



A Patient Guide to Holistic Health & Longevity

Featuring Dr Sonia Tsukagoshi Functional Medicine Doctor



01 Introduction

Welcome to Your Journey Towards Better Health

"Health isn't simply the absence of disease. It's having the energy to live the life you want today while protecting your future health."

At Optimal Dental Health, we believe that true health is about much more than simply treating illness. Our goal is to help you feel your best today while protecting your health for years to come.

Our Holistic Health Doctor, Dr Sonia Tsukagoshi, takes a preventative, evidence-based approach that looks beyond symptoms to understand why they developed in the first place.

Rather than focusing on a single condition, we explore how every aspect of your health works together, allowing us to create a personalised plan that supports long-term wellbeing, resilience and healthy ageing.

Whether you are struggling with fatigue, hormonal changes, digestive issues or simply want to optimise your health, we are here to help you take control of your future health.



What Is Holistic Health?

Holistic health is a whole-person approach to medicine. Instead of treating isolated symptoms, we look at how different systems within the body interact, including:

- Nutrition
- Hormones
- Gut Health
- Sleep
- Stress
- Movement
- Emotional Wellbeing
- Lifestyle
- Oral Health

By understanding these connections, we can often identify underlying causes that may otherwise be overlooked. Our aim is to help restore balance, allowing your body to function at its very best.

**Meet Dr Sonia
Tsukagoshi**

**Your Holistic Health &
Longevity Doctor**



Dr Sonia Tsukagoshi is an experienced GP with nearly two decades of clinical experience, specialising in holistic health, longevity medicine and preventative healthcare.

She combines evidence-based medicine with personalised lifestyle strategies to help patients improve their health, optimise their wellbeing and reduce their risk of future disease.

About Dr Sonia Tsukagoshi

Unlike a traditional GP appointment, where time is often limited, Dr Sonia offers extended consultations that allow her to explore the bigger picture of your health.

She believes that symptoms rarely occur in isolation and that understanding the connections between different areas of your health is essential for achieving lasting results.

Whether you're experiencing fatigue, hormonal changes, digestive problems, difficulty sleeping or simply want to become healthier and live well for longer, Dr Sonia works alongside you to create a clear, realistic plan tailored to your goals.

A Truly Personalised Approach

Dr Sonia takes time to understand:

- Your current symptoms/concerns
- Your medical history
- Family history/Genetic risk factors
- Nutrition and eating habits
- Exercise and movement
- Sleep quality
- Stress levels
- Hormonal health
- Gut health
- Emotional wellbeing
- Lifestyle and work demands

Evidence-Based Healthcare with a Holistic Philosophy

Dr Sonia believes that the best healthcare combines modern medical science with sustainable lifestyle medicine. Her philosophy is simple:

- Prevent where possible.
- Identify the root cause.
- Support the body's natural ability to thrive.

This balanced approach allows patients to make informed decisions about their health while receiving personalised medical care based on the latest clinical evidence. Her work blends conventional medicine with preventative strategies focused on longevity, hormone health, nutrition and overall wellbeing.



Women's Health & Hormone Balance

Hormonal health plays a central role in overall wellbeing and longevity.

Our holistic health and longevity doctor has a special interest in women's health and provides tailored support for:

- PMOS (Formerly known as PCOS)
- Endometriosis
- Perimenopause
- Menopause
- Hormone imbalance
- Insulin resistance



We take time to understand your symptoms, medical history, lifestyle and goals.

Treatment plans may include advanced blood testing, referral for nutritional guidance, lifestyle medicine, stress management strategies and, where appropriate, medical therapies and medication.

Our goal is to address the root cause, not just manage symptoms, supporting long-term hormone balance naturally and safely.

Men's Health & Hormone Balance:

Men's health concerns often develop gradually, making it easy to dismiss symptoms such as tiredness, low mood or reduced performance as simply part of getting older. Our holistic GP takes the time to look beyond individual symptoms, helping identify the underlying factors that may be affecting your health and wellbeing.

We provide comprehensive assessment and personalised support for:

- Low testosterone and hormonal balance
- Fatigue, low energy and burnout
- Weight management and metabolic health
- Cardiovascular health and prevention
- Prostate health
- Stress-related health concerns

By combining advanced health screening, functional testing where appropriate, lifestyle medicine and evidence-based treatment plans,

we focus on improving your energy, resilience and long-term health, not simply managing symptoms.



Gut Health & Digestive Wellbeing

Digestive symptoms such as bloating, abdominal discomfort and irregular bowel habits are common, but they should never be ignored or simply accepted as normal. Your digestive system plays a central role in your overall health, influencing everything from energy levels and immunity to nutrient absorption, inflammation and mental wellbeing.

