

# Health Challenges of 21st Century Living: The Role of Food & Lifestyle

## About the Authors

This book is jointly written by Dr Abel Kehinde Adegoke and his wife Mrs Grace Aderonke Adegoke.

Dr Abel Kehinde Adegoke is a General Practitioner with many years experience. As a principal General Practitioner and a partner at the Gladstone Medical Centre in Birkenhead, Wirral in England, he sees and manages patients with different medical conditions both in the National Health Service (NHS) in the UK and privately. He also works at BUPA wellness clinic, a reputable private health provider working as a sessional GP carrying out health checks and screening on a variety of clientele. He is also a clinical teacher for medical students from the Liverpool University and a trainer/supervisor of post graduate doctors in General Practice. Dr Adegoke is also the Chairman of RNK Wholistic Health Care Ltd – a company dedicated to the total health of individual and community.



Mrs Grace Aderonke Adegoke is a Registered Nurse and Midwife of many years experience in General nursing and midwifery. She later became a Nurse Clinician, with a (BSc Hons) Nurse Practitioner / Prescriber qualification. She is also a certified Nutritionist, currently rounding up her Master's Degree programme in Public Health Nutrition. With so much passion in food and health Grace set up RNK foods some years ago. She now teaches cookery, and combines her role as a Clinician / Nutritionist and Managing Director of RNK Wholistic Health Care Ltd – a company dedicated to the total health of individual and community providing consultancy service to several health care agencies. Grace passionately combines her clinician and nutritionist knowledge and skills to teach and help people live a healthy lifestyle. She is very much interested in food research especially the African/Caribbean food.

**“Abel and Grace have succinctly and skilfully addressed fundamental health questions in a manner that both conversant and uninformed minds can relate to. A good read and a good take ...”**

Dr. Victor Ebenuwa (General Practitioner, England)

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