adaptability to environment) while unhealthy people have a simple and consistent heart rate. HRV measures the adaptability of the cardiovascular system and the autonomic nervous system.

What is the Autonomic Nervous System?

The ANS is the body's main control centre. it is in charge of dozens of vital functions, including the cardiovascular, respiratory, immune, digestive and reproductive systems. In fact without regulation by the ANS, none of the internal organs would function at all.

What does the ANS Analysis do?

In just 7-10 minutes, the ANS Analysis assesses the condition of the *fight or flight* and *rest and digest* nervous system, showing you in an easy to understand bar graph whether your body is adapting to stress and everyday life in a healthy way. Tension and relaxation should be in balance to maintain health and well-being. Organs can only function as well as they are being regulated by the ANS. Without regulation by the ANS, all organ systems would fail to function properly.

Calm mind brings inner strength and self-confidence, so that's very important for good health

The ANS Analysis is perfect for:

- Assessment of whether stress is contributing to health problems.
- Early identification of burnout.
- Early identification of elevated disease risk.
- Therapeutic monitoring.

What are the Fight or Flight and Rest and Digest Nervous System?

The ANS has two parts, the *fight or flight* nervous system (also called the *sympathetic nervous system*) and the *rest and digestive* system (also called the *parasympathetic nervous system*).

The *fight or flight* portion of the nervous system controls the body's functionality during exertion, as well as during times of stress (releasing cortisol from adrenals) and emotional tension. When under this control, normal maintenance functions like tissue healing and digestion are not a priority. This state places high energy demands within the body, its resources are directed to preparing the body to fight or flee. Being in this state for chronic episodes day in and day out, leads rise to a number of disorders like adrenal fatigue, high blood pressure, obesity, diabetes and much more.

The *rest and digest* portion of the nervous system takes charge of the body's functionality during times of rest and relaxation. When it is dominant, energy is restored and body's resources are dedicated to critical maintenance functions such as digestion, tissue repair, normal immune response, and healthy sexual and reproductive function.

What Happens in Early Stages of Diseases?

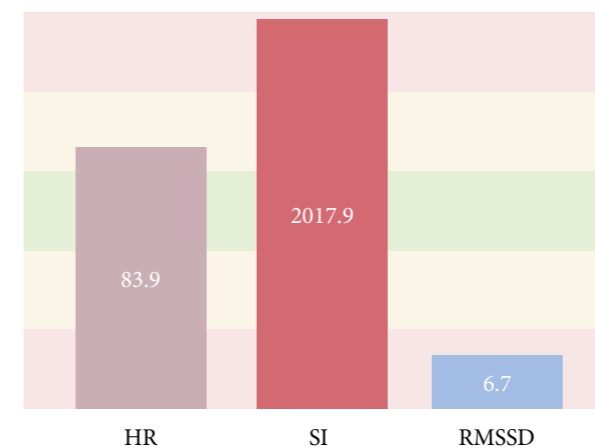
In the early stages of many disease patterns, the *fight or flight* system dominates, even during times of rest. This loss of adaptability has far-reaching consequences for every aspect of health. Thousands of scientific studies have proven that dominance of the *fight or flight* nervous system is associated with adverse outcomes of increased morbidity and mortality.

We have included within this guide our most comprehensive and Premier Wellness Screening. We can offer many other tests that are not in this brochure so please enquire in our Pharmacy. All our screening comes with a personal consultation with our Institute of Functional Medicine Certified Practitioner who can not only advise you the most appropriate test for you, but also offer you beneficial Wellness packages and a personal consultation to discuss your results and help you devise a Personalised Lifestyle and Nutritional Plan bespoke to you.

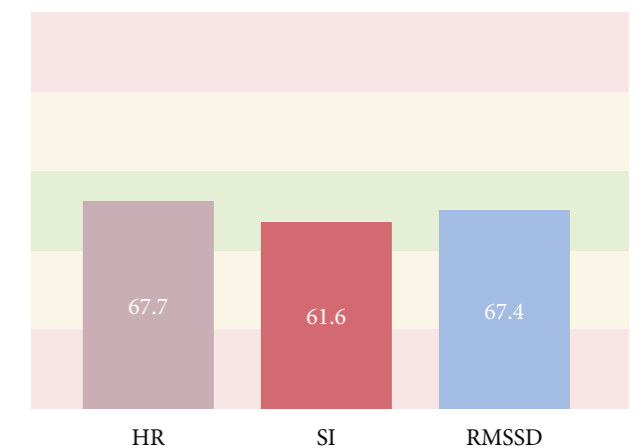
Let food be thy medicine and medicine be thy food

- Acupuncture
- TCM
- Ayurveda
- Homoeopathy
- Cardio respiratory biofeedback breathing exercises with our pranayama app
- Detoxication
- Nutrition consulting
- Magnesium (inhibits sympathetic nervous system activity)
- Potassium (raises parasympathetic nervous system activity)
- Coenzyme Q10
- Osteopathy
- Work-out/exercise
- Progressive muscle relaxation
- Autogenous training - yoga meditation

ANS Analysis Main Parameters



This is bad regulation of the ANS
red showing dominance of the Sympathetic Nervous System



This shows good regulation of the ANS
Everything is in the Green Range

Blood Chemistry Cardio-metabolics for Assessing CVD and Diabetes Risk

Lipid Profile

Dyslipidaemia describes abnormal amounts of cholesterol and/or triglycerides in blood. It is one of many risk factors such as smoking, diabetes, hypertension, age, or family history of early heart disease that can lead to atherosclerotic cardiovascular disease (ASCVD). Generally, dyslipidaemia occurs when any of total cholesterol, LDL cholesterol or triglycerides is elevated or HDL cholesterol is low.

HbA1c – Diabetes

Diabetes constitutes a heavy burden for the patient and society. It is associated with many complications and increased mortality. We offer a monitoring system for the measurement of HbA1c blood levels; an important parameter in glucose control.

