



PREVENT & REVERSE **TYPE 2 DIABETES**

A **Proven Lifestyle Programme** led by qualified health professionals

www.thrivediabetes.co.uk



Who am I ?

A physiotherapist with 35 years experience in the NHS and private practice. My interest in type 2 diabetes stems from a strong family history of the condition, and my own personal experience.



www.publichealthcollaboration.org

Prevalence of diabetes in the UK

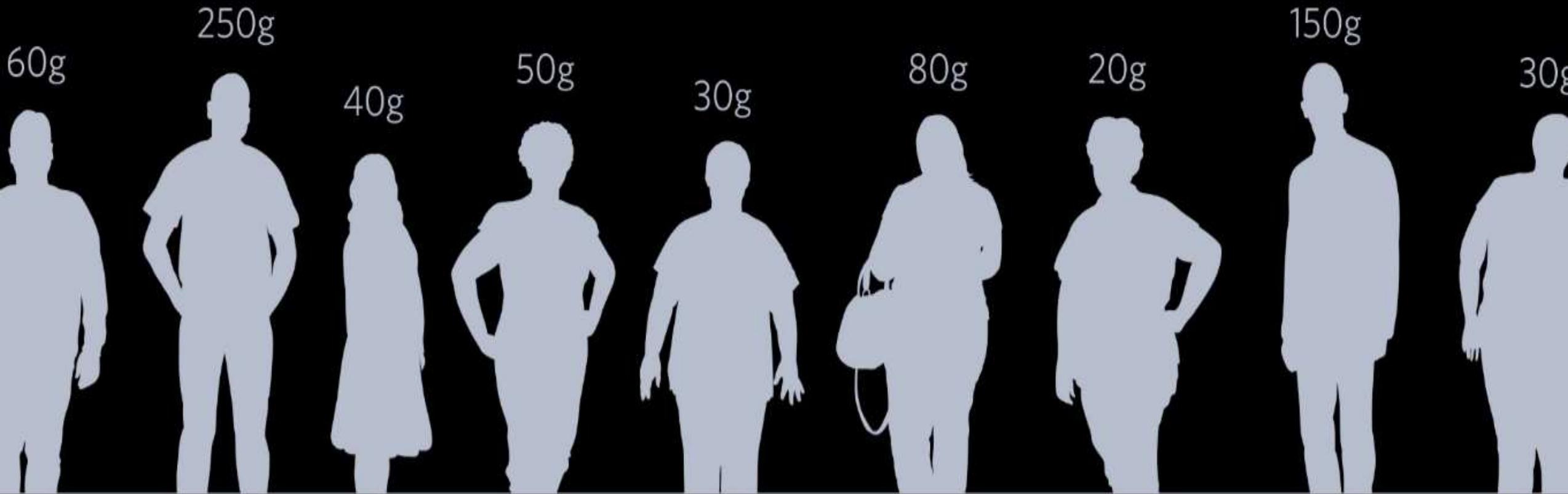




The increase in processed, hyperpalatable foods, rich in sugar, fat and carbohydrates are responsible for the surge in type 2 diabetes. They override our normal satiety mechanisms.



The Journey to diabetes can take decades



EVERYONE HAS A UNIQUE INDIVIDUAL
CARBOHYDRATE TOLERANCE



Research Studies that failed to show any benefit of further control of blood sugars with drugs for all cause mortality & CVD outcomes.

- ▶ UKPDS
- ▶ ACCORD
- ▶ ELIXA
- ▶ TESCOS
- ▶ SAVOR
- ▶ ORIGIN
- ▶ VADT
- ▶ ADVANCE

**“YOU CANNOT DRUG PEOPLE
INTO BEING HEALTHIER.
LIFESTYLE DISEASES HAVE TO BE
TREATED WITH LIFESTYLE
MEDICINE”**

Dr. ASEEM MALHOTRA



Bariatric surgery

Ultra-processed liquid shake and soup to beat Type 2 Diabetes?

