

DR. PAUL KASENENE, MD, IFMCP

Dr. Paul Kasenene is a nutrition educator, medical doctor and a certified functional medicine practitioner specializing in nutrition, lifestyle and functional Medicine. He is an internationally recognized speaker, educator, and advocate in the fields of nutrition and wellness.

He is a passionate advocate for the power of food, nutrition, and healthy lifestyles in promoting optimal health and wellbeing.

With over 12 years of experience in the wellness and integrative health industry, Dr. Kasenene has helped many clients to reverse chronic diseases, lose weight, and restore their health.

He is the author of the book *Eat Your Way to Wellness*, which provides practical guidance for anyone looking to transform their health and weight through healthy eating.

Dr. Kasenene is the founder of Dr. Kasenene Wellness, which is based in Bugolobi, Kampala. He is also a member of several professional organizations, including the International Association of Wellness Professionals, the Institute of Functional Medicine and many more.

He is a regular contributor to various media outlets and television programs and is active on social media platforms under the handle @drkasenene.

Dr. Kasenene's commitment to helping people achieve optimal health and wellbeing is further demonstrated through his engaging Extraordinary Wellness podcast, which provides practical advice and guidance for living a healthy and fulfilling life.

For more information on Dr. Kasenene and his services, please visit his website at www.drkasenene.com