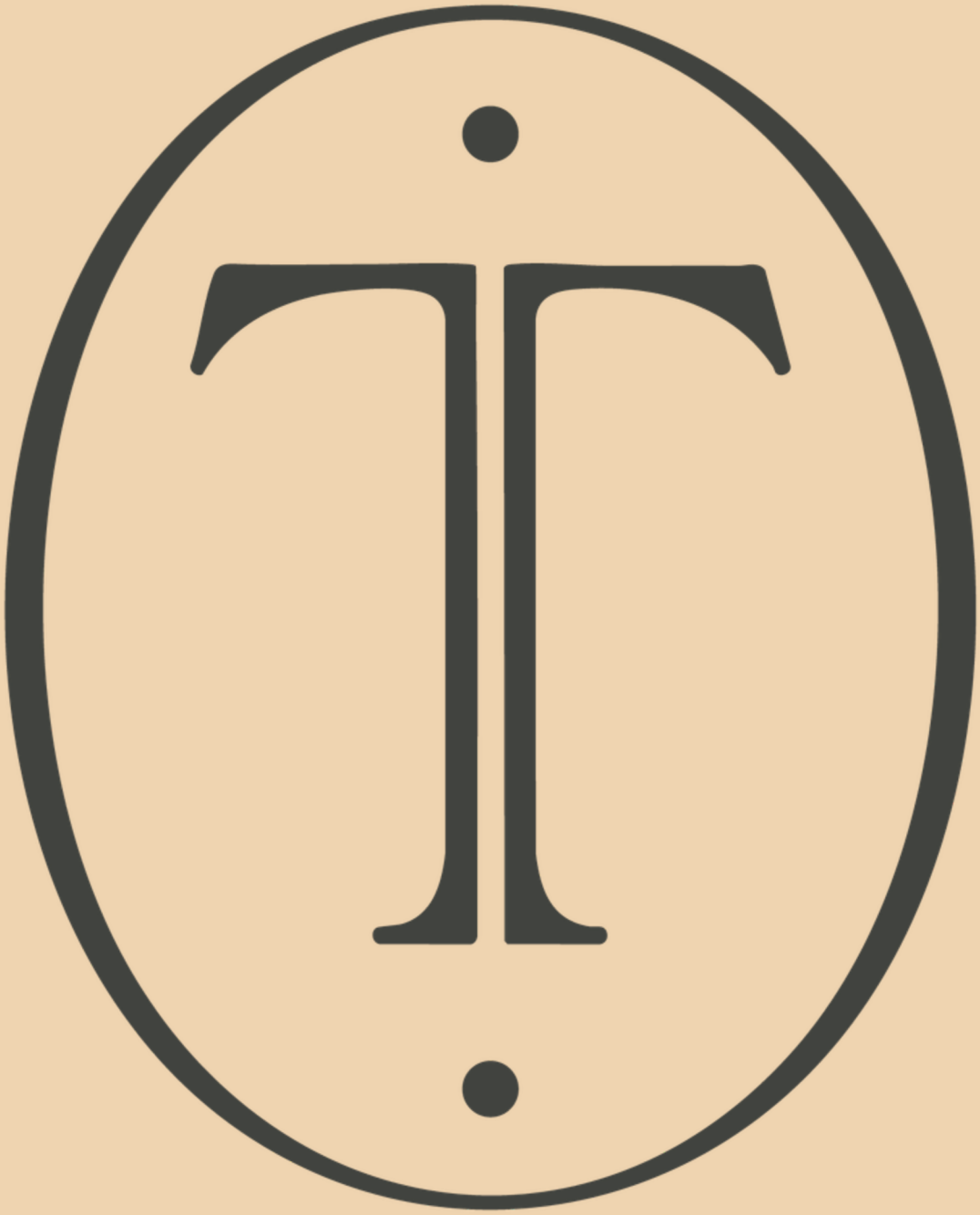
TREETOPS WELLNESS CLINIC



SERVICES HANDBOOK

52, Duck Lane, Codsall, Wolverhampton, WV8 1HF
reception@treetopsdentalsurgery.co.uk
01902 842 555





INTRODUCTION



Polly Bhambra

Director

Hi, I'm Polly Bhambra - founder of Treetops Wellness Clinic.

