

"Holistic women's health care with expertise and empathy."

DR HINA SHAHID

GP & INTEGRATIVE WOMEN'S HEALTH SPECIALIST

GMC Number: 7021201

MBBS, BSc, MSc, MRCP, FRSPH, DRCOG, DFSRH, DCH



How Dr Hina Can Help You

Dr Hina is a highly experienced GP with specialist expertise in women's health, integrative medicine, and complex chronic conditions, focusing on mind-body approaches. She combines the latest evidence-based treatments with a holistic, personalised approach, ensuring patients receive care that supports both immediate health concerns and long-term wellbeing. With a strong international background, Dr Hina brings unique sensitivity and understanding to cross-cultural health needs, making her practice welcoming to patients worldwide.

Her specialties include:

- 👉 **Women's Health & Hormone Care** → support for PMS/PMDD, PCOS, fertility, perimenopause, and menopause
- 👉 **Lifestyle & Preventive Medicine** → tailored plans for nutrition, exercise, stress, and sleep to improve long-term health in alignment with menstrual cycle and life stage
- 👉 **Chronic & Inflammatory Conditions** → management of autoimmune, metabolic, and stress-related health problems
- 👉 **Mental Health and ADHD in Women** → compassionate, holistic care for anxiety, low mood, and ADHD in women
- 👉 **Cross-Cultural Care** → sensitive and tailored medical care for international patients with diverse cultural needs

Why Choose Dr Hina?

- 👉 **Specialist in women's health** → trusted GP with advanced expertise in hormone-related and complex conditions uniquely affecting women
- 👉 **Experience in multiple holistic modalities** → experience and training in psychological coaching, journal therapy and mind-body therapies including meditation, yoga and breathwork.
- 👉 **Multicultural and international experience** → has worked in healthcare systems in the UK, Middle East, and global health programmes
- 👉 **Advanced academic background** → MSc in Public Health with focus on wider determinants of health and preventative health programmes
- 👉 **Trusted educator** → teaches and trains doctors on holistic and culturally sensitive patient care
- 👉 **Personalised approach** → combines clinical excellence with empathy, ensuring patients feel listened to and supported

BOOK YOUR CONSULTATION TODAY

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