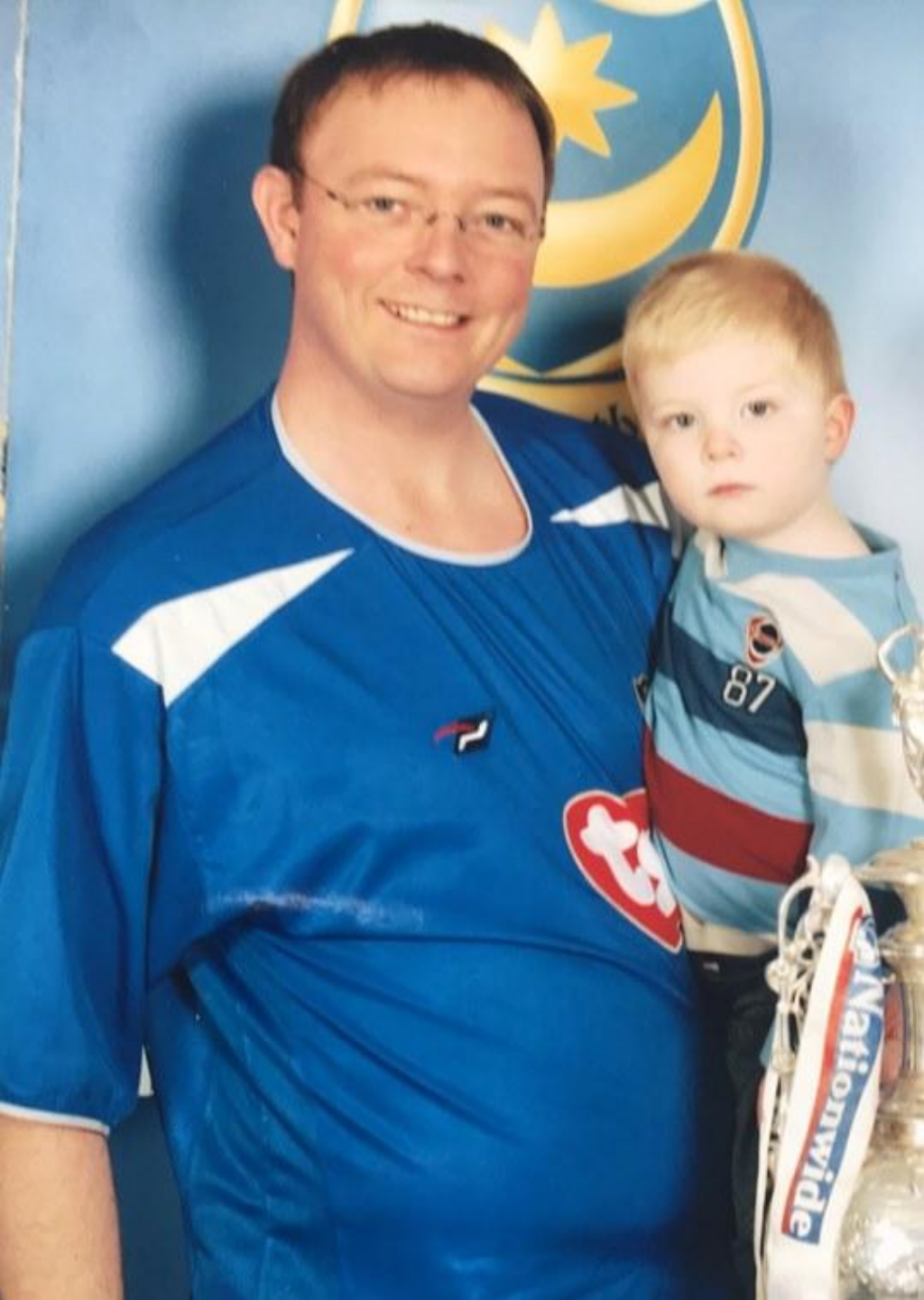




A JOURNEY BACK TO METABOLIC HEALTH

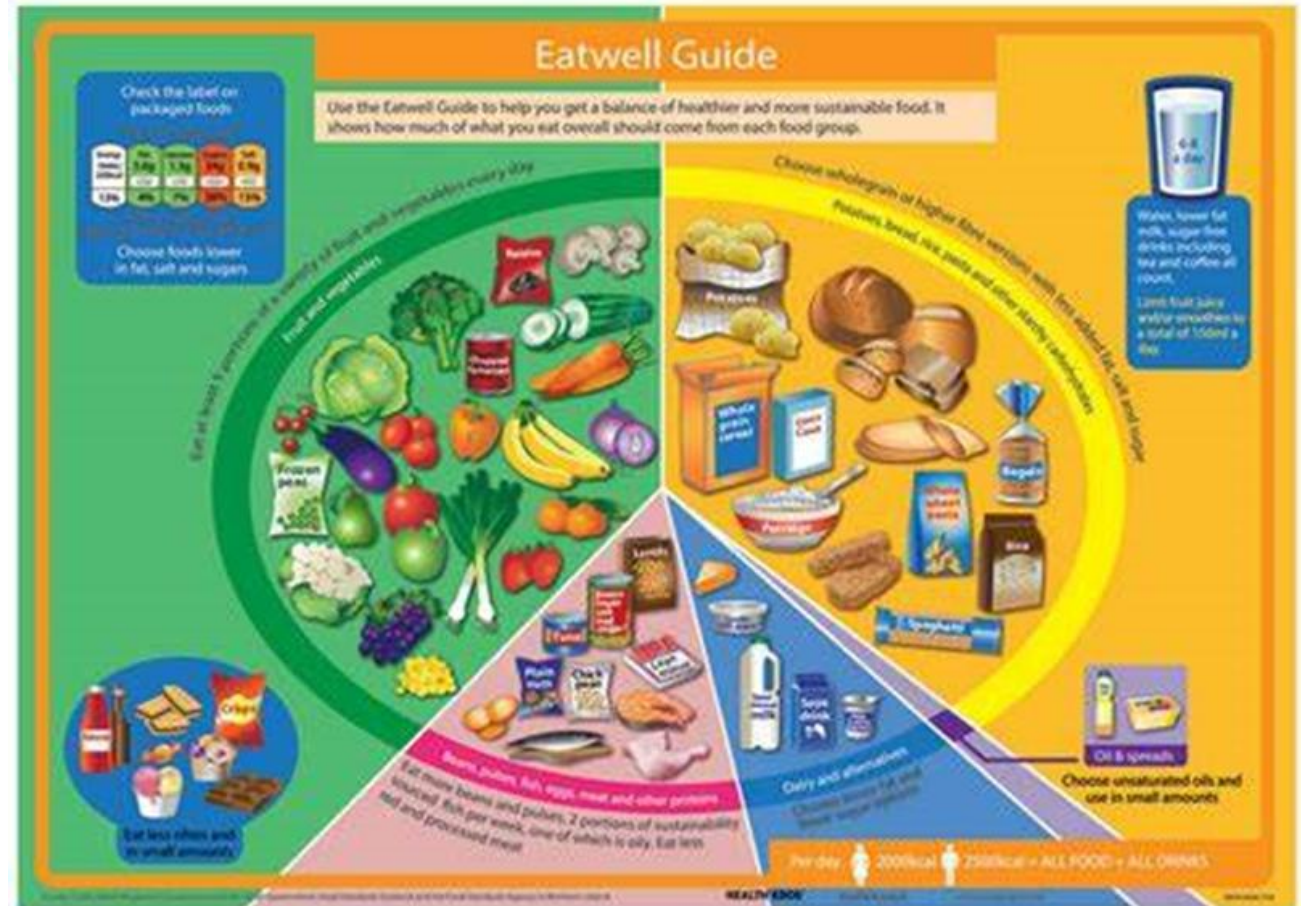
WHO CAN RELATE TO THIS?





A PICTURE I HID FOR YEARS

THE EATWELL GUIDE



I COULDN'T RUN
FOR A BUS!



