



Real Food Low Carb Lifestyle Part 2 - Goals, Action and Inaction

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This presentation is for information only. It is not medical advice. Please discuss any dietary changes with your doctor, especially when on medications for type 2 diabetes.



British Journal of General Practice

bringing research to clinical practice

Adapting diabetes medication for low carbohydrate management of type 2 diabetes: a practical guide.

Campbell Murdoch, David Unwin, David Cavan, Mark Cucuzzella and Mahendra Patel

Send these links to your doctor

<https://bjgp.org/content/69/684/360>

and

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8380766/>

**UNDERSTANDING
DIABETES
(and OBESITY)
A brief explanation**

The scale of the problem

Obesity rates

7% in 1980
4 million

→

30% today
20 million

Diabetes rates

1-2% in 1980
0.5 – 1 million

→

7% today
5 million

10% of NHS costs spent on diabetes

1 in 6 patients in hospital have diabetes

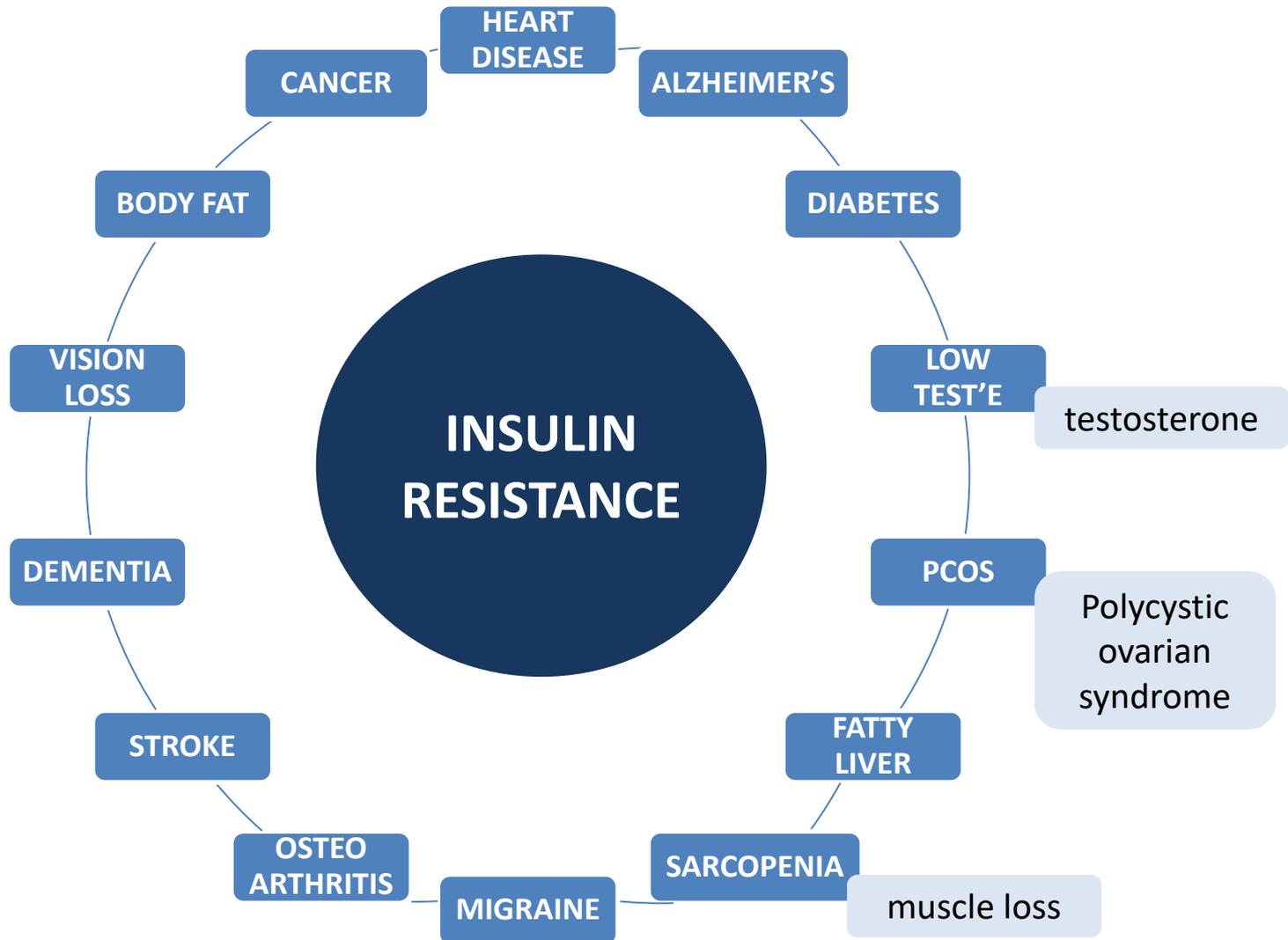
81,000 (07/08) to 1,022,000 (19/20)

