

# THE DOCTOR'S KITCHEN AUSTRALIA'S DIABETES FIRST PROGRAM

## A MEDICAL DOORWAY TO MANAGING DIABETES

We recognise that there's no one size fits all approach to diabetes management. Our unique medically led programs deliver personalised support for people who are at risk of, or suffer from, Type 2 Diabetes to better manage this condition.

Our 12 week coordinated programs (with 9 months continuing support) integrate passionate doctors, credentialled diabetes educators, dieticians and nurses with scaled nutritional meals (delivered to you), real time continuous glucose monitoring and body composition testing to help create behavioural and lifestyle changes that lead to improved overall health.

You will have access to all aspects of education, clinical support, medical intervention, nutritional support and self management skills to help prevent diabetes progression and its associated complications.

We are focussed on helping you:

- create lasting behavioural changes;
- lose weight;
- improve blood glucose levels;
- reduce medications;
- put pre-diabetes and type 2 diabetes behind you with improved health.

Your health is your life. We can help you take control of your health and better manage your condition with our medically led Diabetes First Program.



### Dr Phillip Wuth

Founder & Australian GP  
B.AppSci MBBS(Hons)  
FRACGP M Clin Sci

## THREE PERSONALISED LEVELS OF PROGRAMS:

Level One: Pre-Diabetes Program

Level Two: Diabetes without Insulin

Level Three: Diabetes with Insulin

## LEARN MORE

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12 WEEKS COULD CHANGE YOUR LIFE**