Haemoglobin A1c, often abbreviated HbA1c, is a form of hHaemoglobin (a blood pigment that carries oxygen) that is bound to glucose. The blood test for HbA1c level is routinely performed in people with type 1 and type 2 diabetes mellitus. Blood HbA1c levels are reflective of how well diabetes is controlled.

For people without diabetes, the normal range for the haemoglobin A1c level is between 4% and 5.6%. Haemoglobin A1c levels between 5.7% and 6.4% mean you have a higher chance of getting diabetes. Levels of 6.5% or higher mean you have diabetes. We simplify monitoring of any type of diabetes facilitating treatment management and prevention of late complications. It may also increase the patient's motivation to comply with treatment and lifestyle changes to optimise prognosis.

Total Cholesterol₁ (mmol/L)	
< 5.2	Desirable
5.2 - 6.1	Borderline high
> 6.1	High
HDL_{1,2} (mmol/L)	
> 1.53	Less than average risk
1.03 - 1.53	Average risk (male)
1.29 - 1.53	Average risk (female)
< 1.03	Increased risk (male)
< 1.29	Increased risk (female)
LDL₁ (mmol/L)	
< 2.6	Optimal
2.6 - 3.3	Near optimal
2.6 - 3.3	Borderline high
4.2 - 4.9	High
> 4.9	Very high
CHOL/HDL_{3,4} (mmol/L)	
< 3.5	Optimal (male)
< 3.4	Optimal (female)
> 5.0	Above average risk (male)
> 4.4	Above average risk (female)
Triglycerides₁ (mmol/L)	
< 1.69	Desirable
1.69 - 2.25	Borderline high
2.26 - 5.63	High



C-reactive Protein (CRP)

We offer CRP in a rapid in vitro diagnostic test for quantitative determination of CRP in human blood; helping reduce diagnostic uncertainty and guiding antibiotic decision-making during your visit.

A significantly increased CRP result may indicate the need for immediate antibiotic treatment. The CRP level decreases rapidly in response to effective therapy. A normal or moderately increased CRP may support a diagnosis of viral or self-limiting infection, which provides valuable information to prevent unnecessary antibiotic prescriptions.

CRP predicts Heart Disease and Cancer risk. C-reactive Protein or CRP, is a sensitive marker of inflammation. It rises quickly after an inflammatory attack, but should return to normal levels. When CRP remains high, it is an indication of chronic inflammation. Chronic Inflammation has been implicated as a root cause of many Chronic diseases and management of inflammation significantly reduces the risk of future diseases.

CRP is a blood test marker for inflammation in the body. CRP is produced in the liver and it's level is measured by testing the blood. CRP is classified as an acute phase reactant, which means that it's levels will rise in response to inflammation.

Elevated CRP levels probably indicate elevated levels of certain Cytokines that can increase feelings of stress. It is also possible that depression itself may lead to increased inflammation.

Our onsite testing facility offers a quick, easy, convenient and private option for busy people who may otherwise have to make an appointment to their GP or Walk-In Centres and take time off work.

Our unique service also comes with appropriate advice comprised of diet and special nutraceutical formulations plus lifestyle plans. We can offer individual tests or as part of a complete Holistic Health & Wellness Check.

The value of experience is not in seeing much, but in seeing wisely.



Listen to your patient, he is telling you the diagnosis

Genetic testing and nutrigenomics are the future of individualised healthcare.

DNA Wellness Checks



Professional genotype analysis for optimum health.

Health Screening

Since the completion of the Human Genome Project, which successfully mapped all 25,000 genes that comprise the human species, there has been an explosion in our understanding and knowledge of nutrigenomics; the relationship between our genes and the environment. Genomic studies are yielding not only the feasibilities of new drugs but also enhancing our understanding of gene-diet interactions and in the process, identifying novel strategies for preventing and managing disease.

More than ever before there is recognition and acceptance of the vital role of nutrition in disease prevention and further research in this area is receiving widespread attention in scientific circles. Whilst research is ongoing, there exists a wealth of knowledge on the role that many genes play in increasing disease risk and more importantly, the role that nutrition and lifestyle play in ameliorating these risks.

Personalised medicine is an emerging practice that uses an individual's genetic profile to guide decisions made in regard to the prevention, diagnosis and treatment of disease. It is an acknowledgement of the individuality of every patient that walks into a medical practice and the realisation that a uniform treatment approach is no longer sufficient to ensure the optimal health of the patient.

Our genes determine who we are - from the more obvious characteristics we see when we look at each other, to the less obvious differences such as our risks for different disease and our ability to respond to certain medications.

Genes

Genes are made up of DNA (Deoxyribonucleic Acid) and are the template to make proteins. We have two copies of each gene, one inherited from each parent. Human DNA consists of over 3 billion nucleotide base pairs, more than 99% of which are identical in each of us. The remainder contains small variations known as SNPs (Single Nucleotide Polymorphisms). An SNP is a variation in a single nucleotide that occurs at a specific position in the genome. Usually, SNPs alone will not cause disease, rather they can convey a susceptibility to disease and change responsiveness to environmental exposures.

Know your Genes

The impact of diet, lifestyle, exercise and environment on our individual genetic makeup should not be underestimated. Knowledge of how genes are activated by external factors enables the development of highly effective, personalised treatments. Whether you suffer chronic disease or you are at the apparent peak of fitness, a genetic profile can reveal the subtlest keys to proper treatment and training regimes.

Why Test DNA?

Genetic research is at the forefront of clinical science. Few fields have reacted so positively to this progress than the practice of personalised medicine. Gene studies related to metabolism, lifestyle diseases, sports performance and nutrition now make it possible to incorporate individual genetic responses into treatment protocols.

What Your DNA Can Say About Your Health



Carrier Status

Find out if your children are at risk for inherited conditions, so you can plan for the health of your family.



Health Risks

Understand your genetic health risks. Change what you can, manage what you can't.