MY HERO 😊

FROM THE AUTHOR OF THE
MILLION-COPY BESTSELLING *fast diet*

DR MICHAEL MOSLEY
WITH A FOREWORD BY PROFESSOR ROY TAYLOR

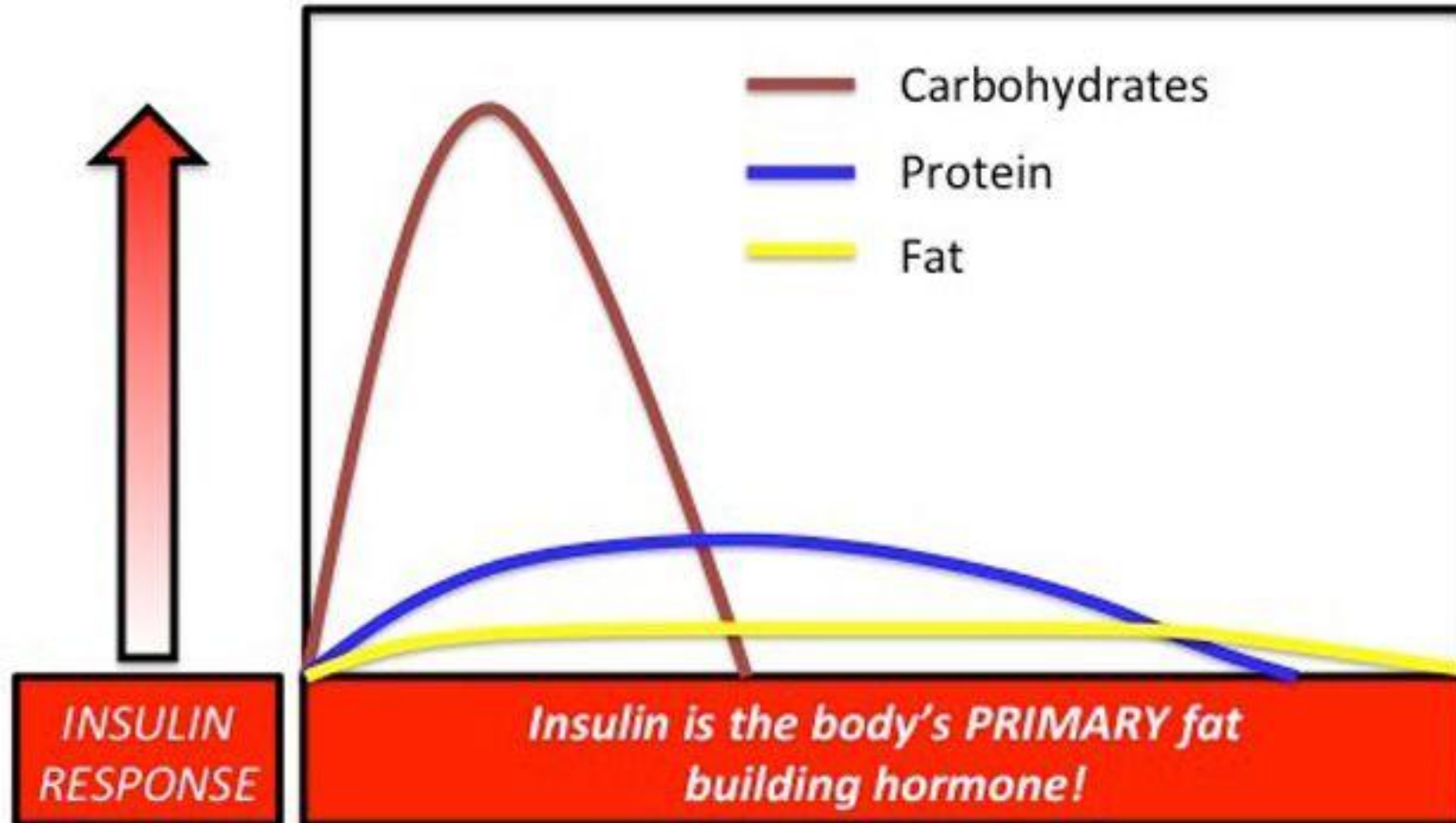
the
8-week
blood sugar
diet

Lose weight fast and
reprogramme your body

HOW TO PREVENT AND REVERSE TYPE 2 DIABETES
(AND STAY OFF MEDICATION)



Insulin Response to Protein, Fat & Carbs





MUST BE MILLIONS OF PEOPLE WHO NEED HELP



BBC RADIO

NEWS
Visit from star chef is a real treat



Sailors to join Nelson tribute

Gingerbread workshop

Mark's on a mission to dispel diabetes myths after huge weight loss



Dad has lost 1st 5lbs in five weeks

Dad to change way diabetes is dealt with

Mark will speak in Parliament about reversing Type 2 Diabetes through diet

Chamber backs renewal of Victorious deal

NEWS 1
'Don't give thieves a chance'

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GET A SMART METER AND YOU COULD SAVE ENOUGH ENERGY TO CHARGE YOUR PHONE FOR THIS MANY YEARS

GETTING THE MESSAGE OUT THERE





ANOTHER HERO

DR DAVID UNWIN

NORWOOD SURGERY STATS

- 253 Type 2 Diabetics have been placed on a Low Carb Diet
 - 127 have achieved full drug free remission
 - 50% no longer need medication
 - Lost an average of 10.5kg in weight
 - Yearly drug budget savings of £68,353
-

The low GI diet – does it work in real life practice?

The Norwood surgery has been offering the low GI diet as an option to patients with type 2 diabetes for over 5 years.

The table below shows the improvements achieved in HbA1c, lipids, blood pressure and weight. Looking at the wider picture, in four years the practice has moved from being one of the worst in the CCG for diabetes control to one of the best, whilst having the lowest spend on diabetic drugs. There is currently no data on hard end points such as mortality, but given the well known link between obesity and various cancers as well as cardiovascular events it reasonable to suggest that mortality may be reduced.





Cohort of 66 patients with type 2 diabetes on a low carbohydrate diet for an average of 26 months

Biometric	Baseline mean	Latest follow up mean	Improvement mean (IQR)	P value	Matched pairs n (%)
Weight in Kg	96.1	86.7	9.4 (5.3, 14.4)	<0.001	64 (97)
HbA1c in mmol/mol	65.9	48.2	17.8 (7.8, 26.8)	<0.001	66 (100)
Serum cholesterol	4.8	4.5	0.3 (0.1, 0.8)	<0.001	43 (65)
HDL cholesterol	1.2	1.4	0.2 (0.2, 0.1)	<0.001	53 (80)
Triglyceride	2.3	1.3	1.0 (0.1, 1.6)	0.005	46 (70)
Systolic BP mmHg	142	131	10.3 (2, 17.5)	<0.001	60 (91)
Diastolic BP mmHg	81.3	76	5.3 (0, 10)	0.003	60 (91)

[Click here to view further details](#)















A healthy breakfast: cereals, toast, fruit juice?

