



PAN AFRICAN CONGRESS  
OF INTEGRATIVE MEDICINE

4 - 6 May, 2017 Cape Town, South Africa

### **PROFESSOR T.D. NOAKES, OMS**

**MBChB, MD, DSc, PhD(hc), FACSM, (hon) FFSEM (UK), (hon) FFSEM (Ire)**

Prof Tim Noakes, following his retirement from the Research Unit of Exercise Science and Sports Medicine at UCT, is now an Emeritus Professor at UCT. He is the co-founder, with Morné du Plessis, of the Sports Science Institute of South Africa (SSISA). He also founded The Noakes Foundation following the publication of the best-selling book, *The Real Meal Revolution*. The focus of The Noakes Foundation is to raise substantial funding to support the highest quality research of the eating plan described in that book.

Tim Noakes has published more than 500 scientific publications, has been cited more than 15 000 times in the scientific literature, has an H index of 66 and is rated an A1 scientist by the National Research Foundation of South Africa

He now devotes a majority of his time to promoting the low carbohydrate high fat diet, especially for those with insulin resistance, and on raising funds for research through The Noakes Foundation.



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