INGREDIENTS

Spicy Tomato flavour (with sweeteners): Whey protein, Tomato powder, Maltodextrin, Inulin, Refined soya oil, Soya protein isolate, Potassium chloride, Monocalcium phosphate, Salt, Hydrolysed maize protein, Flavouring, Citric acid, Compound vitamin and mineral mixture†, Calcium carbonate, Stabiliser: xanthan gum, Dried parsley, Soya lecithin, Sweeteners (acesulfame K, aspartame*), Colours (paprika extract, beta-carotene). *Contains source of phenylalanine. Allergens: Contains milk and soya.

Low Calorie



Low fat



The best way to reverse type 2 diabetes?

Why low carb?

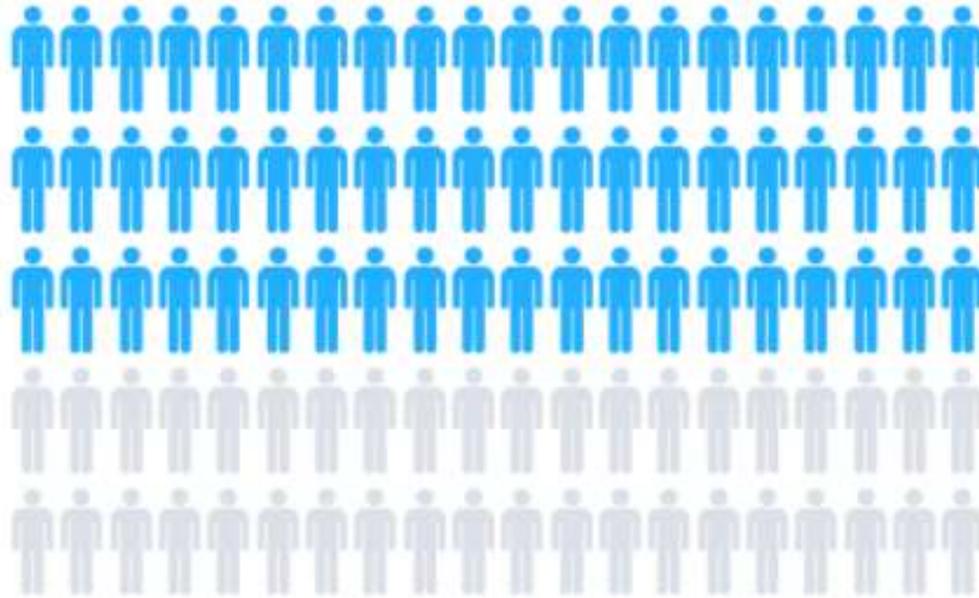
Carbohydrates raise blood sugars & insulin levels the characteristics of T2D.

Carbohydrates are a non-essential macronutrient.