Food item	Serving size in g/ml	How does each food affect blood glucose compared with one 4g teaspoon of table sugar?
Corn flakes	30	8.4 
Milk	125	1 
Brown toast, 1 slice	30	3 
Pure Apple juice	200	8.6 


Total for breakfast 21 teaspoons

Useful information for those with T2Diabetes making dietary choices








**As per calculations derived from the glycaemic index. To be found in: It's the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity Journal of Insulin Resistance 2016. Unwin et al*

Food Item	Glycaemic index	Serve size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar? 
Basmati rice	69	150	10.1 
Potato, white, boiled	96	150	9.1 
French Fries baked	64	150	7.5 
Spaghetti White boiled	39	180	6.6 
Sweet corn boiled	60	80	4.0 
Frozen peas, boiled	51	80	1.3 
Banana	62	120	5.7 
Apple	39	120	2.3 
Wholemeal Small slice	74	30	3.0 
Broccoli	15	80	0.2 
Eggs	0	60	0 

Other foods in the very low glycaemic range would be chicken, oily fish, almonds, mushrooms, cheese







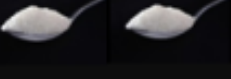
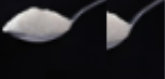

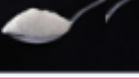
The Glycaemic Index helps predict how these breakfasts might effect blood glucose, important information if you have type 2 diabetes

Cereal	Glycaemic Index	Serve size	How does each cereal effect blood glucose compared to 4g teaspoons of table sugar?
Coco Pops	77	30g	7.3 
Cornflakes	93	30g	8.4 
Mini Wheats	59	30g	4.4 
Shredded Wheat	67	30g	4.8 
Special K	54	30g	4.0 
Bran Flakes	74	30g	4.8 
Oat porridge	63	150ml	4.4 

As per calculations to be found in: It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity:

The glycaemic index revisited | Unwin | Journal of Insulin Resistance 2016 @lowcarbGP








The Glycaemic Index helps predict how these fruits might affect blood glucose important information if you have type 2 diabetes

Type of fruit	GI from scientific literature	Serve size (g)	Glycaemic load (g/serve)	How does 120g of each fruit effect blood glucose compared to 4g teaspoons of table sugar? 
Banana	62	120	16	5.9 
Grapes, black,	59	120	11	4.0 
Apple, Golden Delicious	39	120	6	2.2 
Watermelon, fresh	80	120	5	1.8 
Nectarines, fresh	43	120	4	1.5 
Apricots, fresh	34	120	3	1.1 
Strawberries, fresh	40	120	3.8	1.4 

As per calculations to be found in: It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity:

The glycaemic index revisited | Unwin | Journal of Insulin Resistance 2016 @lowcarbGP

The Glycaemic Index helps predict how these bread types might effect blood glucose –important information if you have type 2 diabetes

Type of bread	GI from scientific literature	Serve size (g)	Glycaemic load (g/serve)	How does one small 30g slice effect blood glucose compared to 4g teaspoons of table sugar?
White	71	30	10	3.7 
Brown	74	30	9	3.3 
Rye ,69% whole-grain rye flour	78	30	11	4.0 
Wholegrain barley , 50% barley	85	30	15	5.5 
Wholemeal ,stoneground flour	59	30	7	2.6 
Pita , wholemeal	56	30	8	2.9 
Oatmeal batch	62	30	9	3.3 

As per calculations to be found in: It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity:

The glycaemic index revisited | Unwin | Journal of Insulin Resistance 2016 @lowcarbGP



Our Metabolic Health Course

What are the 4 Pillars of Health?



The aim of the course

Is to improve blood sugar readings and Hba1c

Reduce medication

Improve cholesterol levels

Help the patient to lose weight if they need to

Other health conditions may improve

What do the 6 weeks look like?

Week 1 –
What to Eat

Week 2 –
Should we still
fear all fats?

Week 3 –
Exercise and
Movement

Week 4 –
Intermittent
Fasting

Week 5 –
Recognising
Stress

Week 6 – The
importance of
Sleep

Ongoing Support



WhatsApp

Goals

What does success look like for you?



Never forget how far you've come



Fail to prepare, prepare to fail



Recognise the key challenging times

So, what if we want to eat packaged food?

Try to aim for 5g
per 100g or less
of Carbohydrate

Total
Carbohydrate is
key

Less than 5
ingredients

Biggest
ingredients are
first on the list

Ideally doesn't
contain
unhealthy oils

Corn Flakes

Toasted flakes of corn fortified with vitamins and iron.

500g e

Ingredients

Maize, Sugar, Salt, Dextrose, **Barley** malt extract, Iron, Niacin, Pantothenic acid (B5), Vitamin B6, Riboflavin (B2), Thiamin (B1), Folic acid, Vitamin D, Vitamin B12.

! ALLERGY ADVICE

For allergens, including cereals containing gluten, see ingredients in bold.

