I hope that when you receive my message, you will be well. As you know, I am currently studying [Bio subject], and I am having difficulty understanding some concepts. I realize that you have knowledge and experience in [bio material], and I was hoping that you could provide me with some guidance and support. I am confident that with your help, I will be able to understand the subject and improve my grades. I would love to arrange a time to speak with you over the phone or via video call if that works for you. Alternatively, if you are available to meet in person, I can come and visit you in London. Let me know what works best for you and I will arrange accordingly. Thank you for taking my request into consideration. I am writing to ask for your help with some school work that I am finding very difficult. I look forward to your response. Best Regards, Light