We created the clinic to help address the challenges patients face accessing certain healthcare services, while also providing additional ways to support their health and wellbeing.

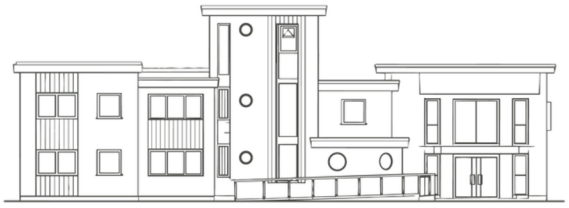
Our aim is to offer timely, personalised care without unnecessary delays or waiting lists, giving our community easier access to the support they need.

At Treetops, we're proud to offer a growing range of healthcare, diagnostic and wellness services, alongside our dental care, all in one place.



SERVICES

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TREETOPS WELLNESS CLINIC

MEET THE TEAM

Our dedicated Treetops Wellness team includes:

Kaye Higgs, is our resident hygienist who also specialises in skin and is a qualified aesthetics practitioner. Kaye is passionate about addressing health and wellness concerns, ensuring you feel your best. GDC: 103120.

Jack Shepherd - GMC A8131968, PA-R PAMVR 3529, is a Physician Associate in General GP Practice who focuses on acute and minor illness care, offering valuable insights into your health needs. Jack also has a special interest in Trichology.

Kerri Davies PIN 19C0451E is a registered adult nurse and Respiratory Nurse Specialist with extensive NHS experience. Kerri is passionate about helping patients feel refreshed, revitalised and at their best through personalised wellness treatments, delivered with safe, compassionate care.







TREETOPS WELLNESS CLINIC

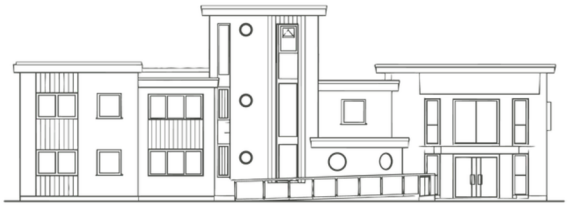
EAR WAX REMOVAL



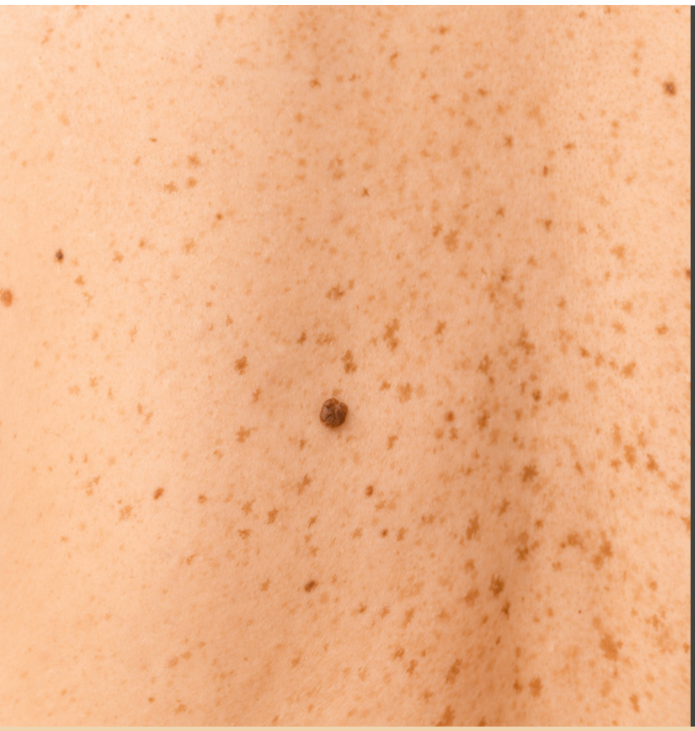
Ear suctioning is a medical procedure used to remove earwax and debris from the ear canal. Unlike traditional methods like ear syringing - ear suctioning uses a gentle, controlled vacuum to safely and effectively clear the ear canal. This technique minimises the risk of damage to the ear drum or canal and is often recommended for individuals with sensitive ears, a history of ear infections, or an excessive build up of earwax. It's a quick and painless procedure performed by our registered medical nurse.

