Embrace NUTRITION

THE LIFESTYLE CLUB

EVERYONE NEEDS SOME TLC!

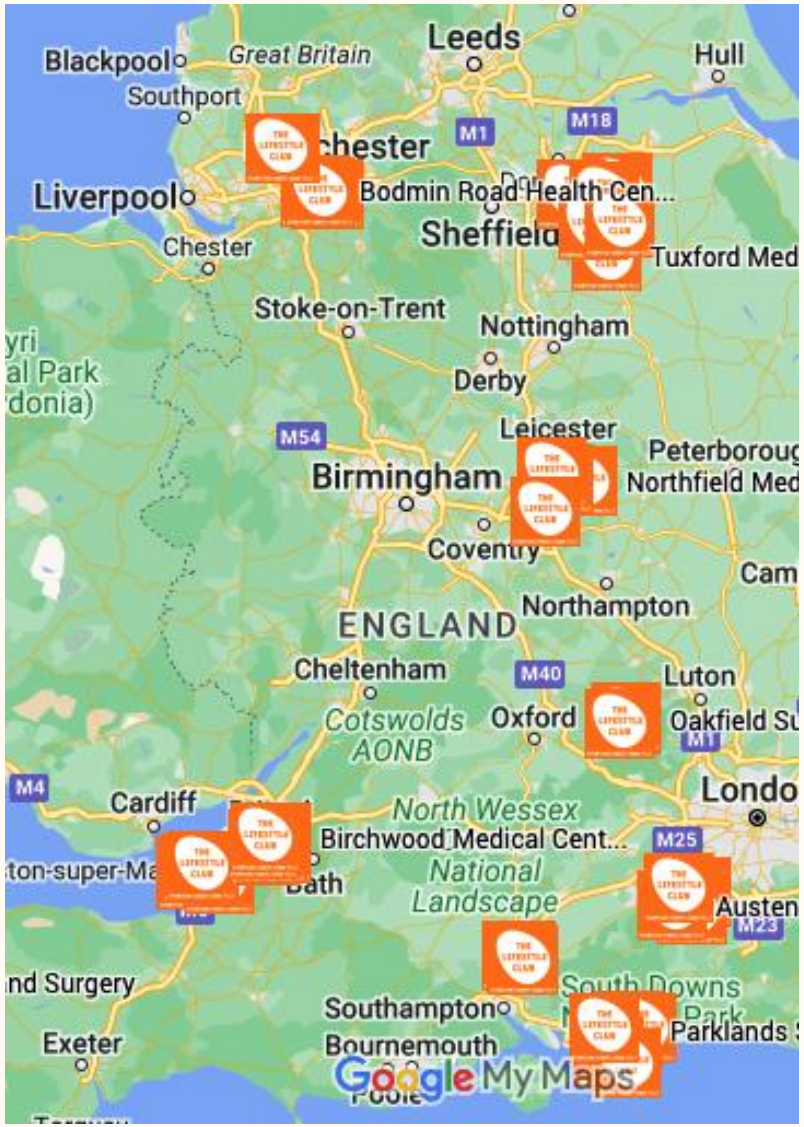
Metabolic Health Education

Helen Gowers RNutr, RD

THE LIFESTYLE CLUB

QISMET CERTIFICATED

- For adults with type 2 diabetes or prediabetes
- 8-week remote course on the low carb lifestyle approach
- Delivered to 1,900 patients across 11 PCN
- On-going support via WhatsApp, Facebook, monthly catch-up sessions, local walking groups



