

Notes on Diabetes Thanet Zoom meeting 2nd September 2021

Eight members joined the meeting. We kicked off with introductions and John read the notes of the previous meeting in July. There were no questions arising.

Jeremy Martin presented his talk – “Understanding why Type 2 Diabetes is reversible (and how to do it)”. He pointed out he was not giving medical advice but had researched diabetes and diets thoroughly. His first slide showed that the percentage of adults with diabetes in the UK had risen from 3% in 1994 to nearly 8% in 2016, with 3.8 million diagnosed and 0.9 undiagnosed. Next came a slide showing the difference between male and female sufferers, with more men having diabetes even with normal weight, though obesity and overweight was a greater indicator for both sexes. He went on to describe the timeline where insulin resistance increases over years and decades. He pointed out that type 2 diabetes is firstly a disease of high insulin and insulin resistance. High insulin means your basal metabolic rate is lowered, less fat will be burnt and more glucose will be converted to fat. Moving on to diet he showed evidence that a low carb diet will help even type 1 diabetics to keep between the glucose levels of 3.8 and 8.3, whereas a high carb diet will allow huge spikes and troughs, potentially causing hypos. He showed studies where low carb diets prescribed by doctors resulted in the elimination of type 2 diabetes, and contrasted that with the NHS/NICE guidelines which emphasise a high carb low fat diet. A diabetic cookery book in 1917 endorsed a low carb diet and rejected cereals and high carb food. After the presentation Brian asked for questions. Nigel said that a recent report had claimed that eating low carb food was not the way to lose weight, but working off the carbs was more effective. Jeremy said he would investigate and find that report, but he pointed out that exercise tended to make people hungrier, and just eating fewer calories was not the answer, the point is to eat the right foods, especially protein. Anne noted that she was grateful for

information on what to eat, and was happy with a reduced emphasis on exercise.

Alicia gave us a description of her recent experience with a fall which broke her tibia. The local hospital gave her a four-piece leg brace and told her that would fix it. After months she was still unable to walk but the hospital refused to scan the leg and told her to exercise more. They said her peripheral neuropathy stopped her from walking and she should stop being lazy! She went for a private scan and was told to stop exercising and prepare for surgery. Eventually she was able to get an osteotomy operation scheduled, in spite of doctors trying to fill her up with insulin as part of a pre-op sliding scale routine. She had to have her leg broken and reset. She is now in a rehabilitation centre to enable her to walk, though getting a low carb diet at the clinic proved virtually impossible! She promised to write up her experience for the website. Brian agreed that hospitals are notorious for providing non nutritious and inappropriate food.

Bradley is creating an A-Z of good foods. He recommended asparagus which has lots of useful vitamins and healthy properties. He also told us about cinnamon and its digestive properties. Brian wanted to know about pomegranates.

Brian finished off with an anecdote about his Annual Diabetic Review, where his doctor told him he was in danger of lowering his blood sugar too far and was in danger of hypos. He pointed out that doctors are not the source of all wisdom!

Next meeting is on October 7th at 5pm.

Attendees were Anne, Maxine, Nigel, Alicia, Bradley, Jeremy, Brian and John