



Rupy Aujla

An NHS GP, best-selling author and founder of the non profit 'Culinary Medicine UK' and 'The Doctor's Kitchen'

Dr. Rupy uses the teachings of both ancient and modern medicine as well as his clinical experience to create recipes and give scientific lifestyle advice. He brings a fresh and motivational approach to the wellness industry as well as a legitimate clinical perspective.

Rupy's biography

Rupy Aujla's background

Dr. Rupy Aujla is the NHS GP who started 'The Doctor's Kitchen', a project to [inspire](#) patients about the beauty of food and the medicinal effects of eating well. He is also the founder of 'Culinary Medicine UK' – a non-profit organisation which aims to teach doctors and medical students the foundations of nutrition as well as teaching them how to cook.

In his role as clinical adviser to the Royal College of GP's and more recently being accepted as a fellow on the NHS Clinical [Entrepreneur](#) Programme – Rupy has big aspirations to bring the concept of 'Culinary Medicine' to the profession globally.

Dr. Aujla is very experienced in [public speaking](#) and regularly delivers lectures and talks at many international wellness events and organisations including: The Royal Society of Medicine, The Royal Society of Culinary Arts and BBC Good Food and Historic Royal Palace Events.

He recently delivered a TEDx talk taking place in Bristol at the Old Vic Theatre. The session was completely sold out and the topic 'How to Reboot Food as Medicine' was very well received by the audience in attendance and have received fantastic feedback since.

Rupy's talks

- **How to optimise your Health on a Budget**
- **Food in Medicine**
- **Thriving in the modern world**
- **The science and hacks of how to live Healthier**

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