HSJ PARTNERSHIP AWARDS

SILVER WINNER

Primary Care Project of the Year

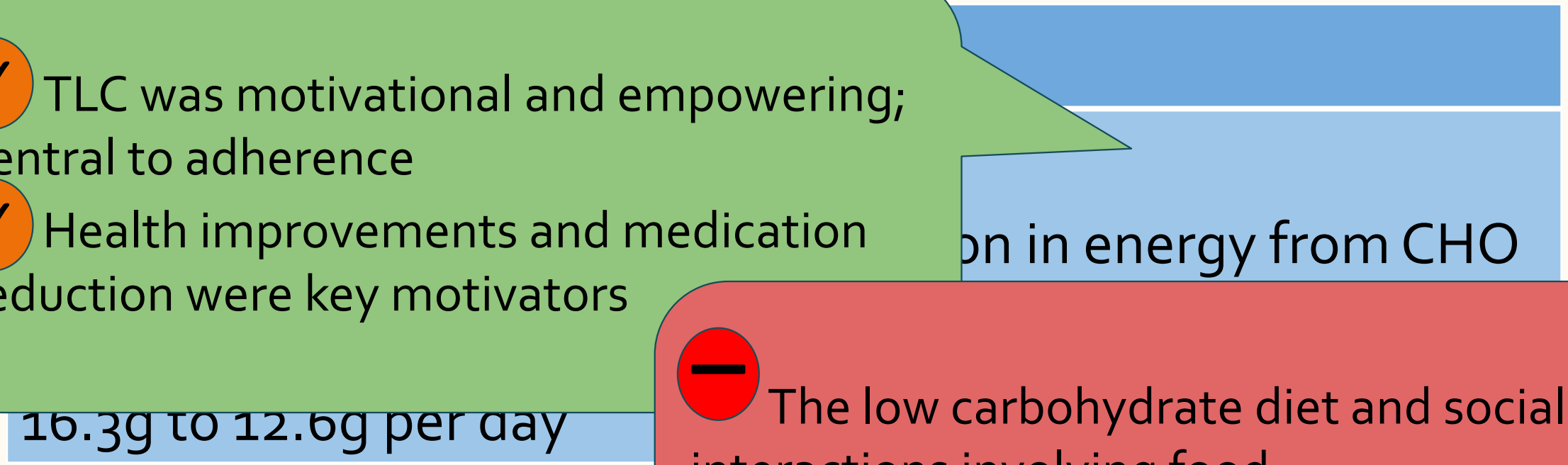
#hsjpartnershipawards





Effect of a low-carbohydrate diet on glycaemic control and disease management in type 2 diabetes: results from a prospective free-living trial

Collins S, Ogden J, Robertson D, Whyte M. *BMJ Nutrition, Prevention & Health*. 2026



✓ TLC was motivational and empowering; central to adherence

✓ Health improvements and medication reduction were key motivators

− The low carbohydrate diet and social interactions involving food.

− Domestic routines and co-morbidities sometimes presented challenges.

Effect of a low-carbohydrate diet on glycaemic control and disease management in type 2 diabetes: results from a prospective free-living trial

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Outcomes at 6 months (n=48)

