

People

The Intensive Dietary Management (IDM) Program was developed by Dr. Jason Fung and is based in Toronto, Canada. The program focuses on treating our generation's great epidemic – metabolic syndrome. This is a spectrum of disease including obesity, diabetes, high blood pressure, high cholesterol, fatty liver, Alzheimer's disease and cancer. Diabetes puts people further at risk for heart disease, stroke, peripheral vascular disease (PVD) including amputation, blindness, kidney disease and more.



Dr. Jason Fung

IDM Program Medical Director

Dr. Fung is a Toronto based nephrologist. He completed medical school and internal medicine at the University of Toronto before finishing his nephrology fellowship at the University of California, Los Angeles at the Cedars-Sinai hospital. He joined Scarborough General Hospital in 2001 where he continues to practice.



Megan Ramos

IDM Program Director & Clinical Educator

Megan is the IDM Program Director and Clinical Educator. She attended the University of Toronto and developed a strong interest in preventative medicine. She has worked along side Dr. Fung for since 2003 and was the first IDM guinepig.



Nadia Pateguana, N.D.

Clinical Educator

Nadia graduated from CCNM in 2004 and has since focused on Nutrition and healthy weight management. For the past 7+ years she has, personally and professionally, adopted an LCHF (Low Carb High Fat) dietary approach to health. She joined the IDM program after meeting Dr. Fung at an LCHF Conference. Dr. Nadia sees patients with Metabolic Syndrome caused by insulin resistance, alongside Dr. Fung and Megan Ramos.

These patients include Diabetics, prediabetics, and those with fatty liver disease, obesity, PCOS, hypertension, and the like.

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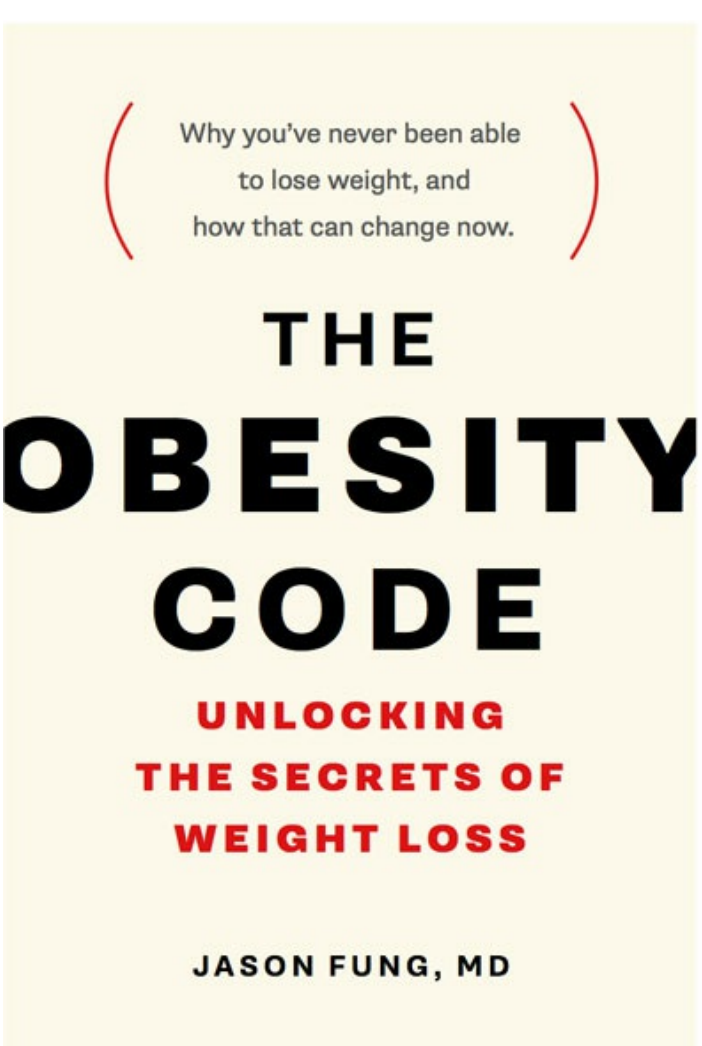
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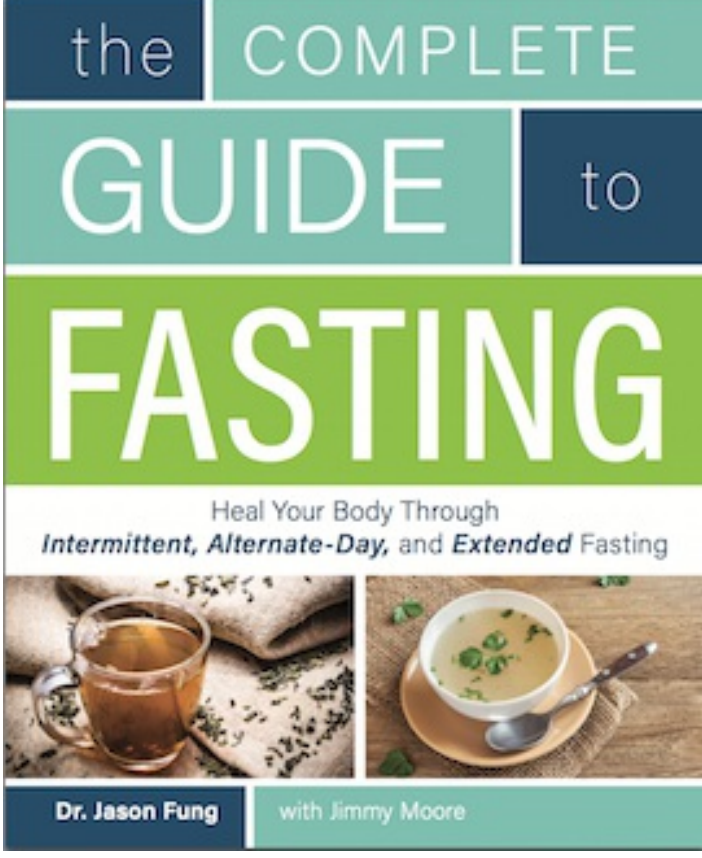
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