



For over 30 years, CHIP has impacted more than 80,000 participants worldwide and has been published in over 40 scientific papers

CHIP IS A SOLUTION THAT WORKS

The complete health improvement program (CHIP) is a research tested, intensive lifestyle medicine intervention solution designed to prevent, arrest and facilitate the reversal of many common chronic diseases



DR LAURA FREEMAN
CERTIFIED LIFESTYLE MEDICINE PHYSICIAN
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SEE WHAT CHIP CAN DO FOR YOU

Soul Food Kitchen is teaming up with Dr Laura Freeman, GP and Certified Lifestyle Medicine Doctor, to run this exciting and powerful 12 week program. Take control of every aspect of your health and enjoy regular group meetings, discussions on important topics and equip yourself with the tools to make healthier lifestyle changes.



BE YOUR OWN BEST MEDICINE

CHIP is much more than a new fad diet or another health and weight loss program

CHIP is one of the most scientifically validated lifestyle medicine programs in the world with **PROVEN RESULTS**

WHAT CHIP OFFERS

CHIP is an **EVIDENCE BASED** Lifestyle Medicine Solution that is focused on whole person health. It integrates optimal nutrition, exercise, behavioural psychology principles and tools, while offering community support



Take part in online modules, digital workbooks, health care professional coaching and group support. Have your blood work checked at the start and end of the course with a detailed individual report to show improvements

CHIP participants can see improvements as early as 30 days with:

- Decreased blood pressure
- Decreased body fat
- Reduced stress levels
- Positive changes in energy, mood, sleep, resilience and digestions



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