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health



WELL TO DO

Health SOS? From breathwork to blood tests and bespoke longevity programmes, a new medical concierge brings personalised care right to your door

By FRANCESCA OGIERMANN-WHITE

IT WAS SERENDIPITOUS THAT I met Dr Liza Osagie-Clouard when I did. The past six months had drained me, physically and mentally: a combination of fierce deadlines, constant travelling and a teething, sleep-regressing toddler. On top of all that, our house was a constant merry-go-round of coughs, colds and viruses, generously bequeathed to us by my son's nursery and leaving my own immunity at an all-time low. In previous years, I had barely taken so much as a sick day off work; now, I was having to reschedule meetings every other week.

As I sit in a vast, cream-coloured suite – a space that feels more glossy Manhattan penthouse than doctor's office – I feel ground down. I'd picked up a chest >

◁ infection during a conference in Paris, and despite rounds of antibiotics, my insides were still rattling. Dr Liza, who has the most calming voice and cut-glass elocution, gets straight to the point: 'So how are you, really? Because you look far more stressed than when we first met.'

Dr Liza is the brains behind Solice Health – a wellness concierge that connects its members with thought leaders who are the most sought-after in their fields. The service integrates the best medical interventions and holistic therapies, from the functional or intuitive to the cutting-edge. 'It's about bringing lifestyle medicine into the everyday, while making it accessible for the everyday patient,' she explains. Dr Liza's background is in orthopaedics and stem cells, but it's her ability to have the hard conversations that sets her apart – as well as being unafraid to initially say: 'I don't know.' She's also relatable, whip-smart and very funny.

But back to that first penetrating question she asked.

Ironically, for someone working in the wellbeing industry, I was a disaster. Sleep was sparse, so I was mainlining espressos all day to stay alert. My metabolism was on overdrive, but my digestion was all over the place – so the weight was falling off, but in all the wrong places (even the brilliant Dr Suha Kersh, who has long administered my injectables, couldn't believe how fast my face had started to hollow). My cortisol levels raged, anxiety persisted and I was in a constant state of fight or flight. I was running and running on an empty tank – but I didn't know how to slow down.

Dr Liza's next question takes me by surprise: 'Joking aside, is not being able to stop an issue?' I'll admit, there is definitely a perfectionist streak hiding within me; in many ways, I've always attributed professional success to this striving for control. 'But it's never got out of control, because I'm too controlling,' I laugh.

'It's a coping mechanism,' Dr Liza explains. 'And many of the women that we see are exactly the same. They are constantly going, they're running successful companies, they have a committed relationship, they're looking after their family... But none of them have an hour to breathe.'

A battle plan was drawn up. Bloods would be taken from the comfort of my home (oh, the efficiency!) and a NutrEval test would be performed to detect and assess functional imbalances and deficiencies. Next, I would be dispatched for a battery of diagnostics. Solice has partnerships with OneWelbeck, Cleveland Clinic,

hospital gown before walking into an intensely air-conditioned room. I lie on a bed, which whizzes back and forth through what looks and feels like a giant, space-age washing machine, whirring as it scans my insides. Next, a carotid scan to check the deep arteries of my neck, followed by an echocardiogram to assess my heart and valve function. Finally, mole mapping, using the hi-tech Vectra WB360. I stand in front of the gargantuan machine, legs splayed and hands held upright, before what sounds like a firing squad goes off (in reality, a flurry of cameras, which click away furiously, zoning in on any suspicious specimens).

I sit in a vast, cream-coloured suite – a space that feels more glossy Manhattan penthouse than doctor's office. Dr Liza gets straight to the point

London Regenerative Institute, Cromwell Hospital, The London Clinic and King Edward VII's Hospital. 'Ultimately, it's about knowing which practitioner will click with the patient,' says Dr Liza. But they also, cleverly, use AI to help predict and prevent.

One week later, I'm being escorted around the gleaming and thoroughly hi-spec OneWelbeck healthcare centre in London by a client liaison, who plays the part of my personal chaperone beautifully, quickly ensconcing me in a private pod with buttery leather armchairs and views across the Marylebone rooftops. Dr Liza is keen to learn more about my colon, given its haphazard behaviour, so I've been on a restrictive diet for three days in preparation for a colonoscopy and CT scan. At this point, I could murder someone for a sandwich.

I'm whisked to the gastroenterology floor, where I change into a

I walk out, hours later, with the tests completed. Still, there's more.

My initial consultation with Dr Liza had also touched upon the more holistic, complementary therapies (which at Solice carry just as much weight as the medical interventions) – and when I see the programme she has pulled together for me, I'm overjoyed. Acupuncture, breathwork and reflexology are all in the mix, with everything scheduled to take place at my home.

On a Monday evening, I'm visited by Andrea Hurst, an extraordinarily intuitive reflexologist. Andrea travels the world, working with musicians and film stars – but she also fits in Solice's high-flying members when she's in town, and as she searches my soles with her fingertips, pressing into points that correlate to organs and systems elsewhere in the body, her revelations are spookily accurate. The point relating to my

diaphragm is particularly sore – and when Andrea asks me if I'm breathing properly, the dots start to connect. We talk about immunity, and she stresses the importance of vitamin C – though you don't, she says, need to take it in supplement form. 'Far better to squeeze a whole lemon into some warm water each morning. It contains all the vitamin C you need for the day.'