Diabetes Reversal

60%

of patients reversed
their type 2 diabetes

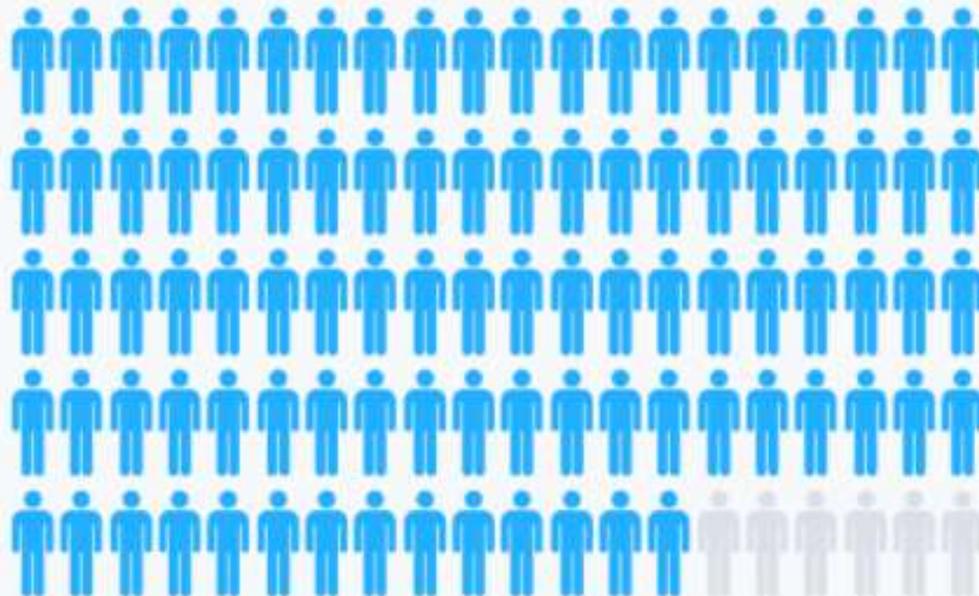


VIRTA HEALTH
Published Feb
2018¹⁴

Medication Reductions

94%

of patients reduced
or eliminated insulin



Effectiveness and
Safety of a Novel
Care Model for
the Management
of Type 2
Diabetes at one
year.



Tom Watson MP sharing his story of reversing type 2 diabetes with a low carb diet at the APPG meeting Feb 2019



Thrive Lifestyle Programme to prevent and reverse diabetes, Redbourn Herts. Run by a physiotherapist, dietitian and cognitive therapist.

www.thrivediabetes.co.uk



Dr David Unwin
“LowCarb GP”

RESULTS OF THE THRIVE PROGRAMME SO FAR

- ▶ 3 clients have reversed their diabetic retinopathy
- ▶ 4 clients have reversed their diabetes and come off medication.
- ▶ Five of our clients who were prediabetic have reversed it.
- ▶ One client had a fatty liver and abnormal liver function tests. These are now normal.
- ▶ One client with metabolic syndrome now has a BMI and waist circumference in the normal range. Her neurological condition has also significantly improved.
- ▶ Some of the clients have come off BP medication & medication for indigestion and heartburn.
- ▶ One clients chronic headaches have significantly improved.

ROGER

T2D for 12 years. On Metformin & Gliclazide 80mg. Severe diabetic maculopathy. Lost over a stone, reduced his HbA1c to 5.8%. His maculopathy has significantly improved.

DENIS

T2D on 80mg Gliclazide
HbA1c 7.3%. Lost 16kg and
off medication. HbA1c 6.4%



THRIVE LIFESTYLE PROGRAMME IN ACTION- it's a very practical and interactive course with foods brought in each week and a recipe book to help you on your way.

RCGP Royal College of General Practitioners | **Type 2 Diabetes and the low GI diet**

Est. Time: 30 minutes
Author: David John Unwin
Curriculum Field: 3.17 – care of people with metabolic problems

Description
Type 2 diabetes is a common disease. Many patients remain poorly controlled despite multiple drug treatments. This module describes the use of a low glycaemic-index (GI) diet as an adjunct treatment for diabetes, using as a case study a real-life patient registered at the practice where the author is a GP Partner. The physiology and evidence behind a low glycaemic-index diet are described, as well as how to implement it in real life. The course will also address potential concerns about a low GI diet, and refer to the appropriate NICE guidelines – SIGN guidelines can be found in the resources section.

Learning Objectives
After completing this session, you will be able to:

- explain the basics of glucose metabolism to your patients
- understand the growing evidence for a low GI diet



RCGPLEarning
Essential CPD for primary care

Home > Clinical Courses and Certifications > Type 2 diabetes and the low GI diet

NICE guidelines recommend a low glycaemic index diet

“For doctors to not offer low carb to manage type 2 diabetes is both unscientific and unethical”.

Dr. Aseem Malhotra

Can everyone with T2D do a low carb diet?

Yes, but check with your GP if you are on any diabetic medications other than Metformin you will need to be supervised by a suitable health practitioner who can alter your medication as you make dietary changes.



200ml Orange juice
2 slices brown bread
60g cornflakes with
125ml milk

Sugar equivalent = 30+ tsps. sugar



2 eggs
3 rashers bacon
3 cherry tomatoes

Sugar equivalent=3 tsp