Our advanced ear wax removal service allows patients to watch the process in real-time on screen, providing a clear view of the wax removal for added comfort and understanding.

This treatment is no longer widely accessible on the NHS.



TREETOPS WELLNESS CLINIC



MOLE CHECK

Are you concerned about a mole or skin lesion?

Skip the lengthy waits for GP referrals and hospital appointments with our streamlined mole screening service.

Mole screening involves a comprehensive medical examination to evaluate moles for signs of skin cancer or other abnormalities. Using a dermatoscope, we capture detailed images of the mole for precise analysis.

These images are reviewed by dermatology experts, and you'll receive a detailed report in as little as 48 hours.

TREETOPS WELLNESS CLINIC

HEART HEALTH



Electrocardiogram

We proudly offer our patients comprehensive ECG (Electrocardiogram) services.

An ECG is a quick, non-invasive test that records the electrical activity of your heart, helping us detect any irregularities in heart rhythm, rate, or overall function. This valuable diagnostic tool can identify conditions such as arrhythmias, heart disease, and other cardiac issues, enabling early intervention and personalised treatment plans. By providing on-site services, we ensure you receive accurate and timely heart health assessments, contributing to your overall well-being and peace of mind.

The heart trace will then be analysed by a registered cardiac physiologist, registered with the AHCS/RCCP and SCST.

Results are usually reported within 12 hours.

TREETOPS WELLNESS CLINIC

HEART HEALTH



Electrocardiogram

At Treetops Wellness Clinic, we offer advanced Holter ECG monitoring to provide a detailed assessment of your heart's activity over an extended period.

Unlike a standard ECG, which captures a snapshot of your heart's electrical activity at a single point in time, a Holter monitor continuously records your heart's rhythms over a period ranging from 24 hours to 7 days. This extended monitoring allows us to detect irregularities that may not appear during a brief ECG, such as intermittent arrhythmias or episodes of heart disease.

The Holter monitor is a portable, non-invasive device that you can wear comfortably as you go about your daily activities. This comprehensive approach helps us to better understand your heart health and tailor a more accurate treatment plan based on your specific needs.

HEART HEALTH



Heart Monitoring Bundle ‘Heart Health MOT’

Our Heart Health MOT is a comprehensive assessment offered at our wellness clinic to help you monitor and maintain optimal heart health.

This package includes: an ECG to evaluate the heart's electrical activity, a blood pressure test to ensure your levels are within a healthy range and cardiac blood screening to check key markers related to heart function.

Together, these tests provide a detailed overview of your cardiovascular health, allowing us to identify potential issues early and take proactive steps towards a healthier heart.