HbA1c

57 to 49 (-8) mmol/mol

46% fell below 48mmol/mol, 23% in drug free remission

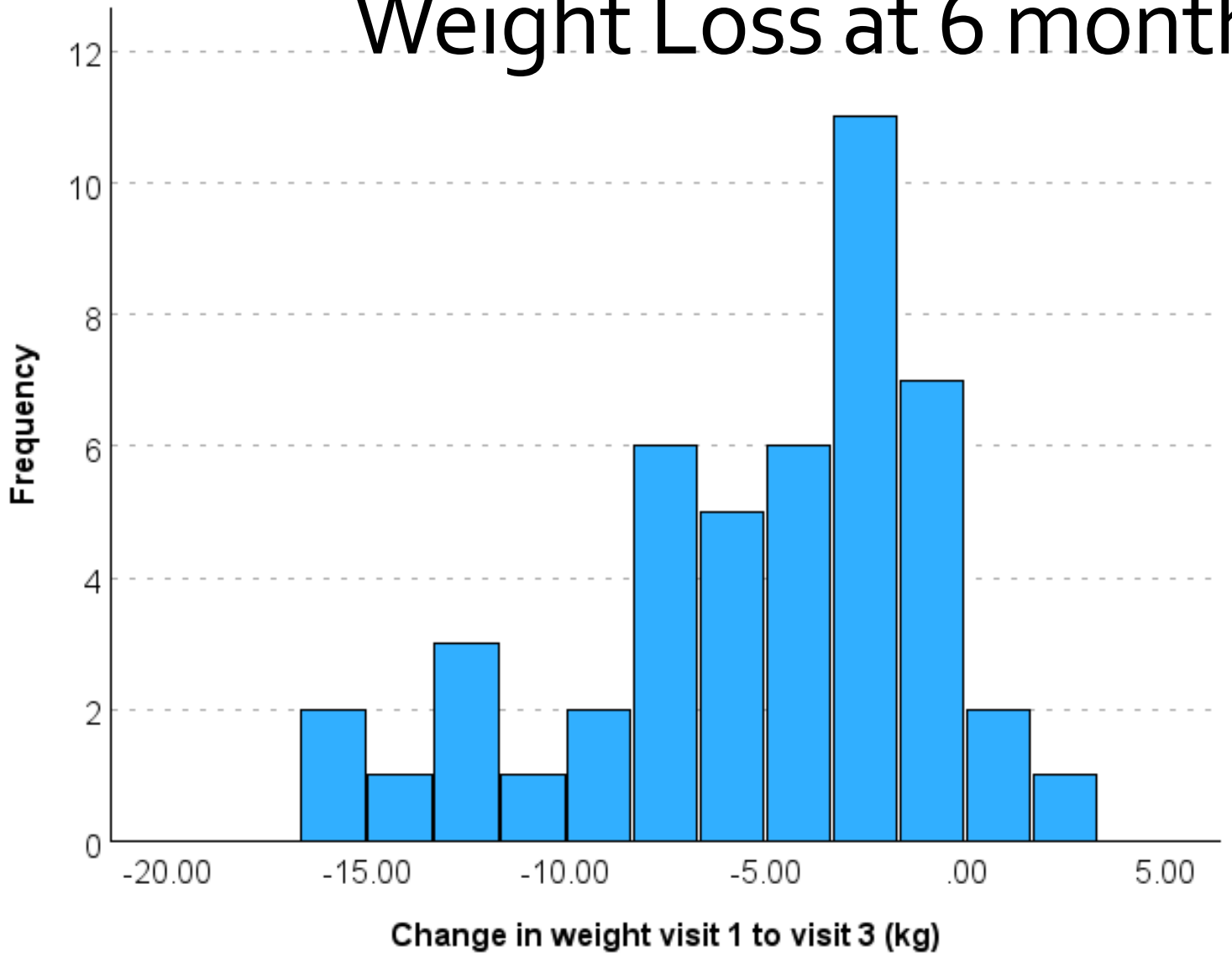
Weight Loss

Mean -5.2kg, Median -4.2kg

Lipids

No significant change in total cholesterol, LDL-C or triglycerides

Weight Loss at 6 months



Mean = 5.23kg
Std Dev = 4.439
N=48



The Telegraph

I lost 5st 7lb and reversed my diabetes without exercise or giving up G&Ts

For Diabetes Awareness Week, Edward Scott shares how he lowered his blood sugar while still enjoying booze and the odd bacon sandwich

Participant Stories



Shree



Cheryl



Glenda

Diagnosis



- Fear of diabetes impacting me due to family history
- HbA1c – 111 mmol/mol
- Confusion – what to eat to keep BGL in range
- Heavy carb diet + Insulin
- TLC introduces low carb diet
- Knowledge base shared in the TLC course was crisp and clear
- Within week and a half BGL starts stabilising
- Meticulous tracking of BGL confirms Low carb is working

Parameter	Diagnosis	After Insulin	After TLC
HbA1c mmol/mol	111	86	47
Weight kg	76*	-	66
*Weight – pre-diagnosis			



- TLC handbook cleared all the misconceptions – high fat diet
- Dr. Unwin shows the impact of carbohydrate amount and its equivalence in terms of teaspoons of sugar on BGL, this very easy to grasp and relate to.
- Heartfelt thanks to TLC team for guiding us through the course and giving the control back in my hands
- If I am sustaining the low carb diet and have managed to keep away the medicines – it is only due to my Mrs. who prepares every meal for me low in carb









Maintenance

Life gets in the way

2023-2024 TLC success story
2025 sweet tooth crept back, stopped swimming, cake with friends, found she was making excuses

2026

January review HbA1c 120mmol/mol

March HbA1c 126 mmol/mol – gliclazide started

October HbA1c 90mmol/mol
=> FELT A FAILURE

Explored triggers, goals, steps to get on track
Rejoined TLC support groups
=> HOPEFUL



