

Who is Dr. Ludidi?

(Long - 141 words)

Samefko Ludidi, Ph.D. (Dutch - South-African, 1985) also known as Dr. Ludidi, is a nutrition scientist, bestselling author, speaker, and private coach. His paradigm-shifting view of health has changed the game for how many view the science of nutrition.

He is the author of the multiple bestseller 'The Dr. Ludidi Method of Intermittent Fasting' (2019), which has helped thousands around the world take control of their wellbeing and live their best lives. Samefko offers support and guidance via nutrition programming, lifestyle coaching for sports performance, general health & well-being, and more.

On his journey to unravel what's best for our health, the Doc's unique approach draws inspiration from modern western science to anthropological works and indigenous peoples. Samefko is a highly sought after speaker, and writes & talks internationally, nationally and locally. Learn more on drludidi.com or by following [@dr.ludidi](https://www.instagram.com/dr.ludidi) on Instagram.

(Short - 75 words)

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