

Confused about what to eat to be healthy and be at your best?

Not surprising with all the conflicting information out there!

Clarity is just around the corner

You may be struggling with low energy, suffering from an autoimmune disease, be pre-diabetic/diabetic, have high blood pressure, high cholesterol, have had enough of continuously struggling with your weight or simply want to feel and perform at your best.

Whatever it is, it's likely that what you are eating, even what you think is healthy, is creating an inflammatory battle inside your body that you may or may not be aware of, just like me (see my story below).

With the help of someone who has been there and done that, I believe you will find it is easier than you think, to find the clarity you need for your health & wellness.

We each are individual in terms of what foods work best for us and what levels of carbohydrates we can tolerate and there are some commonalities. Let me help you help yourself so you can shorten the time it takes to get right back on track.

Success Stories

Our whole family today are Paleo/LCHF. It's truly been life changing and I'll be forever grateful for Darag's help. He's been the best mentor. Cool, calm and collected and has the patience of a saint! Trish. (Family with weight & hormonal issues and diabetes)

So all in all, things are going well! And I am definitely feeling a lot better than I was a month ago:~)! (physical, mental & emotional energy improved and lost 6kg, 9.5cms off her waist in 30 days) Gina. (Graves disease)



Dr Darag Rennie MBChB Nutritionist specializing in LCHF & LC Paleo Lifestyles

I qualified in medicine but decided not to pursue it as a career. I did however keep my keen interest in health and thought I was doing all the right things until my 50's when, within a 4 year period, I developed blepharitis followed by rosacea, testicular cancer and high cholesterol levels.

I had to eat a lot of humble pie and sort out the conflicting information for myself. It was delightful to relearn how to eat and have my cholesterol and weight come down so easily. I only wish I'd known this when, as a chubby kid, I started dieting at the age of 14.

Call for an appointment, to work with me personally, or to book in for a workshop.

**Get access to my
FREE 5 Resources Report at
www.lchfdietmentor.com**

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