

Dr Lily Fraser

Lily is of Kāi Tahu descent and works as Clinical Director and General Practitioner at Turuki Healthcare in Mangere, Auckland. She also works for Counties Manukau District Health Board as the GP Lead for Mangere Locality.

Lily Fraser grew up surrounded by amazing people who fought hard to save te reo Māori and culture. Lily is living proof that kids who attend Kura Kaupapa Māori can achieve well at university. Lily is passionate about Te Reo Maori and the daily use of it in her work.

Since 2015 she has been recommending Low Carbohydrate High Fat nutrition in her practice and has worked in collaboration with AUT to develop education resources for Māori and Pacific people in her community. She supports face to face and Facebook support groups and has upskilled Turuki staff on LCHF. She is motivated by the broad health gains seen in people who eat LCHF and is active in spreading the message about the benefits of LCHF.