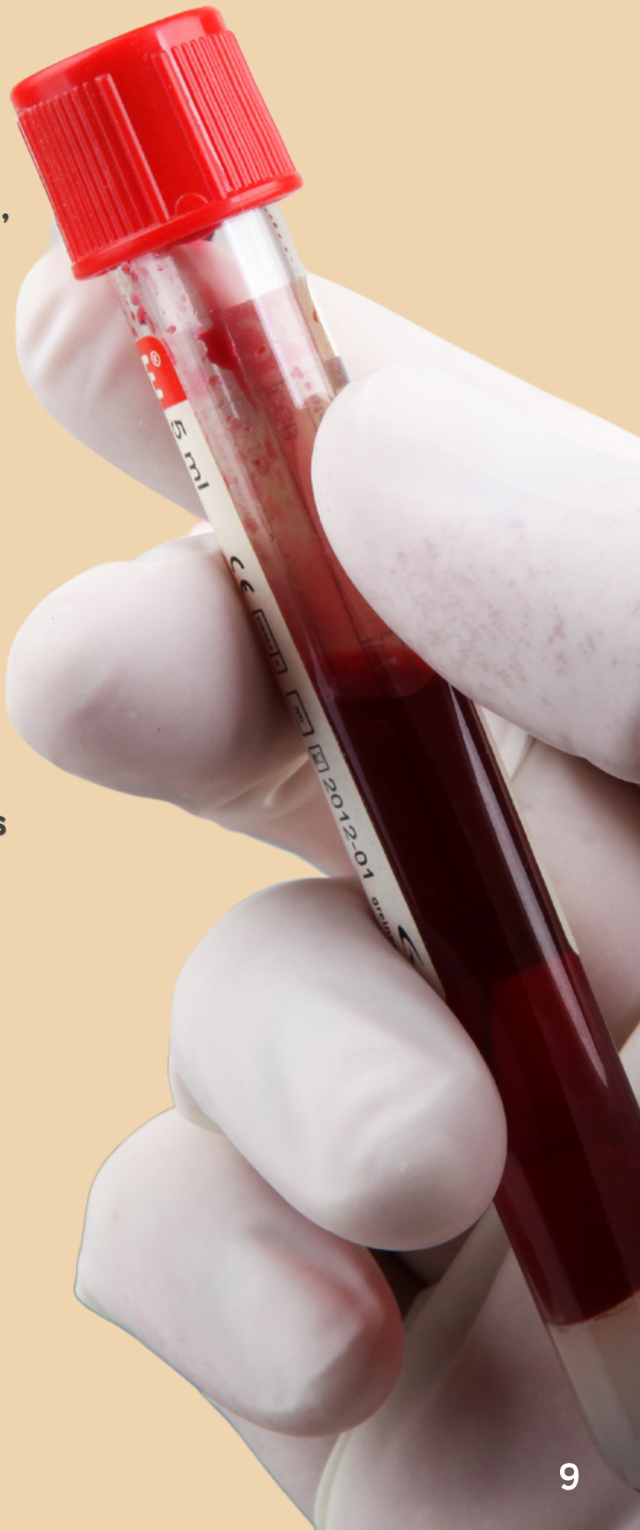
BLOOD TESTING

We offer comprehensive blood testing services that cover a range of health issues, including general health checks, women's health, men's health, and more. These tests provide valuable insights into various aspects of a patient's health, allowing for early detection and proactive management of potential health concerns.

All blood testing appointments are conducted exclusively by qualified medics or nurses to ensure the highest standards of care and accuracy.

Once the tests are completed, patients will receive a detailed report from a GMC-certified laboratory doctor, providing professional analysis and recommendations based on the results.

Results may take up to 7 days to come through.



BLOOD TESTING

Tests Available:

Baseline Health Check

The Baseline Health Check offers a convenient way to gain a quick overview of your overall health and wellness. This simple finger-prick blood test can easily be completed at home. This delivers valuable information about key health indicators, such as bone health, heart function, liver performance, and energy levels.

Advanced Vitality Health Check

Our Vitality blood test is perfect for those seeking a comprehensive overview of their health. This test offers detailed insights into various aspects of wellness, including bone health, heart and liver function, thyroid performance, energy levels, nutritional status, immune health, and hormone balance.

Ultimate Health Check

Our Ultimate blood test provides a comprehensive health evaluation by analysing 36 key health markers. This test examines various aspects of your well-being, including heart health, liver and kidney function, thyroid performance, muscle health, nutritional status, immune response, hormone levels and more.

Advanced Energy

Our Advanced Energy blood test measures vitamin D, B12 and Ferritin levels - similar to our Advanced Vitality Health test, but goes further by including additional biomarkers for a thorough evaluation of low energy causes. This test assesses thyroid, liver and kidney function, magnesium levels, complete blood count and also screens for pre-diabetes and inflammation.

BLOOD TESTING

Tests Available:

Heart Health

We provide a blood test designed to evaluate your risk of heart disease by examining key factors like elevated cholesterol levels. A single blood sample, collected by one of our skilled medical nurses, is all it takes. The analysis is then conducted in a state-of-the-art laboratory.

Immune Health

Our immune health blood test at Treetops Wellness Clinic is designed to give you a deeper look into how well your immune system is functioning. This test checks for key markers that indicate your body's ability to fight infections and recover from illness, helping you make informed choices to support your health.

Liver and Kidney Health

If you have concerns about your liver or kidney health or believe you might be at risk for liver or kidney disease, our Liver and Kidney Health blood test is an excellent option. This test evaluates important health indicators related to liver and kidney function and screens for potential liver and kidney disease.

Advanced Thyroid

Evaluate your thyroid function with our convenient blood test. This comprehensive thyroid test measures five crucial markers, including TSH, T3, and T4, to assess your thyroid's performance. If you're experiencing symptoms like unexpected weight changes, mood swings, sleep disturbances, or muscle weakness, this test can help identify whether you have an underactive or overactive thyroid.

