

Low Carbohydrate High Fat nutrition in Primary Care

Dr Lily Fraser is Clinical Director and GP at Turuki Healthcare in Mangere, Auckland. She is from Ngai Tahu and is the first graduate of Kura Kaupapa to go to Medical School.

She will be sharing her experience using Low Carbohydrate High Fat nutrition in Primary Care and how that has positively impacted both her own practice and the lives of her patients.