Drug Response

Arm your doctor with information on how you might respond to certain medications.



Health Tools

Document your family health history, track inherited conditions and share the knowledge.



Inherited Traits

Explore your genetic traits for everything from lactose intolerance to male pattern baldness.



Scientific Advances

Keep receiving updates on your DNA as discoveries are made, so your knowledge grows as you do.

The Value of Genetic Testing in Practice

Genetic testing assesses the presence of genetic variations. SNPs can have a profound effect on the functioning of the genes in which they are found. This in turn affects the biological pathway in which the gene is active, affecting metabolic functions that are important for maintaining a state of health.

Knowledge of a patient's SNPs offers a powerful health advantage, enabling the trained healthcare practitioner to prescribe precise lifestyle and nutritional recommendations (nutrigenomics) aimed at compensating for the genetic variants.

Genetic testing and analysis enables health professionals and clients to implement proactive, preventative and truly personalised health plans. DNA collection takes just 30 seconds using a simple cheek swab, enabling analysis of over 100 of the best researched genetic markers that can be impacted by diet and lifestyle. With these tests and proven professional experience, we can personalise treatment, dietary interventions and training regimes for you. Start your personalised health programme today.

DNA Tests & Reports

With this new knowledge we can create diet, exercise and lifestyle strategies specific to you.

Detoxification

Poor detoxification can contribute to a wide range of symptoms including headaches, digestive discomfort, itchy or sensitive skin, fatigue, low mood and even cancer. Find out how your genes can impact liver detoxification pathways and responses to caffeine, alcohol, hormones, neurotransmitters, pesticides and medication.

Methylation

Methylation is critical to keeping the body and brain biochemistry in balance. Common genetic variants can impact the availability of B vitamins and other essential nutrients needed for this vital process. Improving methylation can reduce the risk of infertility, heart disease, fatigue, autoimmune conditions, infertility and mental health issues.

APOE Plus

The APOE4 gene is a well known risk factor for late onset Alzheimer's disease and cardiovascular diseases. As well as APOE, this test analyses genes involved in three subtypes: i) inflammatory ii) toxic and ii) atrophic - as described in the Bredesen™ protocol. Understanding your risk enables a personalised approach to its management.

Make a habit of two things: to help; or at least to do no harm

DNA Sport Report Provides:

- Identification of the level of impact of any genetic variants.
- An explanation of each area's impact on sports performance, injury risk and recovery.
- Training and nutritional recommendations in relation to sports performance and overall health.

DNA Mind Reports on Associations in the Following Areas:

- Neurodegenerative disorders - mild cognitive decline & late onset Alzheimer's disease.
- Mood disorders - depressive disorder, bipolar, anxiety & post-traumatic stress.
- Addictive behaviour - risk for alcohol, nicotine, cannabis & opioid dependence, psychosis response from cannabis use, eating disorders (binge eating), 'adrenaline seeking' / risk-taking behavior.

Neuropsychiatric disorders account for up to 25% of all disability-adjusted life years (Gatt et al 2015). Whilst the heritability of these mental disorders is significant, environmental factors also play a key role in their aetiology. Genetic variations involved in key biological processes that contribute toward the risk of development of mental health disorders may give insight to the prevention, diagnosis and treatment of the disease.

The DNA Mind test analyses 30 genes which have been shown to have significant associations with key mental health disorders.

DNA Oestrogen Report Provides:

- Identification of the level of impact of any genetic variants
- An explanation of their impact on oestrogen metabolism
- Appropriate nutritional and lifestyle recommendations to support healthy oestrogen metabolism

DNA Health Reports on Genes Involved in the Following Areas:

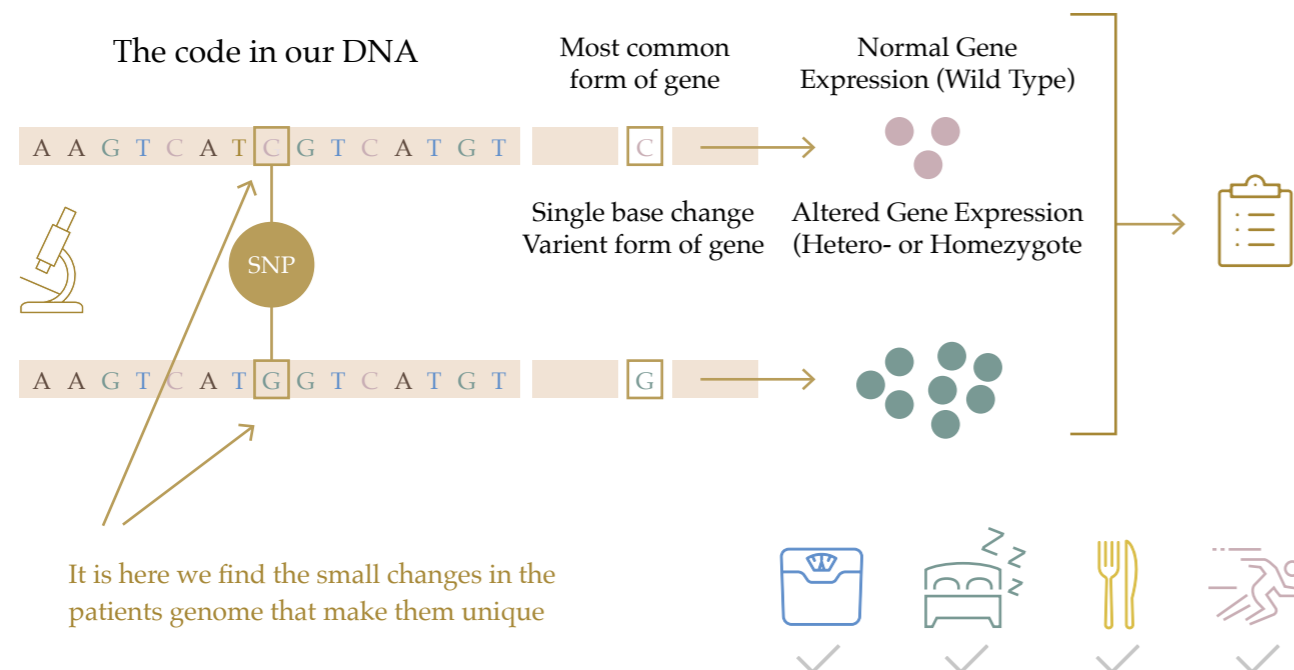
- Lipid metabolism
- Bone health
- Methylation
- Inflammation
- Oxidative stress
- Insulin sensitivity
- Food responsiveness
- Detoxification