Cheryl



Fork in the Road by Jen Unwin

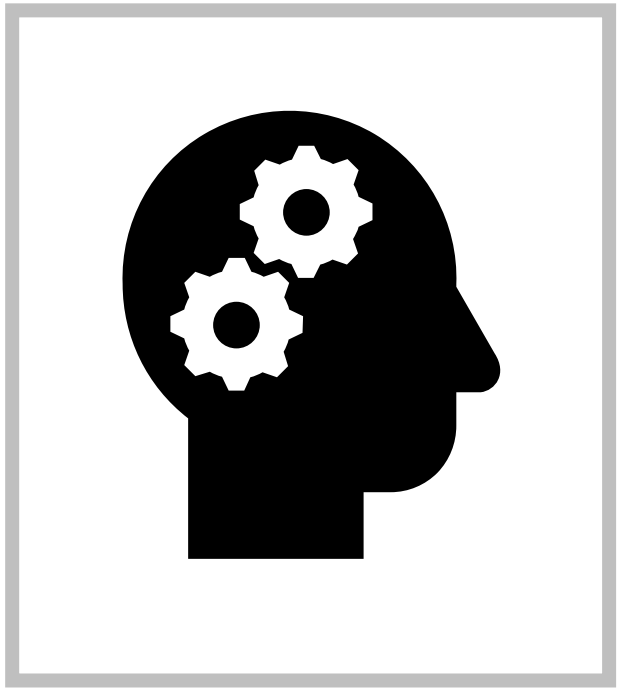
Ultra processed food addiction

Yoyo HbA1c and weight

Unable to moderate, needed abstinence

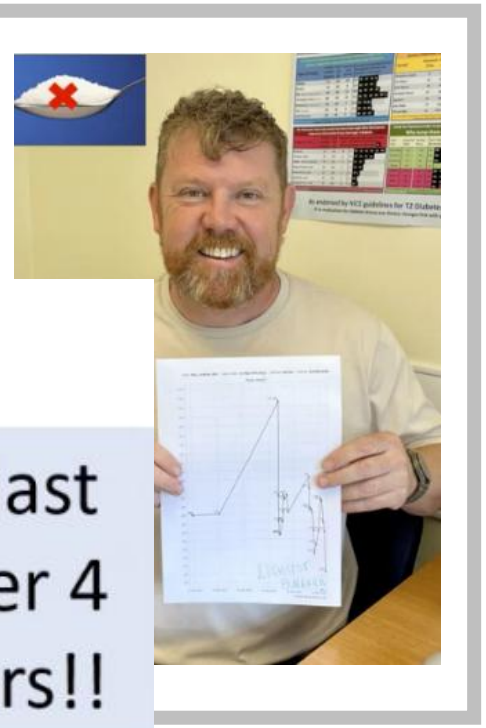
Learning opportunity

Watch for the uptick and act



Liberate

Andrew



HbA1cmmol/mol 2022-2026



At last After 4 Years!!

Medication Review

Type 2 diagnosis after 3rd pregnancy

Doing everything right but HbA1c 90

🚩 Weight loss and rising glucose

Type 1 diagnosis (LADA)

Now HbA1c 47, 4 units basal + 10 units

Murdoch C, Unwin D, Cavan D, Cucuzzella M, Patel M. Adapting diabetes medication for low carbohydrate management of type 2 diabetes: a practical guide. Br J Gen Pract. 2019 Jul;69(684):360-361.



