

# Diagnostics & Treatment



## The Health Equation

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# The Health Equation



Mr Gerry Gajadharsingh DO

Osteopath, Diagnostic Consultant-Complementary Medicine

Advanced Breath Practitioner and UK Lecturer for Lifelogix Inc

Metabolic Balance ® Nutritional Coach and UK Lecturer for MB UK

The Health Equation is a private health clinic in London & Wiltshire where we take the time to carefully assess you, so we can get to the root cause of any problems you may have. We provide an open environment, where you can discuss your health in detail and learn more about your individual needs and treatment options.

By combining both conventional and complementary medicine, we consider our patients' as a whole; taking into consideration your body, mind, energy level, memory, diet, routine and posture. An initial diagnostic consultation at our private health clinic with Mr Gerry Gajadharsingh DO, will allow us to create a thorough picture of your health and lifestyle, and provides a unique diagnosis alongside a treatment plan that's specific to you and your needs.

Our core values are Caring, Partnership and Excellence; our aim is that these values underpin all that we do at The Health Equation.

"I first met Gerry when he treated me for my frozen shoulder. It had been troubling me for 2 years and physio was making it worse. I immediately felt in safe and capable hands. Gerry is a meticulous clinician. He assesses patients in a holistic way that others simply don't do. Because of this, his results are excellent. He goes the extra mile and leaves no stone unturned. I'm very glad that I met him and so are my patients."

***Dr Stephanie Goodwin, MBCHB MRCGP DRCOG DOCCMED MIPM***

"Gerry embodies what science tells us about the very best clinicians...he is professional, he is empathetic, he is patient, he is experienced, he is knowledgeable and up to date, he is conscientious and persistent, he takes your input seriously and works with you...he is forthright and honest.

He holds my highest recommendation for the very best practice that you can completely trust and know you have seen the very best."

***Dr. Robert Kissner PhD***

# Diagnostics

## Diagnostic Consultation

Doctors of Conventional Medicine, GP's and Medical Specialists, tend to focus on the recognition or absence of pathology – the actual disease processes. Luckily for many of us, we do not often have serious pathology, however there is usually a cause for our symptoms.

Our Diagnostic Consultant – Complementary Medicine, Mr Gerry Gajadharsingh DO, has over 36 years of clinical experience. His job is to make sure there is no obvious pathology, where medical referral may be more appropriate and then to explore the functional components that may be contributing to the patient's particular problem. As part of the consultation Gerry will:

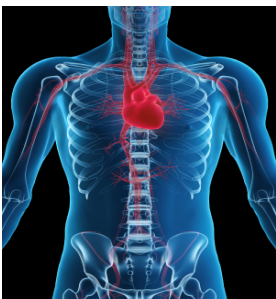
- Undertake a full case history review of your past and current symptoms.
- Explore you and your family's medical history, social history and contributing lifestyle factors.
- Provide an appropriate clinical examination, and, if necessary perform relevant diagnostic tests (blood, x-ray, scans etc), costs vary for diagnostic tests and are charged separately to the fee for the Diagnostic Consultation.
- Capnography – One of the unique diagnostic and treatment tools used at The Health Equation is non-invasive capnometry and Heart Rate Variability (HRV) monitoring. Performed, if clinically indicated, this specialised piece of equipment, which is non-invasive, measures CO2 levels, breathing rate and heart rate variability and is one of the most scientific method of diagnosing Breathing Pattern Disorder (BPD) and explores an individual's autonomic nervous system response.
- Compile a differential diagnostic shortlist of possible factors behind your complaint.
- The Diagnostic Consultation takes 60 minutes and will determine your clinical needs. Patients tend to fall into 2 categories:
  - Simple/Discrete Clinical Problems
  - Complex Clinical Problems

For Simple Clinical problems you will be offered follow up treatment with Gerry.

For Complex Clinical problems you will be offered a variety of treatment pathways, including treatment with Gerry and or other clinicians, taking into account your preferences, budget and level of care that you will need to help you overcome your problem.

**Diagnostic Imaging** Effective diagnostic imaging can be important for further treatment decision making and can reduce unnecessary procedures. At The Health Equation we request the following imaging

methods by referral to a local imaging centre:



Ultrasound  
MRI  
CT  
X-Ray

# Diagnostics & Treatment

## Diagnostic Tests

What are the common diagnostic tests used?

Urine tests    Blood Tests    Saliva Tests    Stool tests    Holter 24 hr ECG Analysis

## GP & Specialist Referral

Sometimes it becomes apparent during the case history or clinical examination that the cause of the patient's problems may well be pathological and not functional, when conventional medical intervention may be more appropriate. This may be confirmed by diagnostic imaging or laboratory testing arranged at the Diagnostic Consultation. In such cases Gerry will liaise, with the patient's permission, with the patient's GP (NHS or Private) or refer the patient to an appropriate private medical specialist for further opinion or specialist investigation. Having worked in London's medical district for over 34 years he has built up a formidable list of medical contacts, recognised as leaders in their respective fields in medicine.

## Treatment offered by Gerry

- Osteopathic Manual Treatment
- Breathing Re-Education/ Stress Management Techniques
- Nutrition/Metabolic Balance
- Exercise/Rehabilitation

For further information, including current fees go to

<https://www.thehealthequation.co.uk/diagnostic-consultations/>

<https://www.thehealthequation.co.uk/consultation-treatment-fees/>



You can also download "The Health Equation- A Way of Life", available from iTunes, Gerry's iBook containing 30,000 words of text and 10 HD videos focusing on nutrition and lifestyle.

<https://itunes.apple.com/gb/book/health-equation-way-life/id871262937?mt=11>

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