The DNA Health test is designed to optimise well-being and health by personalising lifestyle and diet choices and where necessary, using supplements tailored to offset any particular nutritional deficit based on specific gene variants. The DNA Health approach assists in establishing the optimal nutrition necessary for good health, longevity and disease risk mitigation. Diet is a key factor in determining genomic stability as it impacts on all relevant pathways: exposure to dietary carcinogens, biotransformation, DNA repair and synthesis and apoptosis.

DNA Diet Reports on the Following Areas:

- Obesity risk.
- Carbohydrate and saturated fat responsiveness.
- Mono-and poly-unsaturated fat intake and the importance in weight management.
- Exercise responsiveness.
- Eating behaviour, including satiety and snacking behaviour.
- Effect of circadian rhythms on weight management.

DNA Diet includes well-researched gene variations that impact weight management. 40-80% of the variance in body weight is due to genetic factors, which is why not everyone gains or loses weight while following the same diet, despite being exposed to similar environments. Identifying an individual's responsiveness to diet and lifestyle modification to control weight can be extremely advantageous.





*The value of
experience is not in
seeing much, but in
seeing wisely*

We offer a full range of further specialised tests.

Specialised Tests



Everything in excess is opposed to nature

Assimilation – Gastrointestinal

The GI Effects Comprehensive Stool Profile is an advanced stool test that provides immediate, actionable clinical information for the management of gastrointestinal health. Utilising cutting-edge technologies and biomarkers, this test offers valuable insight into digestive function, intestinal inflammation and the intestinal microbiome.

This test can reveal important information about the root cause of many common gastrointestinal symptoms such as gas, bloating, indigestion, abdominal pain, diarrhea and constipation. This stool analysis utilises biomarkers such as Calprotectin to differentiate between Inflammatory Bowel Disease (IBD) and Irritable Bowel Syndrome (IBS).

In addition the test can be used to evaluate patients with a clinical history that suggests a gastrointestinal infection or dysbiosis. Gut microbes are codependent with one another and with their human host and the health of one affects the other. A sizeable volume of research associates a dysbiotic, or imbalanced gut microbiome with multiple disease states both within and outside of the GI tract. The diverse metabolic activities of the microbiome ultimately impact the human host and the activities of the human host ultimately affect the health of their microbiome.

Test Type - 3 days of stool samples, useful for assessing:

- IBS
- IBD
- Metabolic Syndrome
- Chronic Fatigue
- Autoimmune Dysfunction
- Type 2 Diabetes
- High Blood Pressure
- Mood Disorders
- Additional Add-ons

Zonulin Assessment

Zonulin is a protein modulator of intestinal tight junctions that is used to assess intestinal permeability (IP). Recent peer-reviewed literature highlights the role that intestinal permeability plays in a host of chronic GI and systemic conditions. Patients who may benefit from Zonulin assessment include those with:

- Leaky Gut Symptoms - bloating, gas, cramps, food sensitivities, joint pains, skin rashes and autoimmunity.
- Coeliac Disease.
- GI Disorders - gluten sensitivity, IBS.
- Cardiometabolic Diseases – Type 1 Diabetes, Type 2 Diabetes, Obesity, Nonalcoholic fatty liver disease and Insulin Resistance .

Immune & Food Sensitivities

IgG Food Antibody Assessment is a food sensitivity test which helps identify those with true IgE-mediated allergies as well as IgG-mediated food sensitivities. This immunological food sensitivity test measures IgG antibody levels to 87 foods, and total IgE. Additional sensitivity tests are also available for regional inhalants, moulds, vegetables and spices. This antibody food sensitivity test is ideal for patients who may suffer from delayed reactions/sensitivities to specific foods. It may also provide insight on intolerances or non-immune responses to certain foods. Additionally, the IgG Food Antibody Assessment includes information on implementing an Elimination Diet based on the patient test results.

Why use the Food Sensitivity Test?

The incidence of food sensitivities has increased dramatically over the years. It is estimated that up to 20% of the population have adverse reactions to foods, NSAID enteropathy and post-infectious Irritable Bowel Syndrome (IBS). Increased total antigenic load related to food and environmental sensitivities has been associated with a wide range of medical conditions affecting virtually every part of the body. Mood and behaviour, including hyperactivity disorders in children are profoundly influenced by food allergies.

Test Type - Blood & Serum

IgG-Mediated symptoms may include:

- Asthma
- Arthritis
- Migraines
- Ear Infections
- Eczema
- Sinusitis
- Urticaria
- Colitis

IgE Food Antibodies

Genova Diagnostics' IgE Food Antibodies is a food allergy test which analyses serum levels of IgE antibodies for 19 combined foods, as well as Total IgE. This is an ideal food allergy test for patients who may suffer an immediate reaction (allergy) or non-immune response to specific foods, such as peanuts or shellfish.

Nutrient Element Insufficiency Test

Unfortunately, nutrient element insufficiencies are pandemic in our society, leading to a variety of health problems. These include:

- Zinc deficiency, which can result in stunted growth, poor wound healing, infertility, depressed immunity and increased occurrence of teratogenicity (developmental malformations).
- Magnesium deficiency, which contributes to fatigue, depression, osteoporosis, hypertension and a host of other disorders. Clearly, accurate assessment of mineral levels is critical to evaluate the causes and contributing factors of illness.

