

## **Dr. Jeffry N. Gerber, MD, FAAFP**

**Dr. Jeffry N. Gerber, MD, FAAFP** is a board certified family physician and owner of South Suburban Family Medicine in Littleton, Colorado, where he is known as “Denver’s Diet Doctor”. He has been providing personalized healthcare to the local community since 1993 and continues that tradition with an emphasis on longevity, wellness and prevention.

Nutrition and its effects on health are areas of interest for Dr. Gerber. Frustrated with spiraling healthcare costs related to the treatment of conditions like overweight, obesity, diabetes,

atherosclerosis and heart disease just to name a few, Dr. Gerber has been focusing on prevention and treatment programs using low-carb high fat (LCHF), Ancestral, Paleo and Primal diets to treat and prevent these chronic conditions. He maintains a database of patients, looking at weight loss and improved cardio-metabolic markers, demonstrating the benefits of these types of diets. Redefining healthy nutrition is a goal. Dr. Gerber speaks frequently about these important issues to patients, the community and other health care professionals.



Dr. Gerber trained at Temple University School of Medicine in Philadelphia and graduated in 1986. He completed a medical Residency in Family Medicine at Abington Memorial Hospital in 1990 and was board certified in Family Medicine in 1991. Dr. Gerber sits for the Family Medicine re-certification exam every ten years and attends continuing medical education programs on a regular basis. He is Level II certified by the Colorado Department of Labor and Employment to treat work related injuries.

In 2010 Dr. Gerber received the honorary [Degree of Fellow, FAAFP](#) from the AAFP for his commitment to family medicine and contributions to the local community.