



Dr Chidi MB, BS

Dr Chidi is one of the World's Premier Lifestyle Doctors who uniquely has 4 degrees in science and medicine.

Trained in Surgery, General Practice & Lifestyle Medicine at Cambridge, UCL & Johns Hopkins USA, he is able to Reverse, Improve or Prevent many chronic illnesses including Heart disease, Cancer, Arthritis & Diabetes and many more, with his unique programme "Life Colours". He is a Founding Board member of the European Society of Lifestyle Medicine.

He has over 20 years of experience as a national and international Health and Motivational speaker including TED talks on Reversing Disease. He is the medical expert & contributor to Europe's most popular health magazine, Top Santé, and contributes to ELLE magazine, The Daily Express, The Daily Mail as well as TV & radio shows such as ITV's "Good Morning Britain", BBC 1 "Food-Truth or Scare", SKY News "SkyPapers" and is the resident Doctor on Premier Radio.



As seen on BBC, ITV & Sky



Reversing Disease Health Day

Saturday July 28th

10.30am - 12.30pm

R.I.P. Diabetes!

How to Reverse, Improve & Prevent Diabetes

How to lose your weight & find your health

3.30pm - 5.30pm

The Answer to Cancer & Guard Your Heart!

How to prevent Cancer for the 1st, 2nd or 3rd time

How to be free of Hypertension, Heart Disease, & Medication

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