Next up, an audience with the acupuncturist Lora Macfarlane. I've seen my fair share of well-known needlers over the years, but Lora was unlike any other. Data-driven and almost scientific in her approach, she incorporates low-level light and laser therapy and reflexology into her work, and has a razor-sharp understanding of the human body. I lie on a PEMF (pulsed electromagnetic field) mat, designed to reduce inflammation and boost blood flow, and Lora inserts her slender needles swiftly and painlessly, targeting points to support the immune system and calm anxiety. Finally, my mind stops racing.

My last houseguest is a handsome Irishman called Rob Rea. A former model with a lilting Irish voice, Rob is renowned for his breathwork, a style which is often referred to as transformational, holotropic or even 'LSD breathing'. Before his visit, Dr Liza tells me: 'Rob is a regular first port of call for many of the CEOs we see who need to be able to breathe, but who also deal with overwhelm.' As someone whose brain mirrors the home screen of my laptop, with 65 different tabs open all at once, this is music to my ears.

As I lie on the floor of my sitting room, the air scented with palo santo, a silk mask covering my eyes, Rob guides me through 40 minutes of long, deep inhales and short, vigorous exhales, designed to increase oxygen intake and flush out carbon dioxide. 'Doing so puts you into what we call "hormetic stress", which upregulates the body to self-deploy adrenaline,' he explains. 'As ▷

**BEDSIDE
MANNERS**

*Solice Health is one
of a new breed of
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surgery, part wellness
network and part
longevity strategist*

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◁ a result, some people cry, or laugh. For those who experience anxiety, it can feel like a panic attack. But however you experience it – and there's no right or wrong way – there is a huge physiological benefit.'

Twenty minutes' more meditative breathwork follows, which is profoundly peaceful. I feel as if I'm lying at the bottom of a deep, still lake, a warmth heating my core like a flickering flame. My brain is on fire, too: exploding with ideas, one after the other – but the strangest part is my right hand, which goes completely numb. (Carbon dioxide is a vessel dilator – so by expelling it from the body, the vessels can constrict slightly in your extremities.) By the end of the session, I'm feeling utterly serene.

Dr Tamsin Lewis confirms this. 'Breathwork brings an extraordinary sense of calm,' she says. 'Your "doing brain" switches off, and your "feeling brain" comes back online.' Dr Tamsin – or 'DT', as Dr Liza calls her – is the longevity lead at Solice, as well as being a former professional triathlete, a biohacking expert and the medical director of Six Senses' RoseBar Longevity.

Today, I'm back in Solice's Mayfair HQ to go through the findings of my immunity investigation with the doctors. My NutrEval results tell me what I already suspected. My mitochondria have all but packed up, I'm low on omega-3s and my NAD+ (an important coenzyme that influences cellular function, from metabolic to DNA repair) is

flatlining – all critical nutrients for resilience and immunity.

More positively, my colonoscopy is clear, thank goodness; my echogram shows I have excellent heart function. The carotid ultrasound records normal blood flow, but there is a slight thickening of my artery walls.

Most worrisome are my blood results, which reveal a startlingly high cholesterol level – a genetic predisposition that I knew was lurking in the shadows. After conferring at length with the consultant cardiologist Dr Ramzi Khamis, the doctors reach a verdict. 'You have hardly any fatty deposits,' Dr Liza tells me. 'And your high cholesterol score comes from your HDL – the good stuff – rather than the LDL, which is the very bad stuff.' Phew.

'Basically, you have a family history of cholesterol, and a high level of stress,' says Dr Tamsin. 'But don't forget, most of our embodied stress is psychological. Repressed, inward emotions cause oxidative stress – and while many of us are good at contextualising and intellectualising, we're not very good at actually feeling.'

Her words strike a chord. All of these issues, in isolation, would be manageable – but in combination, they build up to a slightly scarier picture. 'At this time of life, everything starts to manifest as little seeds, little flags,' Dr Tamsin continues. 'But what we don't want you to do is catastrophise. This is showing you a window into what can be modified – for the better.'

And this is where the brilliance of Solice lies. By integrating all these powerful forces from the farthest corners of conventional medicine, longevity and emotional wellbeing, they paint the big picture – but they also pick up on the nuances, the things that can easily get overlooked as life gets busier, more frenetic and more pressurised.

Six months later, I feel like my former self again. Mornings start with hot water and lemon, two Biostack Labs NAD Regen supplements and omega-3s to power up my depleted mitochondria, followed by an energy-boosting cold shower. I've rekindled my love affair with reformer pilates, my twice-weekly Studio Anatomy classes strengthening my body while helping to switch off my busy brain. Breathwork, magnesium before bed and my Apollo wearable (which emits low-level vibrations to soothe the nervous system) mean I sleep more deeply. I've cut down on coffee and I get an immune-strengthening glutathione IV drip when time permits. I'm toying with the idea of a weighted blanket.

It's not rocket science, but it is about consistency. And I've not taken a sick day since. □