

Notes on Diabetes Group meeting 3rd November 2022

Maxine, John, Brad, Jeremy, Nigel, Anne, Penny, Marion and Brian attended. John gave a summary of the meeting on 6th October and reported that his two attempts at making low carb bread had failed to produce anything edible. Brian reported that he had brought some Keto bread back from Luxembourg and this tasted wonderful.

Jeremy then started his presentation on 'Understanding Processed Food Addiction Part 3 – Concepts of Change for Recovery'. He pointed out that food addiction has a low profile in medical science, though it is gradually on the way to being recognised. He identified 10 concepts – Identification, Acceptance, Knowledge, Commitment, Abstinence, Consistency, Sacrifice, Support, Replacement and Healing. He referred to the survey he asked us to try in the previous meeting and said that even if we had received a low score in identifying whether we were addicted the concepts should still be relevant. Acceptance is necessary since denial is part of the problem. Knowledge of the route to follow to be cured is critical. What foods to eat and avoid, what are your trigger points? How committed are you? Have you made plans on how to proceed? Abstinence may be required, especially from sugar. The idea that 'moderation in everything' is really bad advice. It is important to be consistent, not take the odd day off the regime you have committed to. Does one sacrifice good health for the sake of eating the wrong foods? Support from friends and family is almost a necessary part of success, curing addiction alone is very difficult. Brian interrupted to remind us all of our former suggestions about a buddy system, and he offered to be a buddy to anyone who felt they needed help. Jeremy continued with a warning not to replace one addiction with another, which often happens. Giving up smoking often results in eating more of the wrong foods. He asked us if we could suggest personal replacements for their addictions. Brian said he chose to spend time with nature. Jeremy suggested hobbies, meditation, joining groups, exercise or studying. The final concept is healing, and if that hasn't worked perhaps there was a lack of commitment or support.

He moved on to reinforce messages from earlier sessions. He recommended the charts of real and processed foods which are currently on the diabetesthanet.uk website. We only have to eat real food and we do not have to eat ultra-processed food. Brian said he used the charts to find permissible foods, particularly Mars Bars! Jeremy pointed out that Mars Bars are clearly marked as very high in carbohydrates and very low in protein, so it is important to read the real foods chart! He suggested clearing the house of all ultra-processed foods, to remove temptation. At the end of the presentation was a call for us all to describe our potential and real addictions and solutions.

Alicia said the most important thing for her was abstinence. She couldn't stray at all, since the consequences were dreadful. She also said it was helpful to tell others of her experiences, for herself and others. Anne said she had just joined Slimming World to assist with losing weight and for the company and support. She found Jeremy's talks and the Slimming World sessions very helpful. Maxine agreed she had accepted she was addicted to the wrong foods and was trying to do the right thing. John said his addiction was bread. He didn't eat processed foods and most meals were prepared from scratch using real foods. He said he was trying to cook low carb bread but not succeeding so far. He bemoaned that fact the gatherings of people usually had an array of sweet treats but nothing savoury. Brian thought John's passion was pizzas, but John said he ate them very rarely, when the grandkids were staying. Nigel said he was too busy to follow these dietary suggestions, but he did manage to maintain his weight, but he would try to do better. Marian said she couldn't taste anything and was waiting on a dietician appointment. She found many of the 'good' foods to eat were tasteless and she was losing weight. She would prefer to be putting weight on. Her tongue was sore and she was due to see an oral specialist, but had been waiting since May. Jeremy suggested drinking protein shakes. Penny said she had the opposite problem. She couldn't lose weight, even though she had cut out sugar, chocolates and sweets, but probably had a fondness for bread. Brian asked her to call him for advice. Penny asked Jeremy to suggest details for a low carb diet. Anne advised weighing the food to be eaten, since everyone underestimates the quantities, but

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Penny said she had that covered and she used a protein, carb, fat plate to help. Jeremy said he only ate two meals a day, which also helps with weight loss.

Next meeting is 1st December.

Links

Website – <http://diabetesthanet.uk>

Facebook - <https://www.facebook.com/groups/1370586729749214>

Nextdoor - <https://nextdoor.co.uk/events/17592186413264/>

YouTube - <https://www.youtube.com/channel/UCNq8iXg0KgxjGyeEmmz39fQ>