



[www.drchidi.com](http://www.drchidi.com)



@drchidimd



"I SWAPPED THE SURGEON'S  
KNIFE FOR LIFESTYLE MEDICINE  
TO SAVE MORE LIVES"





# PROFILE



Dr Chidi is one of the world's Leading Lifestyle Doctors.

He trained in surgery, general practice & lifestyle medicine at Cambridge, UCL & Johns Hopkins USA and is a founding director of the European Society of Lifestyle Medicine (now ELMO).

He has lectured at Columbia, Johns Hopkins, & Cambridge universities.

He is the director & founder of a Lifestyle Medicine Clinic on Harley Street, London.

He has advised the current UK Government and Opposition Party on Covid19 and its effects on different ethnic groups.

He continues to advise the Nigerian Federal Government on health issues.



# MISSION

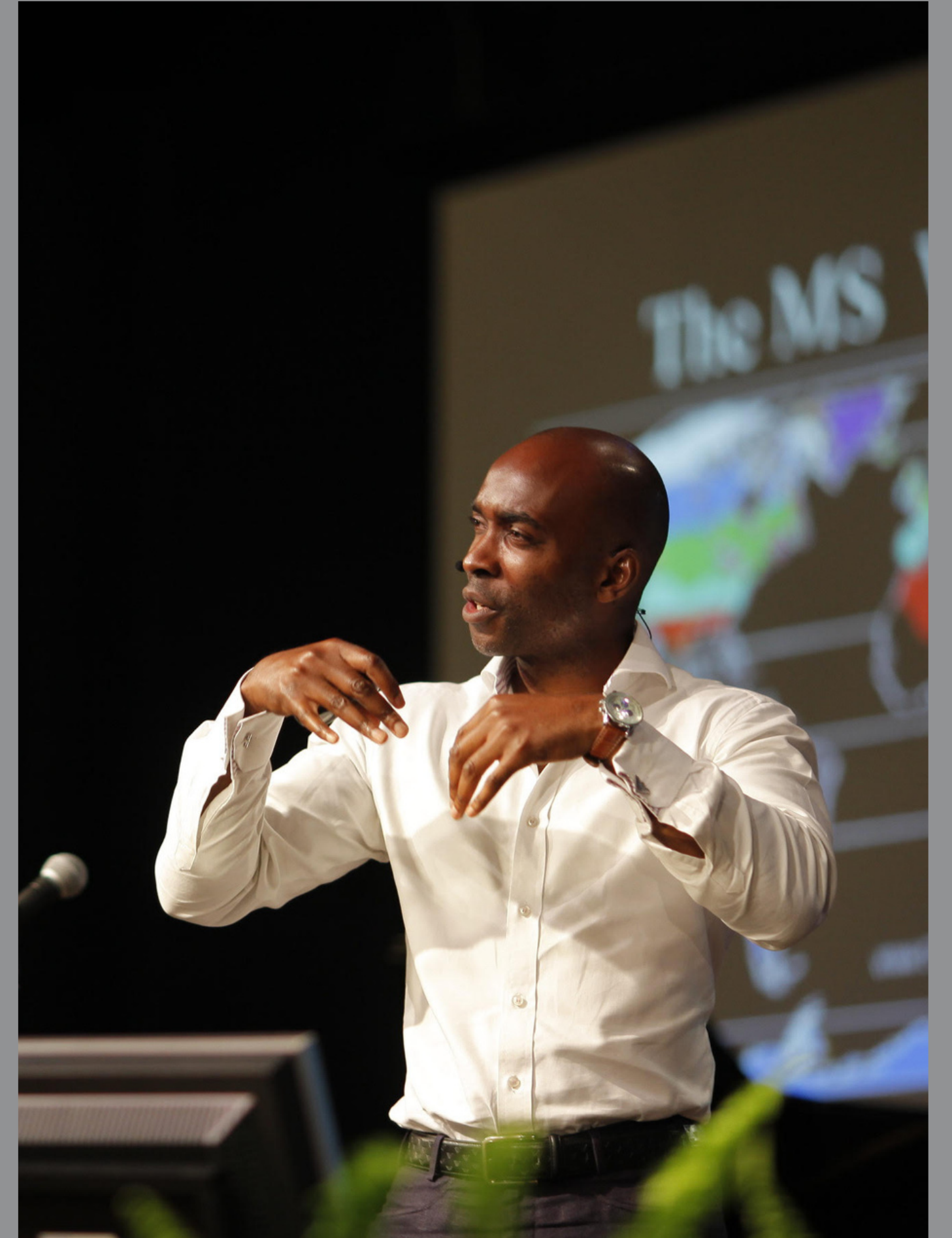
Dr Chidi's mission is to bring Health, Healing, & Hope" to our global communities.

Since the Pandemic started, he continues to do infrequent shifts in the Emergency Department.

As a non-conventional doctor, his passion is to reverse, improve or prevent many chronic illnesses, including Heart disease, Arthritis, Diabetes and many more, with his unique programme "Life Colours".

He is currently working with GP groups in London to reverse diabetes in their patients.