BLOOD TESTING

Tests Available:

Female Fertility

If you're planning to start a family or facing challenges with conception, our fertility test is here to support you. This test is designed to provide insights into your reproductive health, helping you gain a clearer understanding of your fertility status. It's a simple finger-prick test that you can easily complete at home. Your sample will be analysed by our UKAS-accredited lab and a doctor will review your results, offering guidance on any markers that fall outside the normal range.

Pregnancy Nutrition

Pregnancy brings many changes to your body, making it essential to ensure you're receiving the proper nutrients to maintain your energy and support your developing baby. Our Pregnancy Nutrition test evaluates whether your diet meets your needs by measuring key nutrients. This test assesses your iron levels, along with folate (vitamin B9), vitamin B12, and vitamin D. It also includes a check of your heamoglobin levels, which is crucial for oxygen transport and maintaining energy levels throughout your pregnancy.

Female Hormone

MyFORM®, is the only test available in the UK which analyses if your hormones are fluctuating in the expected pattern throughout your entire menstrual cycle. Unlike standard tests which give women a result for a single day, MyFORM® gives women unrivalled insight into their personal hormone variations over their individual cycle. Ideal for women who are not on hormonal contraception or HRT and want to check for hormone imbalance, fertility, and hormone-related conditions.

BLOOD TESTING

Tests Available:

Menopause Health

Our menopause test kit is a good health check-up if you have reached menopause or are post-menopause. It checks key areas of your health, such as your heart and bones, as well as hormones that could be affecting your mood, sleep and energy.

PCOS

If you're experiencing symptoms of polycystic ovary syndrome (PCOS), our PCOS blood test can help you get the answers you need. This comprehensive test checks your testosterone levels and other markers of potential underlying causes, as well as your risk for developing heart disease and type-2 diabetes.

Male Hormones

Our male hormones blood test checks testosterone along with the hormones that influence testosterone levels. It can help identify the cause of loss of sex drive, mood changes and low energy.

Cholesterol

This test measures your total cholesterol as well as good and bad cholesterol, giving you a complete picture of your cardiovascular risk. It also includes triglycerides, another important marker for heart disease.

ALLERGY TESTING



Allergy Testing at Our Clinic

An allergy occurs when your immune system reacts to typically harmless substances known as allergens. These reactions can range from mild discomfort to more severe symptoms.

At our clinic, we offer food and environmental allergy testing to help identify specific allergens that may be causing your symptoms. This test detects reactions to common allergens such as certain foods, pollen, dust and pet dander by analysing your immune response (IgE levels). With these results, you'll receive a clear profile of your sensitivities, allowing you to better understand and manage your allergies.

The test is quick and easy, using a simple finger-prick method. Your sample is then sent to a top UK laboratory for thorough analysis. We test for a wide range of food and environmental allergens and you'll receive a detailed report outlining the results along with aftercare advice. A consultation to discuss your results afterwards is also available.

TREETOPS WELLNESS CLINIC

FOOD INTOLERANCE TESTING



Do You Suffer from Bloating or Digestive Issues After Eating?

Our food intolerance testing can help identify specific foods or ingredients that may be causing discomfort. Unlike food allergies, which trigger an immune response, food intolerances often lead to digestive issues or other symptoms, such as bloating, stomach pain, or headaches, without involving the immune system.

The test is conducted using a simple finger-prick blood sample, which is analysed to determine which foods may be causing these reactions. Armed with this information, you can make informed dietary choices to improve your overall well-being.

Our testing covers a wide range of foods and drinks. Additionally, our lab tests for IgG (1-4) antibodies, providing a more comprehensive and advanced assessment compared to standard tests that only measure IgG4.

TREETOPS WELLNESS CLINIC

JUNIOR FOOD INTOLERANCE TESTING



Ages: 2-17

Food intolerance testing is a process used to identify specific foods or ingredients that an individual may have difficulty digesting or that may cause adverse reactions. Unlike food allergies, which trigger an immune response, food intolerances typically involve digestive issues or other non-immune-related symptoms.

