

## DR. KASENE

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### CONTACT

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Dr. Paul Kasenene is a qualified medical doctor specialising in Nutrition, Functional and Lifestyle Medicine. He is also a wellness expert with a passion for helping people achieve optimal health and wellbeing through natural, dietary & lifestyle methods.

He has a strong belief that superior nutrition and natural approaches can support your body (physically, mentally and spiritually) to be well and heal itself of illness and disease without the need (or with minimal need) for medicine and drugs used by most conventional medicine.

Dr Kasenene has over 8 years' experience in the wellness and integrative health industry during which time he has helped many of his clients reverse chronic disease, lose weight and restore their health.

Dr. Kasenene is a member of the technical working group of Non-communicable diseases in the Uganda Ministry of Health, the Institute of Functional Medicine, USA, the corporate health and wellness association of America and many other professional bodies.

Dr. Kasenene is the managing director of Wellcare Health & Wellness located in Bugolobi, a place where clients can experience a rich blend of natural, alternative and conventional medical techniques. His wellness facility offers a wide range of services including health screenings, medical and wellness consultations, weight management, Healthy eating & detox services, workplace wellness programs and many more.

For more information on Dr. Kasenene & his services please visit the company website at [www.drkasenene.com](http://www.drkasenene.com)

## VIDEOS

Watch my YouTube videos for more information on wellness.



[Watch my TEDx talk](#)