Nutrition

Typical values	per 100g	per 30g portion
Energy	1639kJ	492kJ
Fat	386kcal	116kcal
of which saturates	1.1g	0.3g
Carbohydrate	0.3g	0.1g
of which sugars	85.1g	25.5g
Fibre	6.6g	2g
Protein	2.5g	0.8g
Salt	7.6g	2.3g
Folic Acid	0.68g	0.20g
Iron	400µg (200% RI)	120µg (60% RI)



170g of cooked pasta

Energy	Fat	Saturates	Sugars	Salt
1271kJ 300kcal	1.1g	0.3g	1.9g	0.1g
15%	2%	2%	2%	2%

of the reference intake*

Typical values per 100g: Energy 748kJ / 176kcal

Nutrition	per 100g	Reference Intake	
		Average adult	per portion
Typical Values			
Energy value	1340 kJ	8400 kJ	17%
(kcal)	325 kcal)	2000 kcal	
Fat	27.8 g	70 g	40%
(of which Saturates	8.3 g)	20 g	42%
Carbohydrate	Trace g	260 g	<1%
(of which sugars	Trace g)	90 g	<1%
Fibre	Trace g		
Protein	18.2 g	50 g	37%
Salt	1.8 g	6 g	30%
Reference intake of an average adult (8400kJ/2000kcal)			
Serves 2			

www.xperthealth.org.uk

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HEALTH COACHING

Information, not medical advice

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Saturated Fats

Good Or Bad?



So, what does fat do?

- Found in animals and plants with its main function providing the body with energy
- Helps to absorb vitamins A, D, E and K
- Maintains the health of your cells including skin and hair cells
- Adds richness to foods helping you feel full and satisfied



Omega 3 (anti inflammatory) and Omega 6 (pro inflammatory)

Omega 3 found in salmon, mackerel, herring, sardines, meat, dairy, eggs, chia seeds, flaxseeds, hemp seeds, walnuts.

Omega 6 found in lots of processed foods including vegetable oils and seed oils.

Ideally aim to achieve a balance of Omega 3 and Omega 6. Most western diets can be as much as 15x more Omega 6.

Try to eat something from the sea at least once or twice a week.

Cholesterol levels – Are you at risk?

- Cholesterol is a type of blood fat or lipid
- Perfectly natural and forms the membrane of each cell in the body
- Carried around the body by proteins called lipoproteins and it's these that are measured when you have a cholesterol test



Cholesterol levels – Are you at risk?

- LDL – Low Density Lipoprotein
- Has been referred to as bad cholesterol

- HDL – High Density Lipoprotein
- Is referred to as the good cholesterol

- Triglycerides – are another form a blood fat or lipid
- Total cholesterol - all blood fats added together

- HDL helps to clear excess LDL out of the blood
- Triglycerides tend to be high on a poor diet or other medical condition

DOES LOWER CALORIE MEAN IT'S A BETTER OPTION?

440 calories

vs.

340 calories



- ✓ more micronutrients
- ✓ more fiber = fuller for longer
- ✓ no additives/preservatives
- ✓ tasty



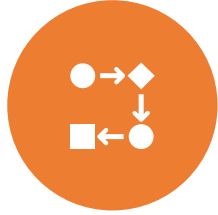
- ✗ less micronutrients
- ✗ hydrogenated vegetable oils
- ✗ additives & preservatives
- ✓ tasty



How does exercise improve blood sugar control?

- It increases the muscle cells' demand for energy
- Helps develop muscle mass
- It increases mitochondrial capacity
- Increases metabolism
- Provides a backdoor into the cells independent of insulin

SUMMARY



START SIMPLE: BRISK WALK
A FEW MINUTES EACH DAY,
BUILD UP SLOWLY.



TRY THE DR CHATTERJEE 5
MINUTE WORK OUT.



COUCH 2 5K



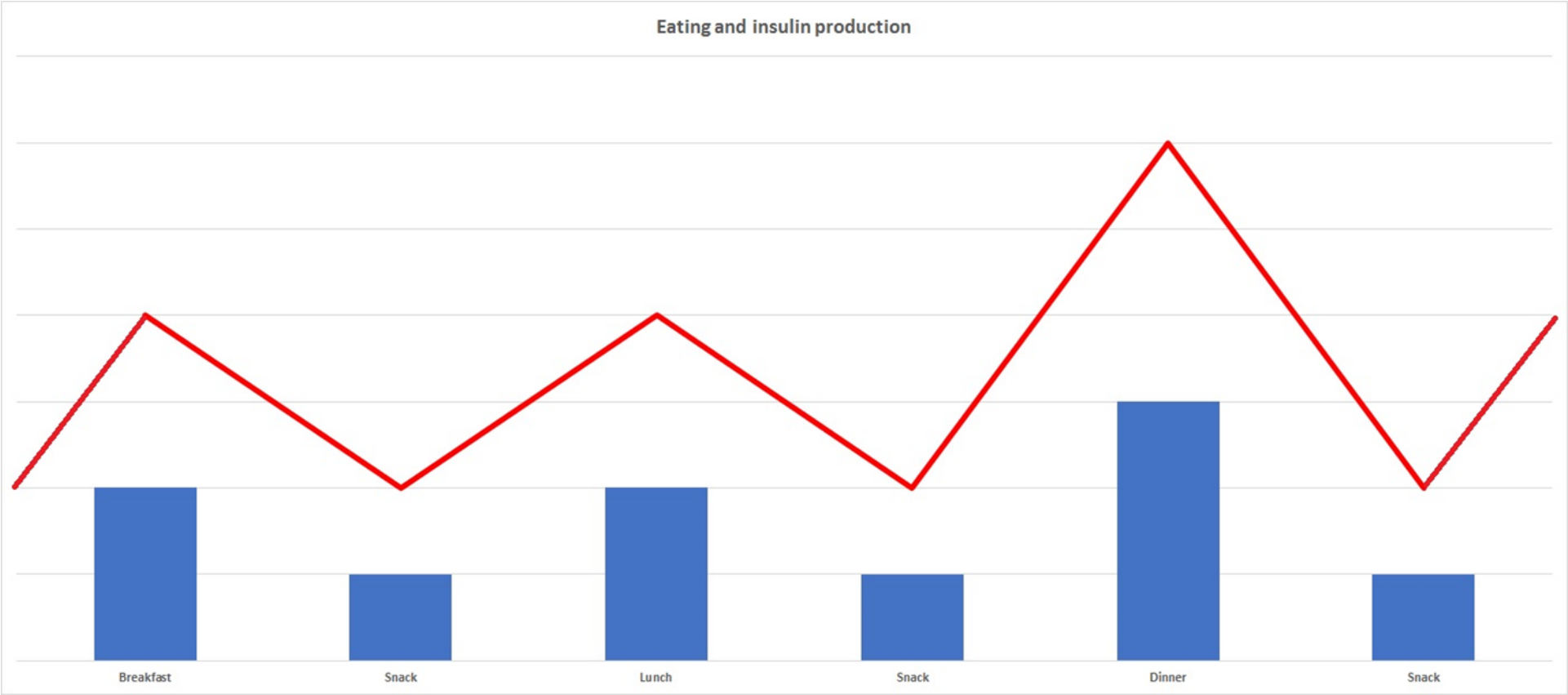
EXERCISE WITH OTHER
PEOPLE – TRY WALKING
GROUPS OR PARKRUN.



FIND SOMETHING YOU
ENJOY !!!