Testing is by a finger prick blood tests, to determine which foods may be causing discomfort, such as bloating, stomach pain, or headaches. This information can help individuals make informed dietary choices to improve their overall well-being.

Our junior test has been specially designed for children aged 2-17 and like our adult test will test for all IgG1-4 reactions.

TREETOPS WELLNESS CLINIC

GUT MICROBIOME TEST



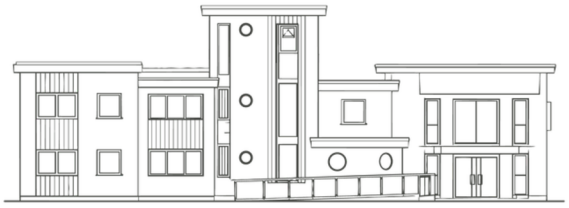
Bloating, digestive discomfort or unpredictable bowel habits?

Your gut health can affect more than digestion... Your gut microbiome plays a role in nutrient absorption, immune function and may be linked to mood, energy and overall wellbeing.

Our Gut Microbiome Test uses advanced DNA testing on a simple at-home stool sample to analyse the bacteria and other microorganisms living in your gut.

Your personalised digital report provides insights into microbial balance, potential gut health risk patterns and probiotic recommendations, with results typically available within 15 days.
Understand your gut. Make informed choices. Support your wellbeing.

This test provides wellness insights, not a diagnosis. Seek medical advice for persistent symptoms..



TREETOPS WELLNESS CLINIC

IV VITAMIN INFUSIONS

IIV vitamin infusions deliver essential vitamins and nutrients directly into the bloodstream via an intravenous drip, bypassing the digestive system for efficient absorption.

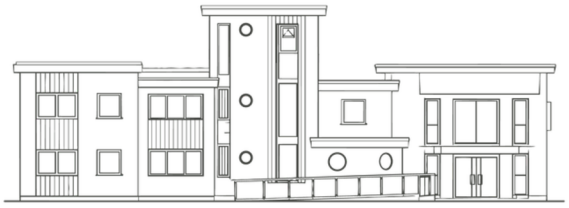
Our infusions are administered by highly trained medical nurses and can be tailored to your individual health and wellbeing needs.

Depending on the infusion, benefits may include improved hydration, increased energy, immune support and recovery from fatigue or physical exertion.

Choose from our range of IV infusions, each designed to support different aspects of your wellbeing. An optional Glutathione add-on is also available with any drip.

Explore our options below to find the infusion that's right for you...

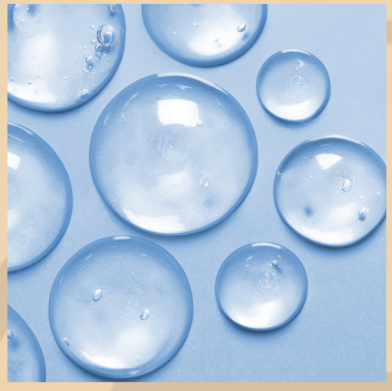




TREETOPS WELLNESS CLINIC

IV VITAMIN INFUSIONS

Hydration Drip



Our signature Hydration Drip is designed to rehydrate and revitalise you instantly, making it perfect for anyone needing a quick pick-me-up. Whether recovering from a busy weekend, battling illness or food poisoning, or looking to enhance athletic performance, our Hydration Drip offers the support you need.

Energy Drip (Myers Cocktail)

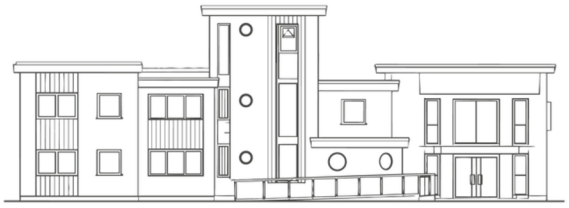


Our best-selling Energy Drip, known as the Myers Cocktail, is a powerful blend of Vitamin B12, Magnesium, and other essential nutrients that help reduce tiredness, fatigue, and support normal energy metabolism. This popular IV drip combines B Vitamins, Amino Acids and Magnesium to regulate energy levels and improve sleep quality. Whether you're generally healthy and need an energy or immune boost, or you're seeking complementary therapy, the Myers Cocktail delivers higher concentrations of vital nutrients than oral supplements, leaving you feeling rejuvenated in mind, body and spirit.

