

## **Notes on Thanet Diabetes Community Self Care Group Zoom meeting 5<sup>th</sup> May 2022**

John welcomed the attendees, all of whom were regular participants, and then read out a summary of the previous meeting notes.

Jeremy then presented his talk on “Real food low carb lifestyle – Part 2”. The first few slides were a summary of the previous presentation. Next came the topic ‘Understanding diabetes (and obesity) – Steps to reversal and recovery’. The first step was to ask why are you on this journey. Some reasons are ‘Been diagnosed with type 2 diabetes or pre-diabetes, the potential complications of type 2 diabetes are worrying, the GP says this means medications for life and 30% with type 2 diabetes will eventually start taking insulin, and last but not least there are some experts who are calling Alzheimer’s disease type 3 diabetes’. The next step is to define your goals. He suggested putting them on the fridge as a reminder. Goals may be one or more of these. ‘Put type 2 diabetes into drug free remission, reverse pre-diabetes, stop blood glucose highs and lows, lose weight without hunger, improve physical health in general, and have a goal that is measurable or noticeable in some way and improve mental health and mental ability. Many conditions can be improved with diet – from migraines to eczema to depression.’ He gave some suggestions on how to set your goals including a date to stop smoking, not eating before going to bed and giving up sweeteners. Next came the routes to the goal. He suggested ‘Medications, Bariatric surgery, very low-calorie shakes, Intermittent fasting and Low carb’. He recommended Low Carb since it represented a lifestyle change which should be long lasting.

He went on to warn against advice from tainted sources, such as the NHS which denies that diabetes can be reversed, Diabetes UK who get funding from the food and pharmaceutical industries. He recommended ‘the Diet Doctor website and [diabetes.co.uk](http://diabetes.co.uk), plus other low carb websites. Next came how to plan the journey. He emphasised the importance of getting your family on board with your plans, and whether you want to make big changes all in one go or do it gradually. He suggested making a list of foods to eat, and a list of foods to avoid, get rid of all processed food in the house, don’t buy addictive foods, and plan your eating and cook at home. He said part three of these talks will spell out practical advice on this.

Brenda said she found the talk very interesting and much more informative than the hour-long session she had at the surgery earlier on. Alicia said she found it very useful information. She told us of her routine which involves having no high carb or sweet foods in the house. She said she has a mostly vegan diet, though she now has the odd fish dish and eggs. A recent stay in hospital was made difficult when she was constantly offered food she could not eat! Anne said she was very aware of being tempted by the wrong foods, but the talks reminded her of the correct route. John pointed out going on the low carb diet helped him reverse diabetes, and he currently avoids processed foods when he can. He mentioned someone he knew who had been recently diagnosed diabetic and was put onto metformin with no alternative treatment mentioned. Maxine agreed this was normal.

We moved on to talking about the future of the group and its direction. Most agreed Zoom was very convenient, though when we met in person there were more people attending. John agreed to include a copy of the leaflet when the notes are sent out and offered to print some copies for people who had no printer if they send their postal address.

Brian sent his apologies for missing the meeting due to an overlong siesta. Jeremy informed us about a food addiction conference coming up and he promised a future topic will be on that subject. John showed the group a preview of the Think Healthy Me ‘My Healthy Lifestyle app’ which they thought would be very useful.

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Attendees were: John, Anne, Alicia, Maxine, Brenda and Jeremy.

Next meeting is 5pm on June 30th and the agenda will be on the website closer to the time.

<http://diabetesthanet.uk>

or

<https://authentik.co.uk/diabetesthanet>