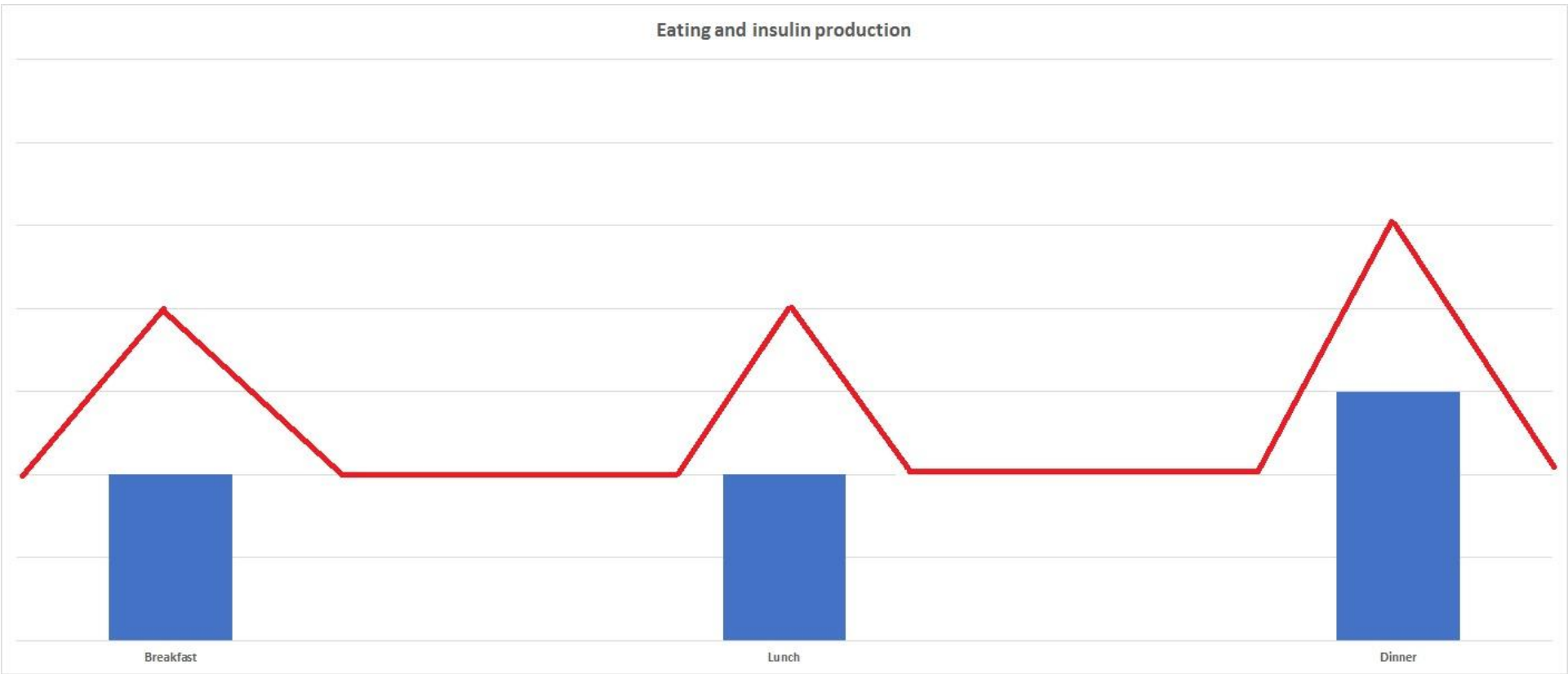


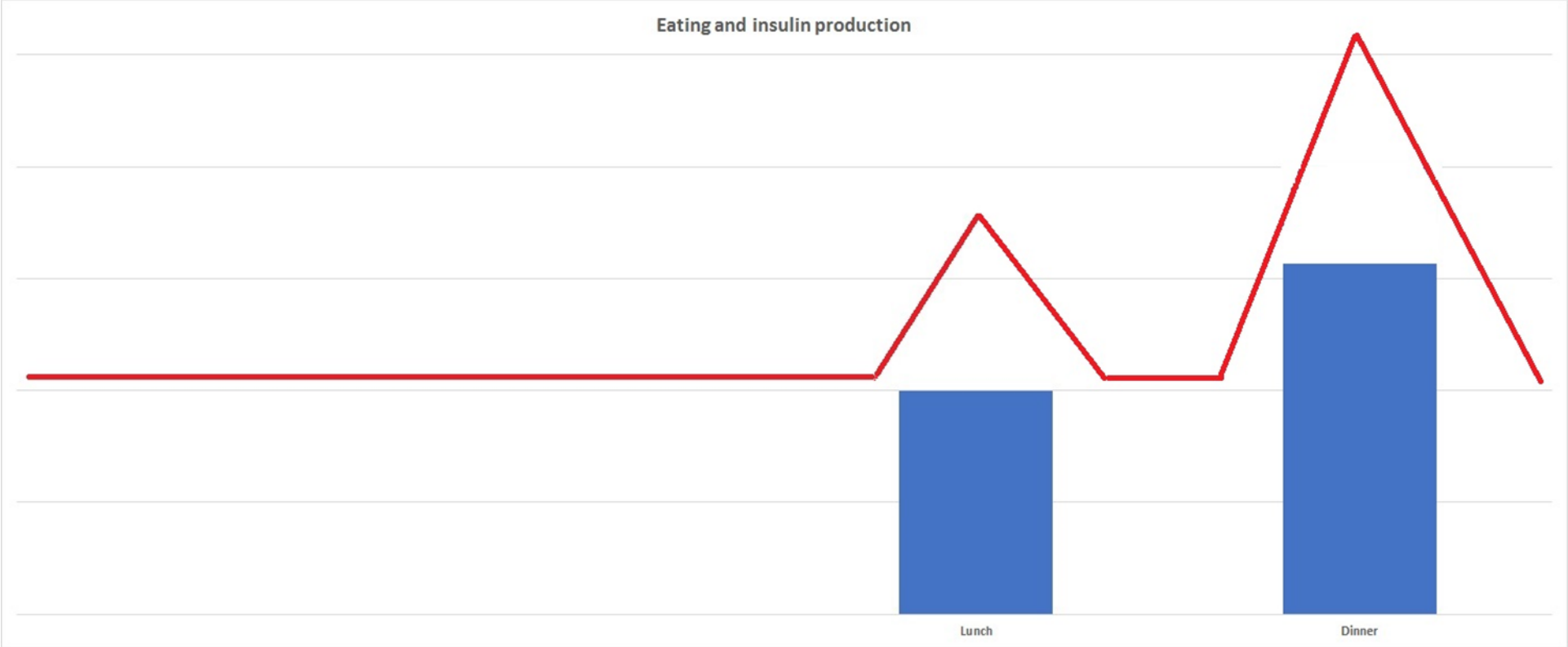
Intermittent
Fasting also
known as
Time
Restricted
Eating



Information not medical advice

Eating and insulin production





Information not medical advice

Stress
comes in
many
forms



Missing a mortgage payment



Someone being rude to you



Eating a sugary breakfast cereal



All these create stress for the body
which reacts the only way it knows
how, in the same way as being
attacked by a lion.

What happens during stress?

The body puts your immune system into an emergency state which is perfectly natural

This 'inflammation' should only be short term

'Chronic Stress' underpins every single degenerative disease including Heart Attacks, Strokes, Alzheimer's. Chronic stress is not natural

The role of the hormone cortisol



It's the principal stress response hormone designed to protect us



If it's surging, it steals LDL cholesterol from other hormones



This in turn switches off digestion, causes sleep disruption and exhausts the immune system



The Importance of Sleep

Do we give sleep enough attention?