Skin Glow Drip



Our Skin Glow Infusion is formulated with a high dose of Glutathione and Vitamin C, designed to give your skin a radiant glow from the inside out. These powerful ingredients work together to brighten your complexion, leaving your skin looking refreshed and luminous.



TREETOPS WELLNESS CLINIC

IV VITAMIN INFUSIONS

Anti-Aging Drip

Our infusion is specially formulated with amino acids and powerful active ingredients to help repair the extracellular matrix and naturally stimulate collagen production, restoring a youthful radiance to your skin. Packed with glutathione, along with essential vitamins and minerals, this infusion works from the inside out to combat the signs of ageing and promote a healthier, more vibrant complexion.



Fitness Drip (Sports Performance)



Whether you're a dedicated athlete or just enjoy staying active, this drip can elevate your performance and help you recover faster by delivering essential energy-boosting vitamins and amino acids. Unlike the temporary high and inevitable crash from energy drinks, our Performance Booster IV offers sustained energy enhancement with key B vitamins and amino acids like carnitine and taurine, which aid in converting nutrients into energy.

Additionally, our Sports Performance IV includes magnesium and calcium, crucial for muscle function. Magnesium deficiency can lead to muscle cramps and spasms, while sufficient levels can accelerate recovery and help prevent injuries.

Perfect for anyone serious about their fitness!

IV VITAMIN INFUSIONS

Immunity Drip



Our Immune Booster IV Drip delivers the essential vitamins and minerals your body needs to support a healthy immune system. Rich in Vitamin C, known for its strong antioxidant benefits, this drip enhances immune function and shields against oxidative stress. It also stimulates the production of white blood cells, vital for combating infections.

NAD+ Drip



Since its introduction, our NAD+ Drip has become a favourite among those dealing with brain fog, low energy, poor concentration and mood disorders. It has effectively supported the wellbeing of many clients, and we are thrilled with the results!

As our cells age, they tend to slow down, either dying off or becoming less efficient, leading to common signs of ageing like wrinkles, pigmentation, and fatigue. Our NAD IV Drip targets cellular processes, converting food into energy and promoting cell repair. By rejuvenating aging cells, this drip helps slow down the ageing process at a cellular level, supporting your overall health and vitality for longer.

Add Glutathione to any IV Infusion!

Glutathione is a naturally occurring antioxidant made by the body. It helps protect cells from oxidative stress and plays a role in normal cellular processes, including supporting the liver's detoxification pathways.



VITAMIN SHOTS

Intramuscular (IM) vitamin boosters are a method of delivering vitamins and nutrients directly into the muscle tissue using a syringe. This approach allows for rapid absorption into the bloodstream, providing a quick and effective way to increase vitamin levels in the body.

IM vitamin shots are commonly used to address deficiencies, boost energy levels, support immune function and improve overall health. They offer a convenient alternative to oral supplements, particularly for individuals with absorption issues or specific health needs.

These are single-vitamin shots and we offer Vitamin D, Vitamin B12 and Vitamin C boosters.

