

Notes on Diabetes Group meeting 2nd March 2023

Present were John, Brad, Brian, Mike, Jeremy, Penny, Marion, Alicia and Maxine.

John read a summary of the 2nd February meeting and Brad asked Jeremy to give his presentation of his journey of weight loss and gain and better health.

He started with his usual disclaimer that he was not giving medical advice. He showed us a graph of his weight loss from December 2016 to April 2020. Up to 1st November 2017 his weight was around 95Kg but at that date he started a low carb eating discipline and rapidly lost weight to 82Kg. This solved several health issues such as headaches and fatigue. He then began regular exercise and put weight on so by January 2021 he had gone up to 89Kg, having eaten more protein. In October 2021 he caught Covid and his weight went down to 83Kg but then recovered and went up to 93Kg. He has 5 world rowing records for the Concept 2 rowing machine.

He moved on to talk about 'Healthy at every size'. He rejected this concept. He showed that obesity in the UK had risen from 4 million in 1980 to 20 million today, with over 8% of UK deaths attributed to obesity. He listed many diseases where obesity increases the risk of being affected. He also showed a study claiming autism is more prevalent when a child's parents are obese. Covid hospitalisations are 30% more likely for obese people. He finished with an examination of the Eatwell guide. It even had a can of coke in one of its iterations. He pointed out its high carb features. He showed us a list of the authors of the guide and pointed out most of them were members of the junk food industries who had an ulterior motive when recommending high sugar and high carb foods. He showed us examples of the foods he ate before and after his change to the low carb diet. He claimed the advice to eat fruit, veg and fibre grew out of farmers wanting to increase their sales rather than from any health-related reasons.

Brad asked for questions. Mike asked for medical evidence for the points about autism, which he had understood was largely genetic. Jeremy said the data was from clinical observations, and the genetic elements increase the likelihood of being autistic, but obesity increased it even more. Alicia said her research concluded autism rates were seen to increase after the MMR jabs were combined.

Brian then started his presentation of his health journey. He said his type 2 diabetes was diagnosed in 1988 and his GP said it was a lifetime condition and just take the metformin. He decided after a long time to take control of his condition. He notes that he knew very little about health and nutrition, but after research he identified the following seven issues: Inflammation, Strengthening one's immunity, Gut health, Dehydration, Sleep, Low sugar, high protein diet and Body weight. Every day he monitors body weight, drinks at least 2 litres of water, checks blood pressure and resting heart rates, sleeps at least 8 hours and eats 2 main meals a day. His wife helps him stick to the low carb rules. His weight has reduced from 87.5Kg to 71Kg, but has developed peripheral neuropathy. Pain caused him to lose sleep but his naturopath suggested soaking his feet in a Epsom salts solution for 30 minutes before bed and this has worked very well. He then listed his prescription¹ and non-prescription² drugs and identified the reasons for several of them.

Next came Mike's presentation of the THM Healthy Lifestyle model. He took us around the circle of the 12 categories with 5 states in each. Each category relates to an area of wellbeing and the user can choose which state matches their personal circumstance, with the outermost segment representing the ideal state and the innermost the least desirable state. Once all the states have been selected a summary is presented with a score, where 60 is the highest achievable and 12 the lowest. The model is being developed further to add recommendations for increased wellbeing in each category.

¹ Bumetanide 1mg, Bisoprolol 3.75mg, