



Wholefoods House

A seat at the table.....

conversations with friends: our customers, staff, growers and makers. The people that make up and shape our community.

CINGULUM HEALTH & DR. CHARLIE TEO

THE NEW FORWARD THINKING PRACTICE OF
DR. CHARLIE TEO AND HIS DAUGHTER ALEX

An equally passionate and compassionate neurosurgeon determined to lead the way back to well-being for his clients with a team of experts revolutionising empathetic care.

Dr. Charlie Teo and his daughter Alex have been working together closely to open their new practice at the Cannery in Rosebery. Understanding the patient as a person beyond their illness isn't just a catchphrase for them - "it is at the centre of everything we do".

Cingulum Health is now the second business Charlie and Alex have built together alongside many incredible people. Their first business was Omniscient Neurotechnology, a medical software startup that was founded in 2018 and was really what sparked the idea for Cingulum Health. 'Omni Neuro', as Alex refers to their first company, combines connectomics (the study of neural connections) with machine learning to provide detailed maps of the brain and its functionality. Alex explains: "we wanted to provide patients with access to this technology, whilst maintaining genuine and compassionate healthcare, and thus Cingulum Health was conceived."

Cingulum Health is not just a clinic here in Sydney, their vision goes beyond creating a physical space. Charlie and Alex want to cultivate a centre of excellence within a broader community, that not only facilitates the advancement of medicine across multiple disciplines but continues to promote and encourage a truly holistic approach to health.

"We wanted to create a space where patients would feel at ease."

Currently they are treating patients suffering from a wide spectrum of neurological deficits, disease and mental illness ranging from Parkinson's and Alzheimers to Anxiety and PTSD.

As soon as you walk into the clinic you know that it is unlike any other medical facility. Alex points out: "we wanted to create a space where patients would feel at ease and not feel labelled as unwell."

Cingulum Health is a forward thinking practice and so are all members of the team. The doctors are true leaders in their fields who aren't afraid to challenge conventional medicine. What sets Cingulum Health apart is that every single doctor, therapist and employee is deeply committed to putting the patient first. "In every decision we make, whether it's a treatment program, a business decision, a furniture choice - we always go back to the question: is this the best decision for our patients?". This core value has been their guiding framework and so instrumental to their success.

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"Is this the best decision for our patients" is the guiding framework for Charlie and his team.

When asked how Alex herself stays healthy and happy she responds: " I'm continuously amazed by how courageous our patients are. In the face of such adversity they are still able to show up and give it their all. It has really inspired and motivated me to take a more positive approach to life. Dad has always instilled in me the mentality of living each day as if it were your last.

We both need to get into the water every morning to have our brains working optimally. I swim in the sea, he kayaks on the harbour. I've never felt a force more powerful than the ocean. Your troubles are suddenly so small and insignificant when you're facing the expanse of the water and strength of the waves."

Of course we did not let world renowned neurosurgeon Charlie go before he shared his top tips to keep our minds and brain healthy with us.

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"A healthy body equals a healthy mind."

Dr. Charlie Teo's top tips for brain health:

I) 'use it or lose it'

The brain like any other organ in the human body requires "exercise". Learning a new language or a musical instrument after the age of 40 has been shown to slow down the onset of dementia.

II) 'everyone needs sleep'

Many studies have demonstrated the beneficial effects of sleep on the brain as well as the immune system. There is some controversy regarding the ideal amount of sleep, but an average of 7-8 hours is considered the ideal amount (BTW...to all teenagers out there, there is some evidence that too much sleep is bad for the brain and too much sleep is defined as more than 9 hours per night!).

III) 'a healthy body equals a healthy mind'

Keeping fit not only makes you feel good, it has immense beneficial effects on brain health. Regular exercise has been shown to improve memory and mood. The ideal amount of exercise is 300 minutes of moderate or 90 minutes of intense exercise per week. Similar to sleep, too much of a good thing is bad for you. Intense physical exercise every day may have adverse effects on mental health if not balanced by proper diet and rest.

IIII) 'what you eat is what you are'

Be mindful of what you put in your body and use compassion when choosing your food. I've become vegan purely because of my love of animals but it also has huge positive effects on your health. If you do choose to eat meat, take time to consider where and how the animals were raised.