



ASBP NEWS

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Member News

MEMBER SPOTLIGHT

Jeffry N. Gerber, M.D., F.A.A.F.P.



Dr. Jeffrey N. Gerber is a board-certified family physician and owner of South Suburban Family Medicine in Littleton, Colo., where he is known as “Denver’s Diet Doctor.”

Nutrition and its effects on health are areas of interest for Dr. Gerber. Frustrated with spiraling health care costs related to the treatment of diseases like diabetes, atherosclerosis and heart

disease, Dr. Gerber has focused on prevention and treatment programs using low-carbohydrate, high-fat (LCHF) diets in the overweight and obese. For nearly 10 years, he has maintained a database that examines weight loss and improved cardio-metabolic markers, demonstrating the benefits of LCHF diets. Redefining healthy nutrition is a goal, and Dr. Gerber speaks frequently about this and other important issues to patients, the community and other health care professionals.

“We are helping our patients improve their health and optimize their weight with prescribed lifestyle modification,” said Dr. Gerber. “We redefine healthy nutrition and teach patients about the relationship between unhealthy refined and processed foods, dietary carbohydrates, inflammation and chronic illness. Saturated fat was never unhealthy. Teaching patients how to make better food choices based on the carbohydrate content of food controls hunger, promotes weight loss and improves health.”

In 2010, Dr. Gerber received his degree of Fellow from the American Academy of Family Physicians (AAFP) for his commitment to family medicine and contributions to the local community. Dr. Gerber is a member of ASBP, AAFP, Colorado

Academy of Family Physicians, Colorado Medical Society and Arapahoe-Douglas-Elbert Medical Society.

Dr. Gerber graduated from Temple University School of Medicine (Philadelphia) in 1986. He completed a medical residency in family medicine at Abington Memorial Hospital in 1990 and maintains his board certification. Dr. Gerber, his wife and three children love the outdoors, and enjoy all that the wonderful state of Colorado has to offer. Read more about Dr. Gerber, obesity medicine, food politics and fat reform at <http://denversdietdoctor.com>.

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Jeffry N. Gerber, M.D.
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