

Five members joined the meeting. Alicia sent her apologies since she is on Holiday in Cornwall and thought it likely she would not get a working Wi-Fi signal. Anne Debling was intending to come but got distracted and a new member, Andrew Bywater didn't attend due to technical difficulties! We kicked off with introductions and John read a summary of notes of the previous meeting in September. Brian suggested part of the notes could be used by Alicia when she is writing up her diabetes experience for the website. John thought she hoped to finish her article before long.

We moved on to Jeremy's presentation entitled "UNDERSTANDING DIABETES (and OBESITY) It's Not Your Fault: Part 2. The advice is wrong". He listed three NHS tips for healthy Eating. 1. Do not skip breakfast. 2. Choose higher fibre varieties. 3. Cut down saturated fat intake and use unsaturated fats and spreads. His breakfast before he changed his diet consisted of a wholegrain cereal with semi skimmed milk and fruit which was high in carbs and low in protein. He now doesn't eat breakfast at all, since the food produced a glucose spike which later led to a glucose crash during the morning! He pointed out a routine of three meals a day plus snacks in between doesn't allow insulin levels to stay high.

An American study found obesity levels rose from 13% to 30% between 1977 and 2002 due to more meals and more snacks. He then moved on to the NHS claim that higher fibre reduces the risk of diabetes type 2, however he couldn't find any scientific basis for this, though studies have found a diet of zero carbohydrates with sufficient protein and fat is suitable for life. He then showed a list of countries correlating low saturated fat intake with heart disease and deaths, and mentioned that studies finding this were reluctant to publish since it contradicted current thinking and beliefs.

He then detailed the nasty processes involved in making vegetable oils and spreads, and mentioned that vegetable oil can replace diesel in trucks! He showed a list of common foods using these oils, including tinned tomato soup! He finished off with recommendations for books and articles to read, including a web link

<https://sites.google.com/view/letfoodbethymedicine/infopedia/sugar-infographics?authuser=0> and a summary

- You don't have to eat breakfast
- Carbs are nice but not necessary
- Vegetable oil is best used in diesel cars
- Saturated fats do not cause heart disease

Brian then described his diet, which led to his move from diabetes to being diabetes free. His breakfast consists of almond flower porridge with

full fat milk. Lunch is tomato soup, plus cheeses and celery. He asked us for feedback. Jeremy approved the almond flour porridge but thought the diet was low in protein, and also the tomato soup was likely to be full of sugar and vegetable oils. Brian then added his suppers during the week which consists of yoghurts, steak, chicken, fish and tuna. Maxine said she also has porridge for breakfast, but confessed to the odd snack and a few walnuts. Jeremy suggested high cholesterol did not lead to heart disease, in spite of the common belief that it does.

Lock down experiences started with John who said the lockdown had little effect on his handling of his health. His weight remained constant and his diet didn't change significantly. It involved a fair amounts of protein with meat most days, courgette as a pasta replacement, lots of cheese and yoghurts and very few processed foods. Regular soups all made from fresh ingredients and never tinned. His blood sugar remained at a good non-diabetic level throughout. Maxine's weight did go up but is now back on track. Brian said his lifestyle didn't change. He records everything on a chart every day. His weight has increased slightly, a good result for him.

Brad added to his A to Z of foods. He started with pomegranates with a list of great benefits, and went on with artichokes, which lowered blood pressure and were good for the immune system. He recommended the book, "What to Eat and How to Eat it: 99 super ingredients for a healthy life" by Renée Elliott. Jeremy pointed out that pomegranate juice is full of sugar, though the fruit itself is fine.

Next topic was the annual benefit review. John related his experience with a diabetic nurse who examined, probed and tickled his feet, and was satisfied. Another review took blood samples and asked about my eating habits. The surgery had recommended Michael Mosley's blood sugar diet when I was diagnosed, rather than any medicine, and I followed it and lost 22 Kg and became diabetes free. Maxine had no review lately. Brian read out a letter he had sent to his doctor, complaining about his advice and the curtailing of the prescriptions which he had relied on to maintain his blood sugar levels. He also included charts showing the increase in levels under the new regime!

Next meeting is 5pm on November 4th.

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