



## Dr. Mayoni Gooneratne

FUNCTIONAL MEDICINE MEDICAL DIRECTOR

*MBBS, BSc, MRCS, AFMCP — a leading voice in functional medicine, dedicated to helping people feel truly seen and supported through a metabolic, root-cause approach to health.*

FUNCTIONAL MEDICINE

WOMEN'S HEALTH

METABOLIC HEALTH

MEDICAL LONGEVITY

NUTRIGENOMICS

### BIOGRAPHY

Dr. Mayoni Gooneratne is the Functional Medicine Medical Director at PHC Clinics, where she is pioneering a more connected and personalised form of healthcare — one built on deep listening, metabolic intelligence, and genuine partnership with every patient.

Her journey began as an NHS colorectal and pelvic floor surgeon, where she witnessed firsthand how many women felt unheard within the traditional medical system. That experience sparked a transformation: Dr. Mayoni went on to create **Human Health** and **SkinFit**, building warm, welcoming clinical spaces where medical insight and lifestyle support come together through a **root-cause approach** to help women look and feel extraordinary.

At PHC, she leads the launch and delivery of functional medicine services with a clear philosophy: spend more time with people, listen properly, and create personalised plans that fit real life. She also founded **Human Health Professionals**, a community helping clinicians bring more connection, empathy, and sustainability into their own practice.

Her qualifications span surgical training (MRCS), functional medicine certification (AFMCP, all IFM modules), nutrigenomics (LifeCodeGx), metabolic terrain assessment, and longevity medicine — reflecting a rare depth across both conventional and integrative disciplines.

### AVAILABLE FOR EXPERT COMMENTARY ON

- The future of functional and personalised medicine
- Metabolic health and root-cause diagnostics
- The role of empathy and connection in clinical practice
- Women's health, hormones, and navigating menopause
- Strategies for healthspan and medical longevity
- Nutrigenomics and personalised health strategies

### RECOGNITION & LEADERSHIP

Vice President, British College of Functional Medicine

TEDx Speaker & Curator, Medical Longevity Summit at CCR

Chair, Future Patient

Best Menopause Doctor, Menopause in Practice

Best Longevity & Functional Medicine Clinic, Menopause in Practice

Most Influential Speaker, CCR 2023

### AS SEEN IN

TATLER

COSMOPOLITAN

TOP Santé

Women'sHealth

BMJ

+ Additional Peer-Reviewed Journals

*"True health begins when someone finally feels heard."*

### FOR ENQUIRIES & MEDIA

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PHC

PERSONALISED HEALTH CLINICS