Results from this nutritional test enable the clinician to design a customised treatment program for you, geared toward elimination of current toxic exposure or replenishment of critical minerals.

Health Consequences of Toxic Exposure

Evidence suggests that chronic toxic element exposure can adversely affect:

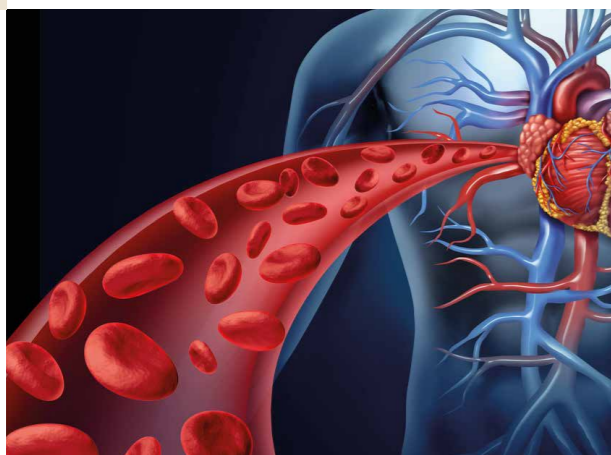
- Energy levels
- Reproductive function
- Cancer risk
- Neurological development and function
- Respiratory, Cardiac, Hepatic and Immune functions
- Cognitive and emotional health
- Degenerative conditions

Cardio-metabolic

A comprehensive evaluation of cardiovascular risk, measuring various important markers such as cholesterol, triglycerides and homocysteine, as well as key inflammatory markers. This unique test combines both traditional and cutting-edge indicators of cardiovascular health that can often be corrected with nutritional intervention.

The CV Health profile is a nutritional test that analyses blood for lipid markers and independent risk factors leading to Cardiovascular Disease (CVD). These nutritional markers provide a thorough assessment of cardiovascular health status, revealing the biochemical environment associated with inflammation, lipid deposits, endothelial dysfunction and clotting factors underlying Cardiovascular Disease. Using NMR fractionation technology for state-of-the-art lipid markers and independent risk factors, this nutritional test illuminates the complexity of Cardiovascular Disease (CVD).

Nearly 50% of all heart attack victims have normal levels of typical markers for CVD, including total cholesterol. For this reason, improved clinical tools are needed to identify patients with a predisposition to CVD who can benefit from timely, preventative intervention. With its unique combination of standard lipid markers, lipid fractionation analysis and novel independent risk factors, the CV Health Profile assists in identifying nearly 85% of individuals at risk for cardiovascular disease.



Biotransformation – Detoxification

The Toxic Element Clearance Profile is a toxic exposure test which measures urinary excretion of a diverse range of potentially harmful elements. Both well-known toxics such as Lead and Mercury and new technology toxins such as niobium are assessed in this toxic element test.

We offer an advanced, comprehensive assessment of toxic and potentially toxic elements excreted in the urine. In addition to measuring classic elemental toxins, this profile includes elements used in medical, aerospace, nuclear, and high-tech electronic industries. Use of these potential toxins is increasing because of their growing commercial, industrial, and medical applications.

Our Elemental Analysis Nutritional Test is offered for patients suspected of recent toxic element exposure and for evaluation of intracellular mineral nutrient status. This toxic element exposure test measures RBC intracellular concentrations of toxic elements and nutrient elements.

The vast majority of chemical reactions governing cellular processes are, in turn, regulated by enzymatic reactions. Enzymes usually require mineral cofactors such as Magnesium and Zinc to operate. Toxic elements, on the other hand, can interfere with enzymatic reactions and disrupt cellular activities. Thus, both element insufficiencies and excesses have a significant impact on health. Research suggests that nutritional shortfalls or toxic exposure may be at the root of many chronic conditions.

Hormones

The key to vitality, sex drive and ageing. Hormones play a powerful role in the body's regulatory system. Proper hormonal balance is essential to maintain optimal health and plays a crucial role in how one feels. Testosterone, for example enhances sex drive, strengthens bone and muscle tissue and reduces fat production. In addition, it is a natural energy booster that protects against the onset of depression and heart disease. Other male hormonal deficiencies or excesses affect sleep, metabolism and the ability to fight disease. Throughout life and particularly in middle age, information about the body's hormone production provides keen insights to help maintain a health and vigorous life.

Male Hormone Health

The Male Hormonal Health Test is a hormonal test which provides a focused overview of hormonal balance in men. Using a single serum sample, this test evaluates the dynamics of sex steroid metabolism that can profoundly affect a man's health throughout his lifetime. The Male Hormonal Health profile is a hormonal test that focuses specifically on DHEA, Sex Hormone Binding Globulin (SHBG), Estradiol, Testosterone, Dihydrotestosterone (DHT), Insulin-like Growth Factor 1 (IGF-1) and Prostate Specific Antigen (PSA).