As a media medical expert, Dr Chidi believes people deserve to hear the facts about real issues. TV and Radio platforms are currently approaching him to host a talk show.





# APPEARANCES

He is a TV regular medical expert on ITV's "Good Morning Britain". BBC TV health shows such as "Food: Truth or Scare?".

Also a regular news reviewer on SKY Newspaper and BBC Radio London Newspaper review with Vanessa Feltz





# ACHIEVEMENTS

To encourage healthy eating, in 1999, he founded two award-winning healthy restaurants called "Plant" in Soho, London. After a successful run, "Plant" was sold in 2008.

In 2016, he received a National Award in Leadership for his work on reversing diseases.

In 2020, Dr Chidi became the first ambassador for 'Plant Based Health Professionals UK'.







# PUBLICATIONS

Dr Chidi is a medical expert & contributor to the following and many more.

**DAILY Mirror** **Men'sHealth**

**TOP Santé**

  
**THE TIMES**

**The Telegraph**

**DAILY EXPRESS**

**Daily Mail**

**ELLE**





# BOOKINGS

Dr Chidi has over 20 years of experience as a national and international health/wellness speaker, including a TEDx talk on Reversing Disease in 2013.

He is available to speak or moderate at events focused on health/wellness, nutrition, men's health, beauty, sport and anti-ageing.





# PAST EVENTS

**MT. RUBIDOUX**  
LOVE. GROW. SERVE.  
PRESENTS



**LIFE COLOURS**  
WITH DR. CHIDI

A REVOLUTIONARY WAY TO REVERSE, IMPROVE AND PREVENT THE MOST COMMON "LIFESTYLE DISEASES" AND ACHIEVE PERMANENT, HEALTHY WEIGHT LOSS.

Find out Dr. Chidi's lifestyle solutions for Hyper-Tension, dementia, heart disease, obesity, diabetes, stress, cancer, depression and auto-immune disease.

**MAY 19TH-25TH, 2018**  
MAY 19TH-11:30AM  
MAY 20TH-25TH 7PM NIGHTLY

**MT. RUBIDOUX SDA CHURCH**  
5320 VICTORIA AVE, RIVERSIDE, CA 92506

**FIND OUT MORE ABOUT DR. CHIDI**

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 a 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.

Follow Dr Chidi on twitter @DrChidiMD



**HEALTH WEEKEND FOR LONDON** FREE PUBLIC EVENT

the best you can be: body mind spirit

**HEALTHfest** LONDON  
27 & 28 AUGUST 2016

with TV's Dr Chidi  
as seen on BBC, ITV & Sky



**Ruach 27 August** from 10.00am  
**THE BIBLE'S HEALTH MESSAGE**  
Why it Matters More Than Ever

- ★ Back to Eden drama
- ★ Hymns for Healing
- ★ Ask the Expert with Dr Chidi
- ★ Pastor Ian Sweeney - Why Health Matters

Ruach, Gaumont State Theatre  
197-199 Kilburn High Road, London NW6 7HY  
www.healthfest.org.uk

**Troxy 28 August** from 1.00pm  
**HEALTH, HEALING & HOPE**  
Taking Health to the Community

- ★ Beat Diabetes with Dr Chidi
- ★ Free Health Checks & seminars
- ★ Healthy Weight Loss demo
- ★ Stressbusters for Londoners


Premiere of Mervyn Weir's musical drama  
6.00-8.00pm

Troxy, 490 Commercial Rd  
London, E1 0XK

**Premier.**  
Leaders in Christian Communications

**Rhythm of Life**  
SEVENTH DAY ADVENTIST CHURCH

**LIFE COLOURS**  
Lifestyle Series to Prevent and Reverse Diseases



Speaker:  
Dr. Chidi (MB BS)  
Twitter: @DrChidiMD

Dr Chidi Ngwaba is a leading lifestyle consultant with a passion for motivating, educating and inspiring people into good health and is a regular medical expert for ITV's Good Morning Britain.

**Mon 20<sup>th</sup> - Thurs 23<sup>rd</sup> June 2016**  
Nightly at 7:30pm

Jury's Inn Hotel | Wellesley Road | Croydon | CR0 9XY  
www.croydonadventist.org | 07958 433 744

**This is a FREE event not to be missed**

**Reversing Diseases with Lifestyle Medicine**  
Sharing health, healing and hope

2nd European Health Conference  
Bucharest, Romania | 17 - 21 April 2018  
Register NOW!

[european-health-conference.org](http://european-health-conference.org)

SOME OF THE SPEAKERS:




SEVENTH DAY ADVENTIST CHURCH  
Adventist Health Ministries

**Dining with the Doctors**





# FUTURE PROJECTS

He features in the upcoming Netflix film "The End of Medicine" as the health & wellness expert (2021).

Author of the upcoming "Restoring Health, Reversing Disease" series of books (2021).







PHOTO GALLERY







## MCERNEST TALKS

For bookings: Kemdy McErnest

Email: [kemdy@mcernest.com](mailto:kemdy@mcernest.com)

Tel: +44 (0)20 71013682

[www.mcernest.com](http://www.mcernest.com)



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