Marina



For more information on TLC

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Embrace NUTRITION



SICKNESS COST UK EMPLOYERS

£103BN IN 2023



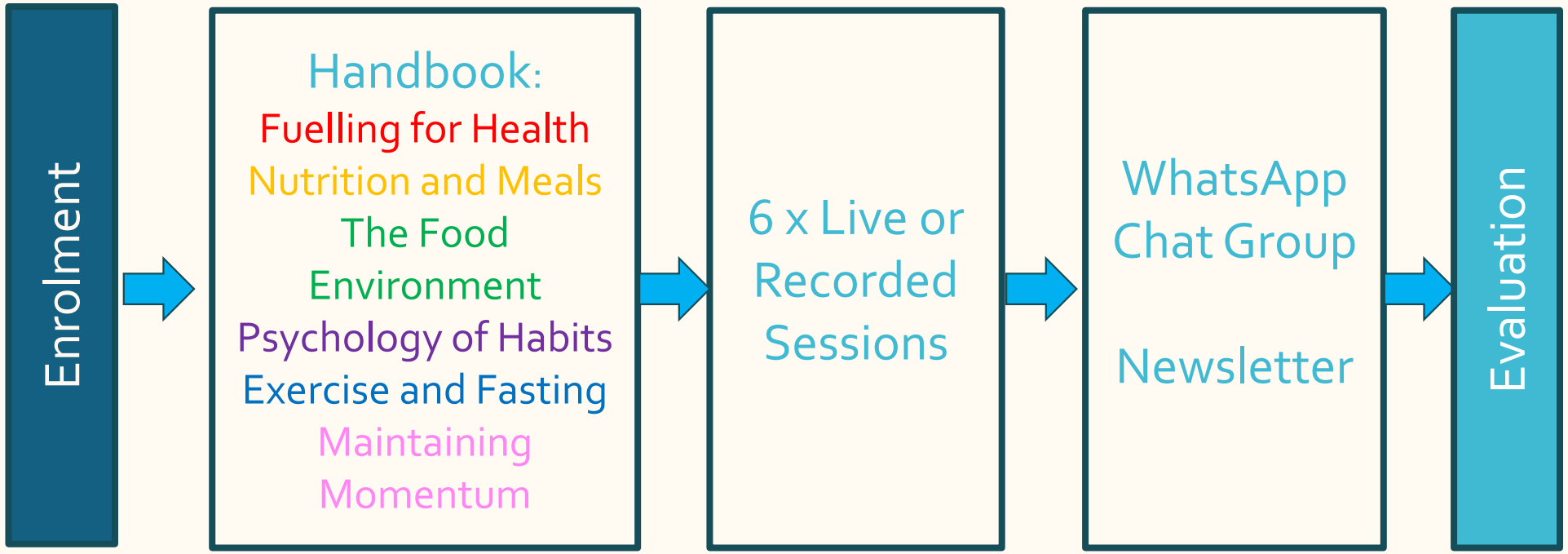
9.4 DAYS SICKNESS/EMPLOYEE IN 2025



44 DAYS LOST TO PRESENTEEISM

Cost of workplace sickness is escalating

IPPR, Commission on Health and Prosperity (2024)
CIPD/Simplyhealth, Health and Wellbeing at Work (2025)



HEALTH ACCELERATOR

6-week remotely delivered workplace wellbeing course and support

UHUK

Bringing urgent and integrated healthcare providers together through social enterprise



6 Urgent Health UK members

IC24 INTEGRATED CARE

DHU Healthcare

CumbriaHealth

DALRIADA URGENT CARE

fcms

PELC Partnership of East London Co-operatives Ltd

127 employees on 6-week course

(72% attended 4 or more sessions)