The best preparation for tomorrow is to do today's work superbly well

Complete Hormones

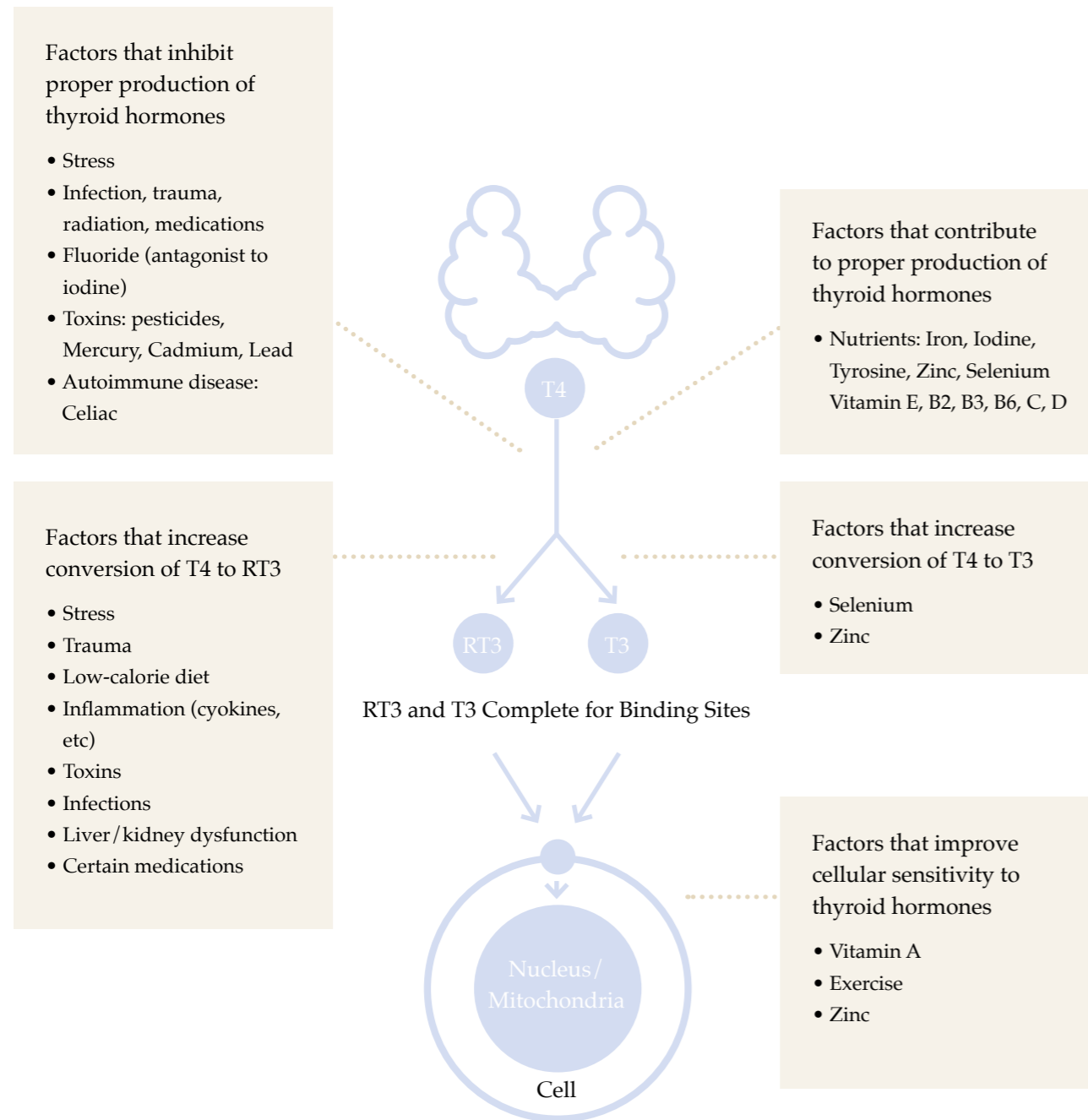
Complete Hormones is the most comprehensive urinary hormone profile and is designed to assist with the clinical management of hormone-related symptoms in both males and females. This profile assesses parent hormones and their metabolites as well as key metabolic pathways, provides insight into the contribution that sex hormones may have in patients presenting with hormone-related complaints and helps assess disease risk associated with elevated oestrogen metabolites.

The Complete Hormones Test is ideal for establishing a baseline assessment of parent hormones and their metabolites ahead of clinical intervention with Hormone Therapy (HT) as well as subsequent monitoring if needed in both female and male patients. The test provides insight into the impact that shifting hormone levels may play in men (andropause or male menopause) and women (peri/menopause).

The Rhythm Plus Hormone Test is a comprehensive assessment of Estradiol, Progesterone, and Testosterone spanning a full 28 days. Additionally, this hormone testing profile includes the Adrenocortex Stress Profile and the Comprehensive Melatonin Profile to reveal how the sex hormones are influenced by cortisol, DHEA, and melatonin. Hormone imbalances revealed in this hormone test can help illuminate root causes of disorders such as premenstrual syndrome (PMS), infertility and menstrual irregularities.

This test indicated for both premenopausal and perimenopausal women not currently supplementing with hormones. An analysis of Oestrogen, Progesterone and Testosterone can reveal ovulatory function and trends in hormone production. Hormonal imbalances such as unopposed Oestrogen, high follicular Progesterone, an-ovulation and luteal phase defects are easily identified. This hormone test is especially useful in treatment of patients with chronic gynaecologic disorders. Additionally, Rhythm Plus includes a circadian analysis of Cortisol, Melatonin, and an assay of DHEA.

Factors that affect Thyroid Function



Thyroid Plus

This test analyses serum levels of TSH, total T4, free T4, free T3, anti-TG antibodies and anti-TPO antibodies to assess central and peripheral thyroid function, as well as thyroid auto-immunity. It also combines Reverse T3 to give the full picture of thyroid health status. Thyroid imbalances have far reaching effects and elicit fatigue, depression, coldness, constipation, poor skin, headaches, PMS, dysmenorrhea, fluid retention, weight gain, anxiety/panic attacks, decreased memory and concentration, muscle and joint pain and a low sex drive.

Adrenal Stress Profile Saliva Test can detect imbalances in the daily circadian secretions of the stress hormones Cortisol and DHEA. Imbalances in these hormones can indicate an appropriate response that can negatively impact energy levels, emotions, and many other health complaints. These include anxiety, chronic inflammatory conditions, allergies, chronic fatigue syndrome, insomnia, depression, migraines, headaches, recurrent infections, menstrual difficulties and infertility.

Structural Integrity

The Bone Reabsorption Assessment is a simple urinary test that provides an accurate assessment of the rate of bone turnover in an individual. The Bone Reabsorption Assessment allows the practitioner to identify those more likely to develop osteoporosis, to intervene before significant loss has occurred and to monitor the efficacy of treatment regimens. It examines Pyridinium crosslinks and Deoxypyridinoline and is useful in identifying current rate of bone loss, lytic bone disease, and efficacy of bone support therapies.

