

Same-Day Available - South Woodford E18

A Health Revolution. Start Your Optimal Health Journey

Awaken your inner healing and mindful wellness. We go beyond conventional medicine through clinical expertise, advanced diagnostics, and empower you to create health together.

[Book Your Free Discovery Call](#)

[View Our Services](#)

Immediate access to expert care - Time to truly listen - Functional & Integrative Medicine

 20+ Years Combined NHS Experience

 Doctor-Led Clinic

 Institute of Functional Medicine Trained (USA)

 Advanced Postgraduate Qualifications

 Fully GMC Registered

Healthcare Designed Around You.



Immediate Access to Expert Care

Same-day or next-day appointments available. Speak to a doctor when you actually need one — in clinic, by phone, or by video.



Time to Truly Listen

Unhurried 20-minute GP consultations and hour-long functional medicine deep-dives. We map the full picture before recommending a plan.



A Path to Genuine Vitality

Evidence-informed plans that support recovery, restore balance and help optimise biological function — for sustained energy and clarity.

ABOUT US

Experience the Art of Medicine. Empower, Heal, Transform.

At LivOptim, we practice functional and integrative medicine — an approach that looks at the whole person, not just isolated symptoms. We offer bespoke, personalised care rooted in your unique physiology and biochemistry.

We go beyond conventional medicine by digging deep into the underlying causes of your concerns — using advanced, cutting-edge diagnostic testing combined with our clinical expertise to address dysfunction at its roots, not just manage its symptoms.

"Most chronic diseases, autoimmune conditions, hormonal issues and medically unexplained symptoms can be prevented or

...and chronic anxiety, exhaustion, depression, hormonal issues and many other symptoms. Earlier problems are reversed through addressing their underlying, individualised causes."

[Book Your Free Discovery Call](#)

Doctor-Led. Clinically Proven. Deeply Personal.

Both founders are fully GMC registered and trained at the Institute for Functional Medicine (USA).



Dr. Maria Zamurrad

Specialist Functional Medicine & Longevity Physician | Community Dermatologist
| Co-Founder

MBBS · MRCGP · DMedEd · DDerm · AFMCP · 14+ Years Clinical Experience

Dr. Maria brings over 14 years of NHS clinical experience combined with advanced functional medicine training, offering a uniquely integrative approach to complex health conditions.



Dr. Zeeshan Hassan

Specialist Functional Medicine & Longevity Physician | Pain Specialist | Co-Founder

MBBS · MRCGP · PGDip Pain Medicine · AFMCP · 14+ Years Clinical Experience

Dr. Zeeshan specialises in chronic pain, longevity and functional medicine, combining clinical precision with a deep commitment to treating the whole person.

Private GP

Private GP — your front door to expert care

Standardised 20-minute consultations — face-to-face, by telephone, or by video. Immediate access to an experienced doctor for acute concerns, ongoing conditions, screening, prescriptions and referrals — all in one calm South Woodford clinic.

[Book a GP Appointment](#)

How it works

- 1 Book your slot**
Same-day or next-day appointments available. Choose in-clinic, telephone or video.
- 2 20-minute consultation**
Unhurried time with a GP to assess symptoms, review history and agree next steps.
- 3 Investigations & prescriptions**
Blood tests, scans, referrals and prescriptions organised on the spot when clinically appropriate.
- 4 Continuity of care**
See the same doctor for follow-ups so your care evolves with you.

What you receive

- ✓ 20-minute consultation (face-to-face, telephone or video)
- ✓ Acute and chronic condition management
- ✓ Private prescriptions and repeat prescriptions
- ✓ Blood tests, health screening and scans arranged
- ✓ Consultant referral letters and onward pathways
- ✓ Written summary and clear next-step plan

Pricing

Most Popular



In-clinic consultation
20 minutes

£160 [Book](#)

Video or telephone consultation
20 minutes

£130 [Book](#)

Repeat prescription
Existing patients

£40 [Book](#)

Private medicals
Reports & assessments

£150 [Book](#)

Letters & referrals
Per letter

£40 [Book](#)

Prescription charges and any investigations are billed separately at cost.

Functional Medicine

Root-cause medicine for lasting vitality

A personalised, evidence-informed approach to complex and chronic health concerns. We combine detailed history-taking, advanced diagnostics and lifestyle science to build a bespoke plan that supports recovery, restores balance and helps optimise biological function.

[Book a Discovery Call](#)

How it works

- 1 Free discovery call**
A short, no-pressure call to explore your goals and confirm functional medicine is the right fit.
- 2 Initial consultation (60 min)**
In-depth review of your full history, current symptoms and lifestyle across every body system.
- 3 Advanced diagnostics**
Targeted lab testing and biomarker profiling to uncover underlying imbalances.
- 4 Personalised plan & follow-up**
A written protocol covering nutrition, supplementation, lifestyle and follow-up reviews.

What you receive

- ✓ Comprehensive pre-consultation questionnaire
- ✓ 60-minute doctor-led initial consultation
- ✓ Recommendations for personalised lab testing
- ✓ Bespoke nutrition, supplement and lifestyle protocol
- ✓ Written summary after each consultation
- ✓ Structured follow-up reviews to track progress

Pricing

Most Popular

Initial Consultation
60 minutes — Doctor

£495 [Book](#)

Follow-Up Consultation
45 minutes

£325 [Book](#)

Follow-Up Consultation
30 minutes

£225 [Book](#)

Follow-Up Consultation
15 minutes

£125 [Book](#)

Health Optimisation & Longevity
Extended programme

£695 [Book](#)

Comprehensive Blood Test
Advanced biomarker panel

£350 [Book](#)

Lab testing costs are quoted transparently before any test is ordered.