VITAMIN SHOTS

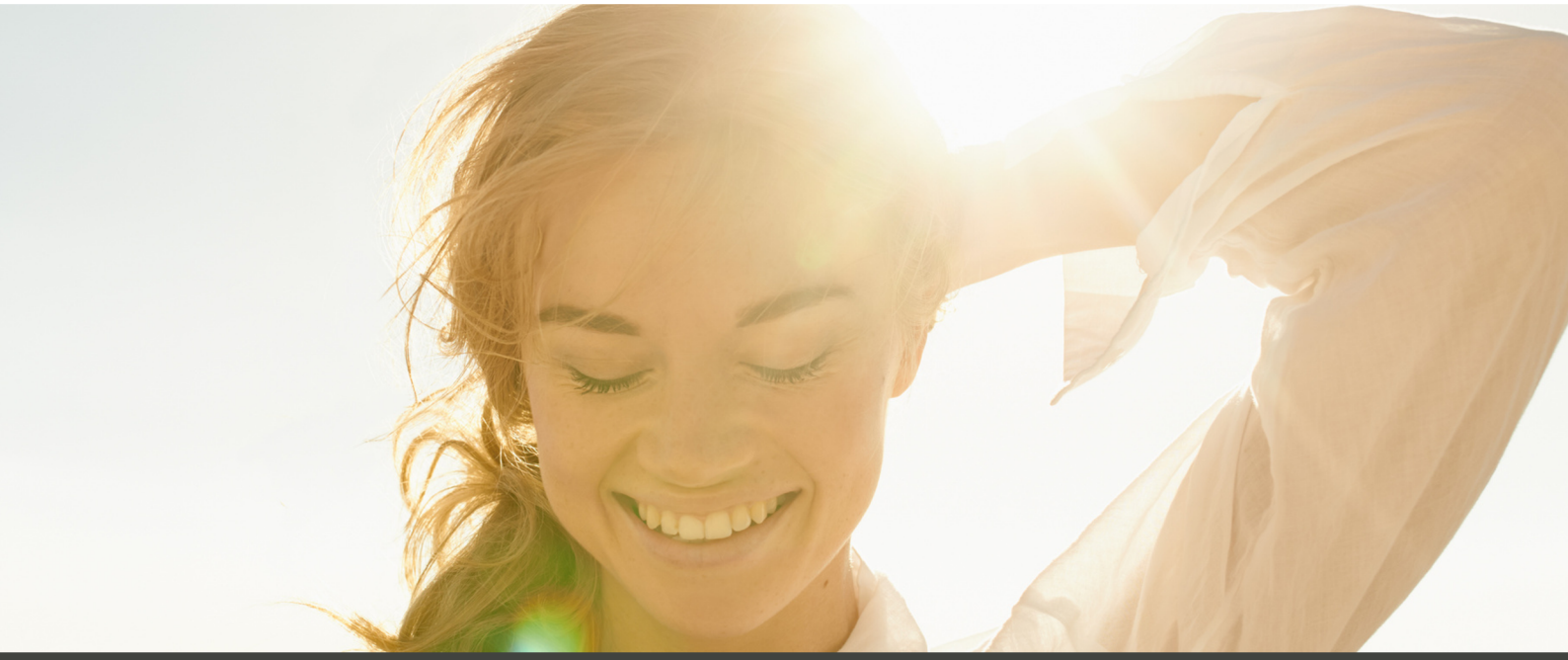


B12 Booster

A B12 booster is a shot that delivers a high dose of vitamin B12 directly into the bloodstream, bypassing the digestive system. This method ensures quick and efficient absorption, making it an effective way to boost B12 levels.

Benefits of B12 boosters include increased energy levels, improved mood, enhanced cognitive function and better metabolic support. These shots can also enhance healthier skin, hair and nails by supporting overall cell health and regeneration.

VITAMIN SHOTS



Vitamin D

A vitamin D booster is a direct method of delivering vitamin D into the bloodstream, ensuring rapid absorption and effectiveness. This approach is particularly beneficial for individuals with vitamin D deficiency or those who have difficulty absorbing it through oral supplements.

Benefits of vitamin D shots include enhanced bone health, improved immune function and support for overall mood and well-being. Maintaining optimal vitamin D levels can also contribute to healthier skin, reducing inflammation and promoting a youthful appearance.

1 IN 6 Adults in the UK are thought to be low in vitamin D.

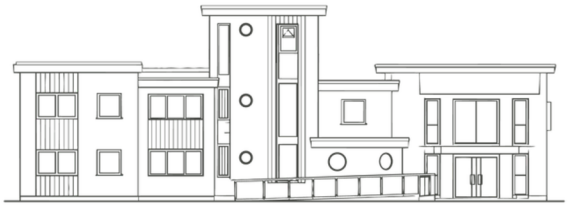
VITAMIN SHOTS



Vitamin C

A vitamin C booster is a method of administering a concentrated dose of vitamin C directly into the bloodstream, allowing for maximum absorption and immediate benefits. This approach is more effective than oral supplements, especially for those with higher vitamin C needs.

Benefits of vitamin C shots include enhanced immune support, increased collagen production and protection against oxidative stress. These jabs can enhance brighter, healthier skin, help reduce signs of ageing and improve overall skin texture and appearance.



TREETOPS WELLNESS CLINIC

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TREETOPS WELLNESS CLINIC

Services Handbook