Functional Blood Chemistry

This biochemistry analysis is a full haematology and biochemical assessment for Glucose & lipid metabolism, renal function, adrenal function, liver function, thyroid & parathyroid function and Iron & inflammation status.

Nutrition

Our premier signature profile NutrEval - a comprehensive test for identifying nutritional deficiencies. Test Type: Blood, Serum, Urine. NutrEval is the most comprehensive nutritional evaluation and is designed to assist with management of symptoms related to nutritional deficiencies. This profile assesses numerous metabolic pathways and synthesises this complex biochemistry into actionable treatment options. Critical nutrients that are functionally assessed on nutritional profiles include:

- Antioxidants
- B Vitamins
- Minerals
- Essential fatty acids
- Digestive support

The personalised supplement recommendations, adjusted for the age and sex of the patient, guide therapeutic protocols in identifying clinical imbalances that may inhibit optimal health. Studies suggest that even a balanced diet may not provide all essential nutrients. NutrEval supports assessment of a patient's nutritional needs by identifying nutritional deficiencies that may be associated with complex chronic conditions.

Effective for Patients Experiencing:

- Mood disorder
- Depression
- Anxiety
- Fatigue
- Digestive complaints
- Chronic pain/inflammatory conditions
- Musculoskeletal
- Migraine
- Cardiovascular risk
- Weight issues/dietary guidance
- General health and sports fitness optimisation

We look at a very comprehensive range of markers:

- Metabolic analysis markers (urine organic acids)
- Malabsorption and dysbiosis markers
- Malabsorption markers
- Bacterial dysbiosis markers
- Yeast/fungal dysbiosis markers
- Cellular energy & mitochondrial metabolites
- Carbohydrate metabolism
- Energy metabolism
- Fatty acid metabolism
- Neurotransmitter metabolites
- Vitamin markers
- Toxin & detoxification markers
- Tyrosine metabolism
- Urine amino acid analysis
- Nutritionally essential amino acids
- Nonessential protein amino acids
- Intermediary metabolites
- Dietary peptide related markers
- Essential and metabolic fatty acids
- Omega 3 fatty acids
- Omega 6 fatty acids
- Omega 9 fatty acids
- Saturated fatty acids
- Monounsaturated fats
- Omega 7 fats
- Trans fat
- Delta-6 desaturase activity

Homoeopathy



*Similar symptoms
in the remedy remove
similar symptoms in
the disease*

Homoeopathic remedies are subject through a process of potentisation, which enables the remedy to act as a catalyst on subtle energies of the body.



Homoeopathy

Homoeopathy stimulates your natural healing process to health and balance of your vital energies. In 1796 a German Doctor, Samuel Hahnemann, discovered a different approach to the cure of the sick, which he called Homoeopathy.

Homoeopathy is a natural and holistic system of medicine that helps the body to heal itself - it stimulates your natural healing processes to health and balance of your vital energies. It is a safe alternative to conventional medicine, which is suitable for all the family - babies, children, pregnant and breastfeeding women (under supervision of a Homoeopath), adults and can also be safely used in animals.

The cornerstone of Homoeopathic prescribing is based on the 'law of similars' i.e. matching the symptom picture of the patient with that of the remedy. For example, an onion can cause streaming eyes and a runny nose. A Homoeopathic remedy derived from onions, *Allium cepa*, can be successful in alleviating these

symptoms in, say someone suffering from hay fever. Belladonna - from the deadly nightshade is useful in the symptom picture of acute fever characterised by their head is hot red, pulsating carotids, shiny eyes, pupils dilated, hot, red, inflamed body. Useful in migraines.





Body and soul

Your Mind and Your Body are Not Two Separate Things

The body is the visible soul and the soul is the invisible body. The body and soul are not divided anywhere, they are parts of each other, they are parts of the whole.