Doctors, nurses, managers, call centre operators, administrators, drivers

Indigestion

No Energy

Fatty Liver

Aches and pains

PCOS

Acne and skin problems

Weight gain

Frequent infections

Poor Concentration

Broken sleep

Hungry all the time

Headaches

Low sex drive

Brain fog

Tiredness

Irregular Periods

High Blood Pressure





Low mood

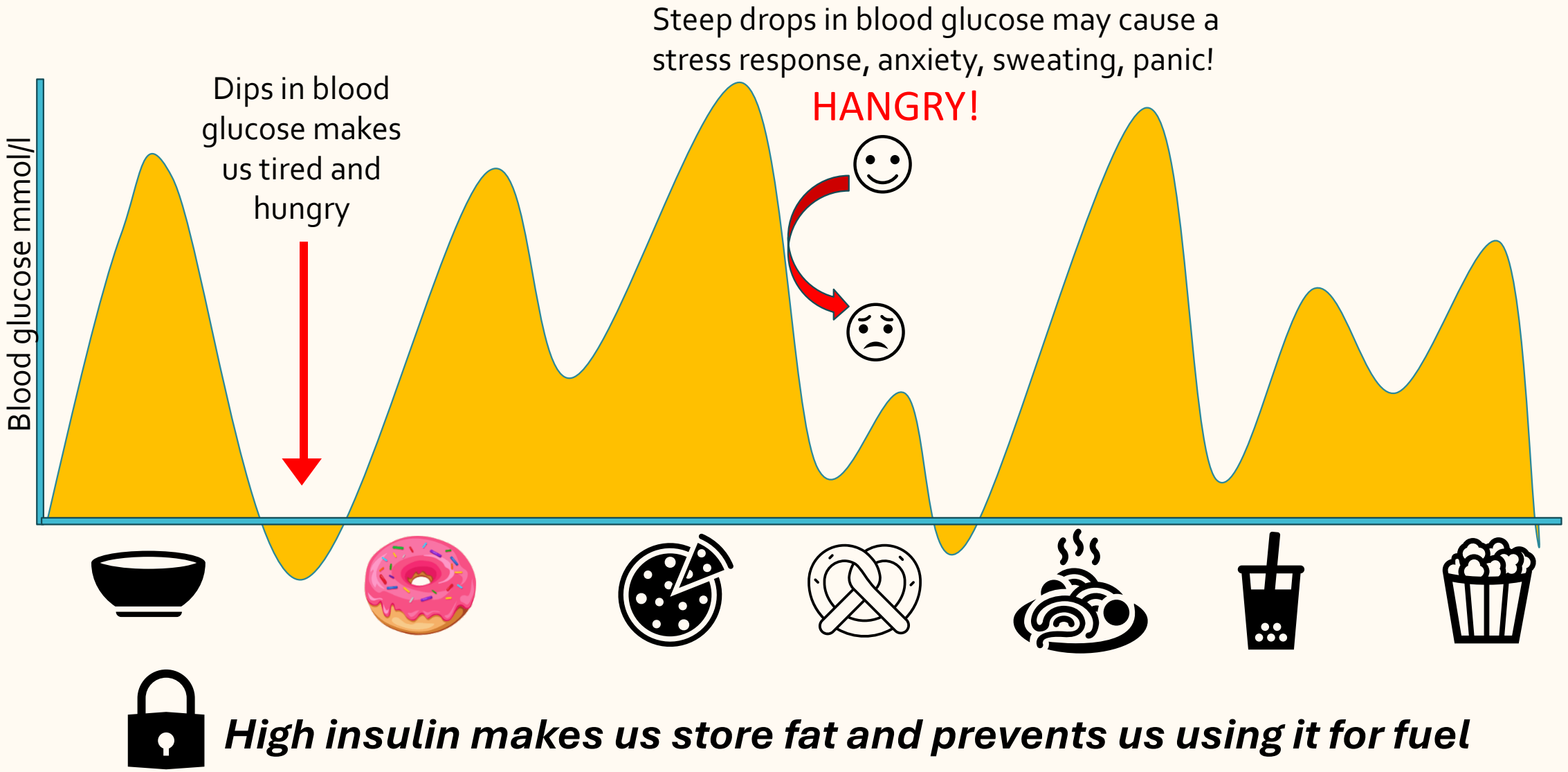
Our food makes us hungry!



UK Adults consume 57%* energy from Ultra Processed Food (UPF).
Our diet once nourished us, now it's making us ill.

*NDNS 2019

We live on a sugar roller coaster!



High insulin makes us store fat and prevents us using it for fuel

WEMWBS* self-administered questionnaire designed to measure an individual's mental wellbeing. (n=89)