- “If sleep does not serve an absolutely vital function, then it is the biggest mistake the evolutionary process ever made”



Benefits of a good night's sleep

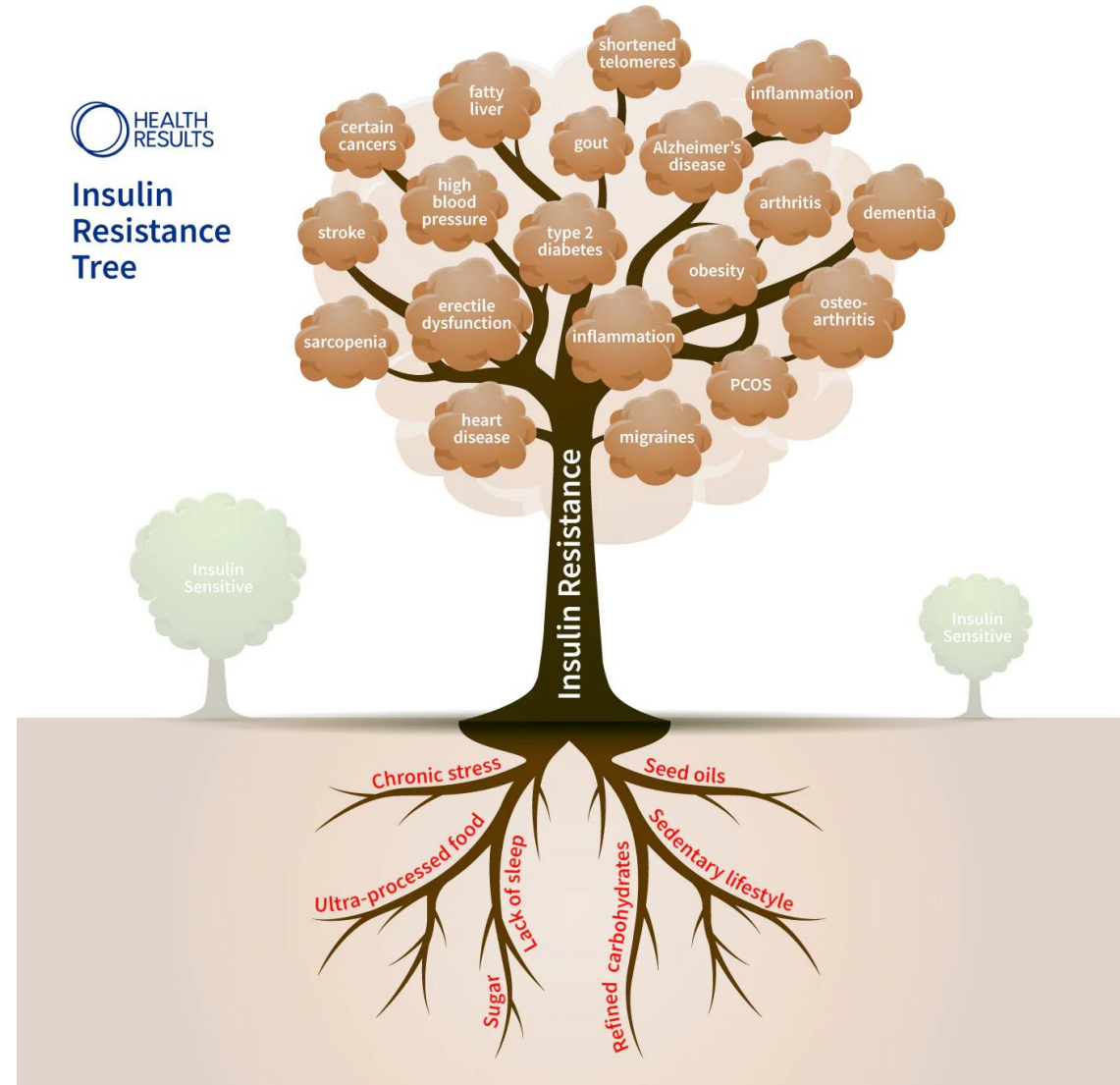
- Increased energy
- Improved concentration
- Greater capacity to learn
- Better ability to make healthy food choices
- Improved immune system function
- Reduced risk of chronic disease such as type 2 diabetes
- Better memory
- Increased life expectancy
- Reduced risk of being overweight
- Reduced stress levels
- Reduced risk of Alzheimer's or dementia



Consequences of not sleeping enough

- Increases the stress hormone cortisol
- Raises blood pressure
- Impairs the body's ability to regulate blood sugar
- Increases levels of inflammation
- Decreases leptin – the hormone that helps us feel full
- Increases ghrelin – the hormone that stimulates hunger
- Increases insulin resistance

The Insulin Resistance Tree



1500 referrals
a year from
15 GP
Surgeries



Nurse feedback

“I have never had so much positive feedback in over 30 years of nursing. No one has ever written to thank me for starting them on tablets or insulin. This really is magical and so uplifting for all involved. People just do not want meds. I am so thrilled to be part of this.”

Caryl Goldstone

Diabetes Nurse Specialist

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get in
touch

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Facebook: Taking Control of Your Health