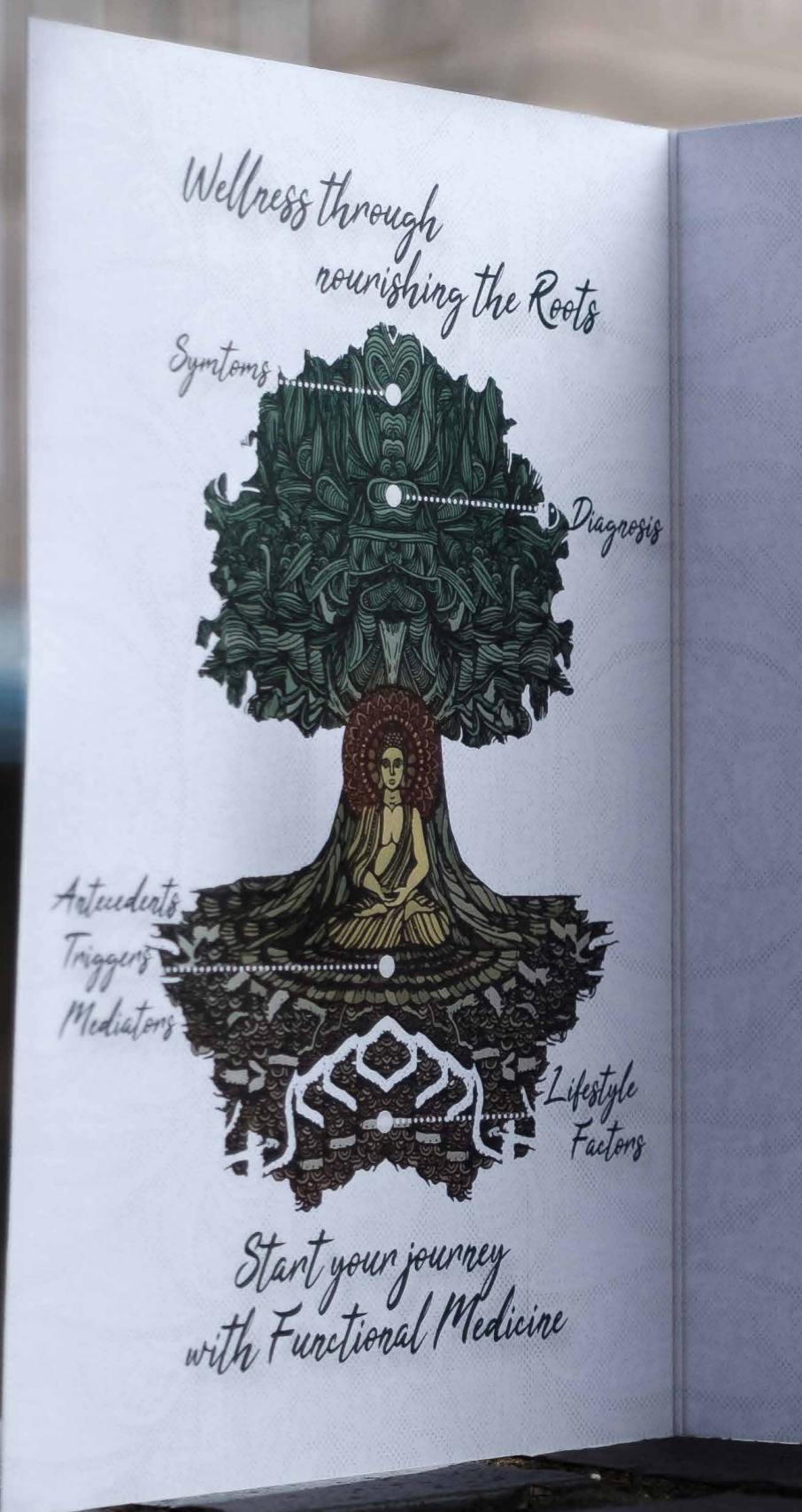
Your body and brain are one sophisticated interlocking system. There is no real separation between your brain and your body. What you do to your body, you do to your brain and vice versa. Heal your body and you heal your brain.

There is a deep connection between the body and mind, and it profoundly affects our overall physical health and sense of well-being. When the body is suffering, there must be something behind it, because everything is interwoven. So no person can be treated just by treating the body - their totality has to be treated.

Symptoms should not be treated but the person should. And a person is organic, total. Sometimes it happens that the disease may be in the feet and the root cause may be in the head. Sometimes the root cause may be in the head and the disease may be in the feet. Because the human being is one...absolutely connected.

Nothing is disconnected in human being. And not only is the body connected in itself, the body is connected with the mind and then body and mind - soma and psyche - both are connected to transcendental soul.

The trouble is, you think you have time



Our location



Privacy Notice

Your privacy is important to us and we are committed to keeping your information secure and managing it in accordance with our legal responsibilities under applicable data protection laws. When we make all the decisions about how your data is processed, we are acting as the data controller. However, when we are processing your personal data on behalf of a third party in accordance with their strict instructions, we are acting as a data processor. We will retain your personal information in accordance with applicable laws. We will take reasonable steps to destroy or anonymise personal information we no longer need for the purposes we have set out above.

Why we store and collect your information

As a health care professional, we store your personal data and consultation notes but do not use them for marketing. We will never share your personal data or consultation notes, unless you have consented for us to, for example, we may be required to share your consultation notes with your doctor, if you/your doctor requests us to. We will never share your personal data for marketing purposes. If you are unhappy there may be times when our service may not meet your expectations. In order to improve our service, we welcome and value your comments, even your complaints.

Disclaimer

Please consult with your doctor, or other qualified health care professional, for further guidance. We give no warranties, guarantees or assurances concerning the results intended from the treatment and we do not claim to cure every disease. If you are in doubt we recommend and advise that you consult with your doctor. It is your responsibility to take precautions to ensure that you are receiving the treatment that suits you and it is your responsibility to keep your doctor up to date so that he/she can make the best informed recommendations for your care.

How to complain

If you feel our Responsible Pharmacist can resolve your complaint, please speak directly to them. Or, you may want to tell the Pharmacy Superintendent by writing to: Tower Bridge Wellness Pharmacy, 43 Shad Thames, London SE1 2NJ. We will acknowledge your complaint within two working days of receiving; and resolve or explain the issue within 20 working days. Our aim is to find out what caused your concerns and why; and apologise if we are at fault, and take whatever action necessary to prevent repeat of what caused the complaint in the first place. If your complaint is about how we handled your NHS prescription follow the above steps. If the issue is still not resolved you may take it further by writing to your Clinical Commissioning Groups.





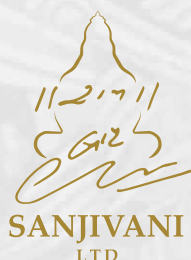
Your body and brain are one sophisticated interlocking system. There is no real separation between your brain and your body. What you do to your body, you do to your brain and vice versa. Heal your body and you heal your brain.

There is a deep connection between the body and mind and it profoundly affects our overall physical health and sense of wellbeing. When the body is suffering there must be something behind it, because everything is interwoven. So no person can be treated just by treating the body - their totality has to be treated.

Visit us

Open Monday - Friday 9.00am - 6.00pm and Saturday 10.00am - 5.00pm

We can accommodate outside these hours by prior arrangement including Sundays



**TOWER BRIDGE
WELLNESS PHARMACY**

For further information please feel free to contact us

Sanjivani Ltd Tower Bridge Wellness Pharmacy, 43 Shad Thames, Courage Yard, London SE1 2NJ

+44 203 771 9927 | contact@thewellnesspharmacy.co.uk | thewellnesspharmacy.co.uk

[f](#) /towerbridgewellnesspharmacy

[@](#) /towerbridgewellnesspharmacy