hospital omissions where obesity was a factor

NHS Management of Type 2 Diabetes

~~NHS website statements~~

- ~~• Type 2 diabetes is a lifelong condition that can affect your everyday life.~~
- ~~• Most people need medicine to control their type 2 diabetes. You may have to take it for the rest of your life.~~
- ~~• Diabetes usually gets worse over time, so your medicine or dose may need to change.~~



Insulin resistance is likely the most common but unrecognised health problem worldwide. *Prof Ben Bikman, Plagues of Prosperity Lecture, July 2018*

**UNDERSTANDING
DIABETES
(and OBESITY)
A brief explanation**

It's Not Your Fault

It's not your fault

Factors affecting obesity and diabetes

You can't outrun a bad diet
(but the benefits of exercise are unbelievable)

Processed food addiction

Hunger and hormones

Stress and sleep

**UNDERSTANDING
DIABETES
(and OBESITY)
A brief explanation**

Avoid that

Eat this

Avoid

Sugar

Refined grains

Seed oils / spreads

Processed food



Eat

Real Food

Prioritise Protein

Control Carbs

natural

Don't Fear Fat



What you eat affects how much you eat

You will overeat carbs and fat
if you don't eat enough protein

Adequate protein is key to satiety

Control carbs to your own personal tolerance

Don't fear natural fats
Avoid processed seed oils and spreads

UNDERSTANDING DIABETES (and OBESITY)

Steps to Reversal and Recovery

Steps to Reversal and Recovery

Why am I on
this journey?

What's my
destination?

Is this the
best route?

Who do I
trust for
directions?

Have I planned
my route?
Am I well
prepared?

It's your road and yours alone
others may give you directions
and walk it with you
but no one can walk it for you

Do I really have
to walk?
Can't someone
give me a lift?

Who is walking
with me?
Am I alone in
this?

If my plan isn't
working, I should
change my route
not my destination?

Steps to Reversal and Recovery

Why am I on this journey?

What's my destination?

Is this the best route?

Who do I trust for directions?

Have I planned my route?
Am I well prepared?

Identification and Understanding

What are the concerns?

- Diagnosed with Type 2 diabetes or pre-diabetes
- Potential complications of T2D are worrying
- GP says this means medications for life
- 30% with T2D will eventually take insulin
- Some are calling Alzheimer's Type 3 diabetes

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Steps to Reversal and Recovery

Setting Goals

Why am I on this journey?

What's my destination?

What's the best route?

Who do I trust for directions?

Have I planned my route?
Am I well prepared?

What are my goals?

- Put T2D into drug free remission
- Reverse pre-diabetes
- Stop blood glucose highs and lows
- Lose weight without hunger
- Improve physical health
- Improve mental health
- Improve or prevent a specific condition

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Steps to Reversal and Recovery

What about the details?

Why am I on this journey?

What's my destination?

What's the best route?

Who do I trust for directions?

Have I planned my route?
Am I well prepared?