Clinical skin health & natural regenerative aesthetics

Specialist dermatology, minor skin surgery and conservative regenerative aesthetics led by Dr Maria Zamurrad. A considered, root-cause approach to acne, rosacea, eczema, pigmentation, mole checks and refined anti-ageing care that preserves your natural expression.

[Book a Dermatology Consultation](#)

How it works

- 1 Specialist consultation**
Full skin assessment and history to understand medical and cosmetic concerns.
- 2 Diagnosis & imaging**
Dermoscopy, mole mapping or skin health analysis where clinically indicated.
- 3 Personalised plan**
Bespoke medical, surgical or regenerative aesthetic protocol tailored to your skin.
- 4 Aftercare & review**
Detailed aftercare guidance and follow-up to review progress and support long-term skin health.

What you receive

- ✓ Specialist-led skin and mole assessment
- ✓ Dermoscopy and full-body mole checks when indicated
- ✓ Minor skin surgery in a clean, safe clinic setting
- ✓ Anti-wrinkle injections and regenerative aesthetic options
- ✓ Written skin plan with medical-grade skincare guidance
- ✓ Structured aftercare and follow-up review

Pricing

Most Popular

Specialist Consultation

30 minutes

£225

[Book](#)

Specialist Deep Dive

60 minutes

£450

[Book](#)

Skin Health & Mole Check

30 minutes

£185

[Book](#)

Full Body Mole Check

Comprehensive review

£225

[Book](#)

Minor Skin Surgery — Initial Consult

Assessment & planning

£60

[Book](#)

Skin Tag Removal

Per treatment area

From £150

[Book](#)

Targeted Steroid Injection

Per lesion

From £150

[Book](#)

Mole Removal — Shave Excision

Per lesion

From £190

[Book](#)

Mole Removal — Full Excision

Per lesion

From £270

[Book](#)

Aesthetics Consultation

Anti-wrinkle & regenerative

£150

[Book](#)

Histology fees for excised lesions are charged at cost. Final treatment fees confirmed after clinical assessment.

IV nutrition & longevity infusions

Medical-grade intravenous infusions and vitamin injections delivered by our clinical team. Designed to replenish nutrients, support immune resilience, promote skin luminosity and help optimise cellular energy — always guided by a doctor-led safety assessment.

Book an IV Consultation

How it works

- 1 Doctor-led screening**
A short medical review to confirm suitability, discuss goals and choose the right formulation.
- 2 Cannulation & infusion**
Comfortable, private treatment room with a clinician present throughout the infusion.
- 3 Rehydrate & rest**
Typical infusion time is 45–60 minutes with observation afterwards.
- 4 Follow-up plan**
Written aftercare, plus recommendations on frequency and complementary support.

What you receive

- ✓ Doctor-led pre-treatment screening
- ✓ Sterile, medical-grade IV infusion or vitamin injection
- ✓ Private treatment room with clinician present
- ✓ Post-treatment observation and hydration
- ✓ Written aftercare and follow-up recommendations

Pricing

Optim Immune IV Therapy

Vitamin C, Zinc, B-complex

£250

Book

Optim Skin Glow IV Therapy

Glutathione, Biotin, Vitamin C

£250

Book

Most Popular

Optim Super Nutrient / Detox / Fat Burner

Comprehensive infusion

£350

Book

Vitamin B12 Injection

Intramuscular

£75

Book

Vitamin D Injection

Intramuscular

£95

Book

Biotin Injection

Intramuscular

£75

Book

All IV and injectable treatments follow a doctor-led safety assessment. Not suitable for everyone — your clinician will advise.

Your Journey to Health in Three Steps.

01

Initial Consultation

1-Hour Deep Dive

Pre-appointment questionnaire, detailed multi-system assessment, and advanced lab testing ordered. We listen — fully, without rushing.

02

Follow-Up at 4 Weeks

Review & Plan

1-hour session to review your lab results. We build a personalised 3-month treatment plan around your unique biochemistry and health goals.

03

Ongoing Reviews

Every 3–4 Months

Track progress, refine your protocol, advanced retesting, and a detailed written report at each stage. Your health, continuously optimised.

Start Your LivOptim Journey. Book a Free Call

What Our Patients Say

★★★★★

"I felt really listened to and not dismissed. This was the first time someone spoke to me about underlying issues rather than offering pills. The best care I have received so far — I am hopeful about healing and taking back control of my health."

— Kel, South Woodford

★★★★★

"So lovely, so friendly. Very happy with my treatment plan. Dr Maria is very knowledgeable and kind — had a positive experience from start to end. Will definitely recommend."

— Halima

★★★★★

"Very professional, impressed by the empathy and thoroughness. For the first time in years, someone actually listened — they didn't rush me. They uncovered what everyone else missed."

— Neve, South Woodford

Standards, Affiliations & Regulation

LivOptim is proudly aligned with recognised professional bodies.

GMC Registered

IFM Trained (USA)

20+ Years NHS Experience

South Woodford E18

Visit LivOptim

BHO Building
110-112 George Lane, South Woodford, London, E18 1AE, United Kingdom

Opening Hours
Mon–Fri 9am–6pm · Sat–Sun 9am–1pm

hello@livoptim.co.uk

07356 064334 (WhatsApp)



Start Your LivOptim Journey Today

Are you thriving — or simply getting by? Book a free 15-minute discovery call and take the first step towards real, lasting health.

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Book Your Free 15-Min Discovery Call


Free · No commitment · Speak directly with our clinical team



"Empower, Heal, Transform"


Doctor-led functional medicine clinic in South Woodford, London E18.

Contact

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 LivOptim is a private elective care provider. We do not offer walk-in or emergency services. In an emergency, please dial 999 or visit A&E.

