

Notes on Diabetes Group meeting 1st June 2023

Present were Brad, John, Jeremy, and Alicia. Maxine joined during the meeting. Apologies were received from Anne, Brenda, Penny and Marion.

Brad started by giving an update on Brian's illness. Unfortunately, after the meeting we found he had died on the day of the meeting. Alicia sent through a link about a Fix blood sugar webinar. We agreed not to have a summary of the previous meeting and Jeremy kicked off with a talk entitled "Understanding Diabetes (and Obesity) It's Not Your Fault The advice has failed you".

He started by saying there is a fundamental misunderstanding of the causes and treatment of obesity and it is because of this flawed thinking by many experts and advisers that the obesity crisis has become worse. The NHS plus the food industry recommends – 'Eat less, exercise more (maintain energy balance), cut down on fat and saturated fat, make sure you get enough fibre and whole grains and eat less meat', but what they really mean is 'If you are overweight and sick, you haven't been following our advice, so you have only yourself to blame.'. He then showed us graphs which demonstrated that in spite of the dietary guidelines being revisited over the years the rate of obesity in the UK had kept on rising. Government surveys have shown that men and women actually eat 20% fewer calories per day than the NHS recommends. Obviously, we are eating the wrong food. Many reports that say that saturated fat does not cause heart disease or diabetes. Jeremy quoted Dr. Georgia Ede who said 'We have been eating animal meats, animal fat, and cholesterol for about two million years, but heart disease has only been a major problem for us for about 50 years.' Sugar consumption has increased 20-fold over the last 200 years.

Jeremy then listed many of the processed foods which have entered our diets since 1910, and a study in 2018 concluded that 57% of UK food consumption is from ultra-processed materials. The use of vegetable oils has increased and the use of animal fats has decreased yet the obesity rates from 1980 to 2000 have tripled. Worldwide obesity is increasing at 2.78% per year and Diabetes is increasing at 4.07% per year.

He ended with the summary:

1. The fundamental misunderstanding of the causes and treatment of obesity has made the obesity crisis worse. At the same time that there has been massive increase in consumption of processed vegetable oils, sugar and processed food, and a reduction in total fat and saturated fat consumption there has been a big increase in diabetes and obesity rates, and other chronic diseases. We shouldn't dismiss the correlation
2. NHS says we eat too much
3. Government's Daily Nutrition Survey says we eat too little

And that confusion is one reason why

4. Decades of Government policies and NHS advice have failed.

When the talk ended John queried the emphasis on meat eating as opposed to vegetables. He said he quite liked vegetables and thought eating was more than a method of fuelling the body, but was also a social activity. Alicia said she had been a vegan a while ago, and at that time vegan food was mainly nuts and seeds and salad. However vegan food these days seem to be ultra processed with little connection with real food. She said she prefers grass fed animal products. Jeremy said he had never really liked vegetables, and Alicia agreed, and she particularly hated broccoli. Jeremy recommended an ancestral diet and John asked what had our ancestors done for us? The meeting agreed that vegan food as currently produced was not particularly good for us, but John did point out probably more than half the world's population was vegetarian.

Next meeting 6th July at 5pm.

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Website – <http://diabetesthanet.uk>

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

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

YouTube - <https://www.youtube.com/channel/UCNq8iXg0KgxiGyeEmmz39fQ>