Some suggestions

- Set a date to stop snacking
- Recognise the unhealthy cycles
- Recognise trigger foods
- Don't treat yourself with food
- Give up sweeteners
- Don't eat before going to bed
- Walk more
- Get more sunlight
- Record the wins

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Steps to Reversal and Recovery

Contemplation

Why am I on this journey?

What's my destination?

What's the best route?

Who do I trust for directions?

Have I planned my route?
Am I well prepared?

Some deeper thoughts

- Think of the benefits of reaching your destination, your goals
- Are there consequences of staying put, of inaction?
- Does inaction have a price, physically, emotionally or even financially?
- What are the consequences of action or inaction on those close to you or those who might care for you?
- Does the action depend on you or someone else?

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Steps to Reversal and Recovery

The Options

Why am I on this journey?

What's my destination?

What's the best route?

Who do I trust for directions?

Have I planned my route?
Am I well prepared?

What are the options?

- Medications
- Bariatric surgery
- Very low calorie shakes
- Intermittent fasting
- Low carb

<https://www.diabetes.co.uk/>

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Steps to Reversal and Recovery

Contemplation

Why am I on this journey?

What's my destination?

What's the best route?

Who do I trust for directions?

Have I planned my route?
Am I well prepared?

- GPs
- NHS Guidelines
- The Eatwell Plate
- Diabetes UK
- Diet Doctor website
- Diabetes.co.uk
- Dr David Unwin
- Low Carb Freshwell (NHS)
- Prof Tim Noakes
- Yourself

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Steps to Reversal and Recovery

Planning

Why am I on this journey?

What's my destination?

What's the best route?

Who do I trust for directions?

**Have I planned my route?
Am I well prepared?**

- Discuss with your family/household your plans and your reasons.
- Let them help you make your plan. Good chance they need to join you.
- Set a start date, the sooner the better.
- Decide whether you want do it all at once or gradually change.
*

* If on medications, talk to your doctor, gradual change may be better

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Steps to Reversal and Recovery

Planning – the details

Why am I on this journey?

What's my destination?

What's the best route?

Who do I trust for directions?

**Have I planned my route?
Am I well prepared?**

- Make your list of foods to eat, and a list of foods to avoid.
- Start to get rid of all processed food.
- Only buy real food that is on your “to eat” list.
- Plan your eating, cook at home.

Part 3 of this series will cover more of the practical details.

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Steps to Reversal and Recovery

Isn't there a quick fix?

Why am I on this journey?

What's my destination?

What's the best route?

Who do I trust for directions?

Have I planned my route?
Am I well prepared?

- Let my GP just give me a prescription
- Changing lifestyle is too hard
- Before attempting to cure someone, first ask if they're willing to give up what made them sick
- You will only take the journey if you trust that your destination will be healthier and is worth the sacrifice

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Steps to Reversal and Recovery

Support

Why am I on this journey?

What's my destination?

What's the best route?

Who do I trust for directions?

Have I planned my route?
Am I well prepared?

- Self support, learning
- Family and close friends
- GPs and NHS programmes
- Low carb cookbooks
- Community programmes

<https://www.dietdoctor.com/>

<https://www.diabetes.co.uk/>

<https://phcuk.org/>

<https://lowcarbfreshwell.co.uk/>

<https://forkintheroad.co.uk/>

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**Who is walking with me?
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If my plan isn't working, I should change my route not my destination?

Steps to Reversal and Recovery

Getting there and Maintenance

Why am I on this journey?

What's my destination?

What's the best route?

Who do I trust for directions?

Have I planned my route?
Am I well prepared?

- Find a real food low carb plan that works for you, amend if needed
- Keep to real food
- Prioritise protein
- Control carbs within your own tolerance level
- Don't fear natural fat
- There will be pitfalls and relapses, learn from them, keep a record
- Pay attention to exercise, stress levels and sleep

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Reversing Type 2 Diabetes starts
with ignoring the guidelines.

Lifestyle changes are hard.
If it was easy everyone would do it.



Dr Sarah Hallberg

Thank you