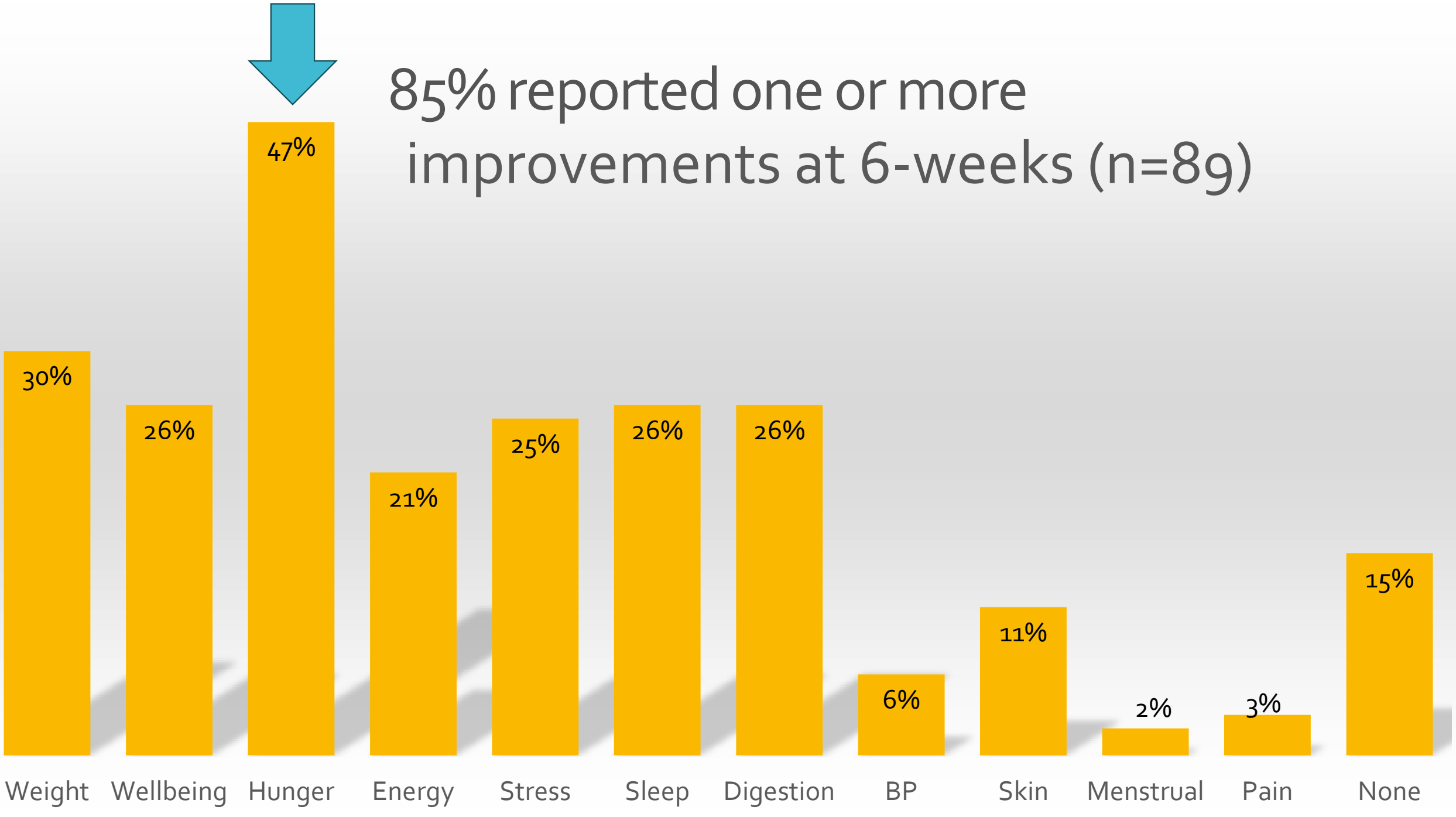
After 6-weeks

69% had meaningful positive change >3 points

Average change +5.4 points

*Warwick–Edinburgh Mental Wellbeing Scale (WEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2006, all rights reserved.

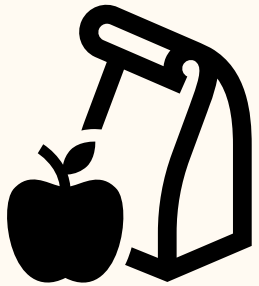
85% reported one or more improvements at 6-weeks (n=89)



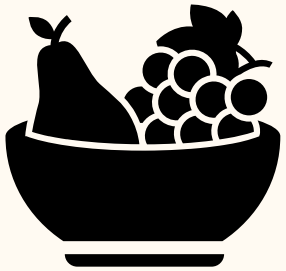
Staff Wellbeing Survey

Statement	% Agree
Reduced hunger/snacking so I can focus on work more	58%
Increased my optimism and motivation about work	53%
Improved my energy and stamina for work activities	47%

Staff Wellbeing Requests



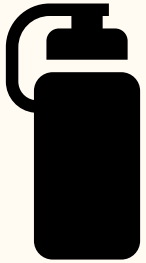
Healthy options in vending machines



Fruit, cheese, nuts and crudités as treats not cake and chocolates



Wellbeing champions, reminders to move



Recognition and rewards that avoid UPF

The Health Accelerator



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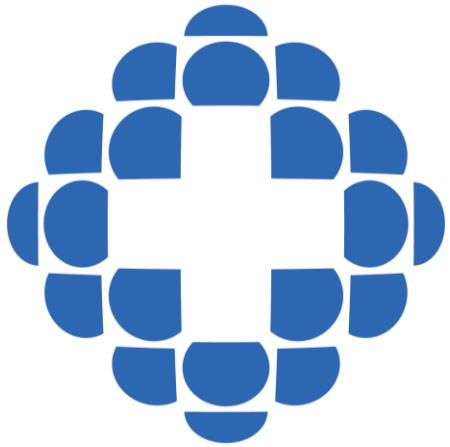
helen.gowers@embrace-nutrition.co.uk



Association for
Metabolic Health

Coming Soon!