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## Britain's **225** best private doctors

**Inside:** the definitive report you can't afford to miss

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**15-PAGE  
SPECIAL  
REPORT**

by Gail Rolfe  
& Emma Love

# Britain's 225 best



# private doctors

**British doctors are among the most respected and admired in the world. And we are justifiably proud of the medical facilities in this country.**

But when something goes wrong – your daughter has suspected osteoarthritis, your son has a skiing accident, a friend is worried about breast cancer or your heart starts to flutter unusually – how do you know who to turn to and where to find them?

Well, you turn to this guide, which, we believe, contains the 225 best private doctors in the UK (75 more than our last guide). To compile this year's list, *Tatler* convened a panel of private GPs, who made

their recommendations. These are the doctors they'd call if *they* were ill – there could be no higher accolade. Our guide lists the doctors who are at the absolute peak of their profession: those who have both experience and wisdom, and who are at the cutting edge of the latest technology. You know that, with them, you are in the safest hands.

To make this guide easy to use we've divided it into 28 sections – each one covering a different speciality, from allergies to paediatrics to veins.

**If there's one guide that you cut out, laminate and keep, make sure it's this one.**

# Complementary

## Acupuncture

### Silvio Andrade

Former mime artist Silvio Andrade became an acupuncturist after being cured of his own back pain. His acupuncture balances the energy in the body so that IVF treatment can become more effective.

✉ **The Vitality Centre, Alexander House, 155 Merton Road, SW18**  
☎ 020 8871 4677

### Dr Nguyen Bich

Originally from Vietnam, Bich trained and qualified as a physician, but now practises acupuncture in Marylebone. He's as authentically oriental as you can get.

✉ **211 Bickenhall Mansions, Bickenhall Street, W1**  
☎ 020 7935 7229

### Philip Hochhauser

Hochhauser helps those who work hard and play hard to get the best from themselves. His 'time therapy' focuses on the positive to help people move forward. Clients include Kate Moss and Jude Law.

✉ **Tune In, 14 St George's Mews, NW1**  
☎ 020 7586 5856

### Robert Ogilvie

Ogilvie is 'like a Chinese gynae', treating irregular periods, endometriosis, infertility and polycystic ovaries. He treats cause rather than symptom: 'Nine times out of 10, emotional problems cause an illness.'

✉ **55 Oxford Gardens, W10**  
☎ 020 8969 5262

### John Tsagaris

One of London's most intuitive doctors of traditional Chinese medicine, Tsagaris treats health problems with acupuncture, herbal treatments, shiatsu massage and reiki.

✉ **51 Paddington Street, W1**  
☎ 020 7224 6088

## Anti-ageing

### Dr Rita Rakus

Co-founder of the British Association of Cosmetic Doctors, Rakus banishes the effects of time naturally. She believes in a healthy mix of grooming, Botox, Restylane and lust for life.

✉ **34a Hans Road, SW3**  
☎ 020 7460 7324

### Dr Jean-Louis Sebahg

Many women will see no one else for Botox and fillers. He's

the master behind the wealthiest

✉ **The Freedom Company, Westminster, W1**  
☎ 020 7611 1111

## Fertility

### Roderic

Founder of the Fertility Society, Launched the hormonal diet especially for patients and to properly

✉ **Eden Mill, 63a King's Road, SW3**  
☎ 020 7861 1111

### Dr Gow

Birth guru, Dr Gow, Gwyneth McCartyne and obstetrician well versed in ancient techniques. Motha created the natural 'gentle birth method':

✉ **Viveka, 27a Queens Terrace, NW8**  
☎ 020 7483 3788

### Max Tomlinson

This naturopath specialises in gynaecological and gastric issues such as food allergies and irritable bowel syndrome. He's currently on one of his own bespoke six-week detox regimes: 'It's tough but it works.'

✉ **Fulham Medical Centre, 446 Fulham Road, SW6**  
☎ 020 7385 6001

### Zita West

This midwife, nutritionist and acupuncturist is considered one of the leading experts on natural fertility in Europe. Her clinic is the first of its kind in the UK, combining the latest western thinking with natural treatments. Clients include the Countess of Wessex, Cate Blanchett and Kate Winslet.

✉ **43 Devonshire Street, W1**  
☎ 020 7580 2169

### Dr Xiao-Ping Zhai

Trained in Chinese and western medicine, Zhai treats polycystic ovary syndrome, unexplained failure to conceive, persistent miscarriage and endometriosis

conventional medicine go hand-in-hand. He set up his first clinic in 1970 and now has clinics in Edinburgh, Glasgow and Dublin.

✉ **Auchenkyle, South Woods Road, Troon**  
☎ 01292 318846

## Hypnotherapists

### Suzanne Thomas

Addresses phobias, eating disorders and smoking. She can also help with physical conditions that may have psychological implications.

✉ **Brackebury Natural Health Clinic, 30 Brackebury Road, W6**

## Robert Ogilvie

Ogilvie is 'like a Chinese gynae', treating irregular periods, endometriosis, infertility and polycystic ovaries. He treats cause rather than symptom: 'Nine times out of 10, emotional problems cause an illness.'

✉ **55 Oxford Gardens, W10**  
☎ 020 8969 5262

✉ **Society for Complementary Medicine, 3 Spanish Place, W1**  
☎ 020 7487 4334

### Margo Marrone

Trained as a pharmacist and a homeopath. She says detox can relieve 70 per cent of a patient's issues.

✉ **The Organic Pharmacy, 390 King's Road, SW10**  
☎ 020 7351 2232

### Jan de Vries

Renowned homeopath who has treated film and sports stars, politicians and royals. He believes homeopathy and

no related thyroid and adrenal issues. N6

or The School of medical of food. rom women looks illness. nsions,

☎ 020 7449 0999

### Dr Wendy Denning

Co-presented *The Diet Doctors* and wrote a book of the same title. A qualified GP, Denning diagnoses traditionally and treats alternatively – nutrition, acupuncture and hypnotherapy.

✉ **Integrated Medical Centre, 43 New Cavendish Street, W1**  
☎ 020 7224 2423

### Dilys Gannon-Bone

This naturopath concentrates on kinesiology and dietary, homeopathic and herbal

medication. She assesses lifestyles and adapts nutrition and stress levels accordingly.

✉ **Integrated Medical Centre, 43 New Cavendish Street, W1**  
☎ 020 7224 5111

### Dr Marilyn Glenville

Glenville, a nutritional therapist and psychologist, takes a natural approach to female hormone problems, menstrual issues, unexplained infertility and recurrent miscarriages.

✉ **14 St John's Road, Tunbridge Wells**  
☎ 08705 329244

### Ian Marber

Known as the Food Doctor, Marber promotes health via diet. He specialises in weight management, digestion and eating disorders.

✉ **The Food Doctor Clinic, 76 Holland Park Avenue, W11**  
☎ 020 7792 6700

### David Marshall

Sophie Dahl, Rachel Weisz and half of England's footballers consult the Body Doctor, famed for helping clients drop several jeans sizes in six weeks.

✉ **Body Doctor Fitness, 7 Chalcot Road, NW1**  
☎ 020 7586 6222

## Private services

### Urgent Care Centre

It's one of a kind in the capital: an appointment-free, on-demand emergency service that's open every day. It offers fast medical attention for soft-tissue injuries, fractures, respiratory and heart problems and gastrointestinal and neurological conditions.

✉ **Urgent Care Centre, the Princess Grace Hospital, 42–52 Nottingham Place, W1**  
☎ 020 7486 1234

### Night Doctor

This members' club guarantees off-hours home visits in Central London.

☎ 020 8741 2982 ☐