



REFERRAL LIST

DOCTORS AND DIETITIANS GIVING LCHF ADVICE

| TOWN | DIETITIAN / DOCTOR | CONTACT DETAILS |
|-----------|---|--|
| CAPE TOWN | Dr Andrew Bovim Colington Surgery 13 Colinton Road Newlands | 021-674-2136 |
| | Tamzyn Murphy Campbell Real Food Dietitians 10 Oakhurst Avenue Rondebosch, 7700 | 021-689-9033 084-313-4103 tamzyn@thenoakesfoundation.org |
| | Dr Duncan Carmichael Institute of Healthy Aging 10 Kloof Rd Sea Point | 021-434-2564 admin@ihasa.co.za |
| | Dr Colin de la Harpe Suite 101 Fairfield Medical Suites, Wilderness Road, Claremont | 021-683-6810 |
| | Dr Simon Harper Colington Surgery 13 Colinton Road Newlands | 021-674-2136 |
| | Dr Malcolm Henry Medicross Fish Hoek, 23 5th Avenue, Fish Hoek | 021-782-3506 |
| | Kath (Katherine) Megaw Paediatric Dietitian Sunningdale, Blouberg, Cape Town | 086-147-7776 admin@nutri paedics.co.za |
| | Dr Philip Mills Cardiologist Constantiaberg | 021-761-9643 |
| | Dr Karen Morris Naturopath Claremont | 079-190-5279 karenmorris.za@gmail.com |
| | Dr Gerhard Schoonbee GP Stellenbosch | 021-883-9090 gjschoonbee@gmail.com |
| | Bridget Surtees Paediatric Dietitian & Real Food Dietitians Kenilworth Medicross Clinic & Garrison Rd Claremont | 073-699-9706 bridgetsurtees@gmail.com |
| | Dr Gisela Wagenaar Bergvliet Dental and Medical Practice 55 Bergvliet Road Bergvliet Partner: Dr Natalie Wessels Alice Brand | 021-715-1148 082-411-8486 wagenaar@bergvlietdms.com / doctors@bergvlietdms.com Share medical practice side of things Nutritionist |
| | Dr Neville Wellington GP specialising in Diabetes Medicross Rosmead Avenue Kenilworth | 021-683-5867 083-324-3044 neville.wellington@medicross.co.za |

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|-------------|---|---|
| DURBAN | Nielen Bam Registered Dietitian | nielenbam@gmail.com 076-695-5792 |
| | Dr Glen Hagemann Sharks Medical Centre | 031-312-1136 031-312-7506 ghagemann@sharksmedical.co.za |
| | Lauren Kay Dietitian | 082-599-4064 laurenkayDietitian@gmail.com |
| | Dr Keri Strachan Registered Dietitian Hillcrest, Durban and Umhlanga | 031-940-5556 082-448-6696 keri@primehp.co.za |
| | Julie Thomas McCord Hospital, Overport, Durban | 031-268-5700 julie.thomas@mccord.co.za or juliethomas@webmail.co.za |
| | Stefan van der Merwe Dietitian | 078-271-3747 031-564-1001 Stefan@lungilehealth.com |
| EAST LONDON | Dr Jennifer Brüntrup | 083-445-1040 |
| | Sean Murray GP specialising in Diabetes | 043-722-3151 sean@murrays.co.za |
| GAUTENG | Dr Gail Ashford | 011-482-8297 082-452-1748 ashfordg@gmail.com |
| | Ashley Coradis Dunkeld | 082-856-3374 |
| | Dr G J Grönum P O Box 530 Frankfort 9830 | 058-813-2777 |
| | Azza Motara-Abraham Dietitian Emmarentia | 011-646-2223 azza.abraham@gmail.com |
| | Dr Lawrence Retief Midrand / Pretoria | 011-260-6886 dr.retief@qualityageing.co.za |
| | Dr Howard Rybko | 082-777-8881 |
| | Dr Ivan Schewitz Cardiac and Thoracic Surgeon Sandton and Krugersdorp | 011-485-5252 011-304-7853 ivan@schewitz.com |
| | Elzette Struwig Dietitian Pretoria | elzette@metabolicamed.co.za 083-257-1868 |
| | Dr Robin Tager Cardiologist | 011-758-6540 rtager@drrobintager.co.za |
| | Dr Paul Theron Bethal | 017-647-6238 pt9821@gmail.com |
| | Prof Jeffrey Wing Endocrinologist at Wits Parktown | 011-356-6516 hcp.appointment@dgmc.co.za |

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| GEORGE | Jacques van Staden | 044-874-4990 |
| GRAHAMSTOWN | Dr Stuart Dwyer 18 Henry Street Grahamstown | 046-622-4846 stuart@drdwyer.co.za |
| PORT ELIZABETH | Dr Margo (Margaret) De Kooker | 082-926-9742 one@imagnet.co.za |
| PIETERMARITZBURG | Grainne Attwell Dietitian | st@sai.co.za |
| | Stephanie Joyner Dietitian | 072-670-3544 stephjoyner18@gmail.com |
| | Dr Mark McDonogh | docmed@live.co.za |