

Notes on Diabetes Thanet Zoom meeting 2nd December 2021

Brian opened the meeting by announcing that Brad O'Connell is now the chair of our group and he will control our meetings and agenda from now on, thus releasing Brian from his responsibilities!

John presented a summary of his notes from our meeting on November 4th. These can be viewed in full on the Diabetes Thanet website at <http://diabetesthanet.uk>.

Next Jeremy began his presentation entitled "Understanding Diabetes and Obesity – It's not your fault: Part 4 – What we eat affects how much we eat". He said this is the last presentation in this series, and confirmed it is not medical advice but is for information only. He summarised the findings from his previous presentations:

- High insulin levels and insulin resistance play a key role in weight gain and type 2 diabetes
- You can't outrun a bad diet
- Hormones control hunger and satiety - you can't decide to be less hungry
- The food environment that surrounds us is very unhealthy making addiction to processed food very real for some

Next, he listed the essential nutrients humans need to eat: Proteins, fats, vitamins, mineral and water. Water is absolutely essential; without it we die. We need to consume protein. There are 9 essential proteins or amino acids that we must get from food. Fats are needed to stay healthy. Many vitamins and minerals are also essential, and although vitamin D can be made in the body through sunlight, in the UK supplements are usually needed. He suggested the Vegan diet cannot supply the body's needs without supplements.

He noted that carbohydrates are not in the list above. In 2005, the Institute of Medicine in America stated that "The lower limit of dietary carbohydrate compatible with life apparently is zero, provided that adequate amounts of protein and fat are consumed." This conflicts with the NHS¹ recommendation that we should eat over 250 grams of carbs each day.

Next, he introduced to us the researchers Raubenheimer and Simpson² who assert that "If you have a diet that is low in protein relative to fats and carbohydrates, you will overeat fats and carbohydrates to meet your protein target risking obesity." Essentially, they say we will continue to eat until we get adequate protein. Dr Ted Naiman claims to see people reverse type 2 diabetes all the time by making radical diet changes.

¹ <https://www.nhs.uk/live-well/eat-well/what-are-reference-intakes-on-food-labels/>

² Eat like the Animals ISBN 13 9780008359218

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Jeremy then showed us the figures for his own diet change. In 2017 he ate 80g of protein a day (13%) with fat making up 35% and carbs 52%. Currently he eats 150g protein (25%) with carbs at 10% and fat at 65%. He claims his health has improved and he has lost weight.

He then moved on with a chart showing the classes of food which are metabolically unhealthy and healthy. Unhealthy foods include breakfast cereals, biscuits, bread and prepared meals. Healthy foods include cheese, fruit and veg, meat, fish and eggs. He concluded with a recommendation to a YouTube talk by Dr Eric Berg who analyses the NHS guidelines and finds they are the opposite of healthy advice³.

Brian congratulated Jeremy on the depth of his research and learning. Anne agreed and said she had learnt a lot from his talks. Jeremy told us that he provides his notes to accompany the presentations which John can email on request. Brian listed a lot of the supplements he pays a lot for. He wanted to know if foods can replace many of his supplements. Jeremy says he takes Vitamins D and K2 and Magnesium. He suggested soil poverty reduces the amount of nutrients in grown vegetables. He also recommended eating more salt than the NHS suggests, especially if you are avoiding processed foods which do have lots of salt.

John said a few words about the Processed Food Addiction Survey which is on the website and asked everyone to try it out. It also includes a paper on how to recover from this addiction, which is not yet recognised by the NHS.

Brad then told us of the benefits of raspberries, blackberries and blueberries, including lowering blood sugar, assisting weight loss and preventing cancer. He also related the fact that diabetes in Japan had increased from 5% in the 1980s to 15% of the population, due to the adoption of Western diets.

Nigel asked if there was a computer program offering a list of foods to promote weight loss and reduce blood sugar. Jeremy recommended the Diet Doctor website and our website for loads of information.

Brad ended by saying the next meeting will be in February on the 3rd and the agenda and zoom link will be sent out beforehand.

Attendees were Brian, Brad, Jeremy, John, Anne, Nigel and Maxine.

³ https://www.youtube.com/watch?v=DIP9kINN_ao