Dr Sonia takes a root-cause approach to digestive health, looking beyond symptom management to understand why problems may be occurring. This may include assessing diet, lifestyle, the gut microbiome, stress, food intolerances and conditions such as Small Intestinal Bacterial Overgrowth (SIBO).

We help patients experiencing:

- Persistent bloating
- Irritable Bowel Syndrome (IBS)
- Suspected SIBO
- Reflux and indigestion
- Food sensitivities and intolerances
- Constipation or diarrhoea
- Gut microbiome imbalances
- Unexplained digestive discomfort



Comprehensive Blood Testing & Health Screening

Have you been feeling constantly tired, struggling with brain fog, finding it difficult to lose weight, or simply feeling "not quite yourself" despite being told your blood tests are normal? Many underlying health issues can develop gradually, and symptoms are often dismissed as stress, ageing or a busy lifestyle.

Comprehensive blood testing can help uncover what may be contributing to the way you're feeling. Rather than simply checking whether your results fall within a broad reference range, Dr Sonia interprets them alongside your symptoms, lifestyle, medical history and long-term health goals to build a more complete picture of your health.

Your assessment may include:

- Vitamin and mineral deficiencies
- Hormone health
- Thyroid function
- Blood sugar and metabolic health
- Cholesterol and cardiovascular risk
- Inflammation and immune health
- Liver and kidney function
- Iron status and anaemia
- Preventative health screening



Where appropriate, additional functional testing can provide even greater insight into the root cause of your symptoms.

If you've ever felt frustrated because your tests were described as "normal" but you still don't feel well, a more personalised, holistic assessment may help uncover the answers and provide a clear path towards better health.

Mental Health & Emotional Wellbeing

Do you constantly feel overwhelmed, exhausted or like you're running on empty? Perhaps you're struggling with anxiety, low mood, poor sleep or brain fog, yet your blood tests have come back "normal" and you're still searching for answers.

Mental health symptoms rarely exist in isolation. Stress, hormone imbalances, nutritional deficiencies, chronic inflammation, poor sleep and digestive issues can all contribute to how you feel physically and emotionally.

Rather than simply masking symptoms, Dr Sonia takes the time to understand

what may be driving them. By exploring your lifestyle, medical history and overall health, she creates a personalised plan designed to help you regain your energy, improve your resilience and feel more like yourself again.

If you've been told everything looks fine but you know something isn't quite right, a holistic approach may help uncover the missing pieces.

Our goal is to support your mental wellbeing while improving your overall health, so you can thrive rather than simply get through each day.

You can call our team today to book your holistic healthcare appointment with Dr Sonia Tsukagoshi on 020 3921 1000.



Frequently Asked Questions

Is holistic medicine evidence-based?

Yes. Dr Sonia combines conventional medicine with evidence-based lifestyle medicine, using the latest research alongside personalised care to address the root causes of illness.

Do I need to stop my current medication?

No. Any medication changes are only made if clinically appropriate and are discussed with you fully, often alongside your NHS GP or specialist if needed.

Do you offer blood tests?

Yes. Where appropriate, we can arrange blood tests to assess areas such as hormones, vitamin deficiencies, thyroid function, inflammation, cholesterol and metabolic health.

Can you help during menopause?

Yes. Dr Sonia supports women through perimenopause and menopause with personalised advice, lifestyle medicine, blood testing where appropriate, and discussion of treatment options including HRT.

Can you help me improve my health as I get older?

Yes. Healthy ageing and longevity are an important part of our approach. We can help you understand your individual risk factors.

Can you help if my NHS blood tests were normal?

Yes. Many patients still experience symptoms despite routine tests being normal. We take a more in-depth look at your health to explore potential underlying causes.

Do I need to be unwell to benefit?

No. Many patients visit to optimise their health, improve energy, prevent future illness and support healthy ageing before problems arise.

Is this suitable for men as well?

Absolutely. Dr Sonia supports men with hormone health, fatigue, stress, cardiovascular health, weight management, digestive health and preventative screening.

Can you help me understand why I'm feeling tired or low in energy?

Yes. Fatigue can have many contributing factors. Dr Sonia takes a detailed look at your symptoms, lifestyle, sleep, nutrition, hormones and medical history, with further testing where appropriate, to help identify potential underlying causes.



Optimal
Dental Health

Ready to understand your health?

Book a 60-minute Holistic Health Consultation with Dr Sonia Tsukagoshi and receive a personalised assessment covering your lifestyle, medical history, nutrition, hormones, gut health, sleep and preventative health goals.

Book your FREE 15-minute discovery call today by calling 020 3921 1000.

SCAN TO BOOK



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