

REFERRAL LIST

DOCTORS AND DIETICIANS GIVING LCHF ADVICE

TOWN	DIETICIAN / DOCTOR	CONTACT DETAILS
CAPE TOWN	Dr Andrew Bovim Colinton Surgery 13 Colinton Road Newlands	021-674-2136
	Tamzyn Murphy Real Food Dieticians 10 Oakhurst Avenue Rondebosch	084-313-4103 021-689-9033 tamzyn@thenoakesfoundation.org tamzynemurphy@gmail.com
	Dr Duncan Carmichael Institute of Healthy Aging 10 Kloof Road 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 Colinton 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 Dietician Sunningdale	086-147-7776 admin@nutripaeds.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 Dieticians Kenilworth Medicross Clinic, Kenilworth and 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 Share medical practice side of things Nutritionist

TOWN	DIETICIAN / DOCTOR	CONTACT DETAILS
	Dr Neville Wellington GP specialising in Diabetes Medicross Rosmead Avenue Kenilworth	021-683-5867 083-324-3044 neville.wellington@medicross.co.za
DURBAN	Nielen Bam Registered Dietician	nielenbam@gmail.com 076-695-5792
	Dr Glen Hagemann Sharks Medical Centre Durban	031-312-1136 031-312-7506 083-452-3141 ghagemann@sharksmedical.co.za
	Lauren Kay Dietician	082-599-4064 laurenkaydietician@gmail.com
	Dr Keri Strachan Registered Dietician Hillcrest, Durban and Umhlanga	031-940-5556 082-448-6696 keri@primehp.co.za
	Julie Thomas McCord Hospital Overport, Durban	031-268-5700 juliethomas@webmail.co.za
	Stefan van der Merwe Dietician	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 Registered Dietician Benoni	0824675749 azza@webmail.co.za
	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 Dietician Pretoria	elzette@metabolicamed.co.za 083-257-1868

TOWN	DIETICIAN / DOCTOR	CONTACT DETAILS
	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@dgmco.co.za
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 Dietician	st@sai.co.za
	Stephanie Joyner Dietician	072-670-3544 stephjoyner18@gmail.com
	Dr Mark McDonogh	docmed@live.co.za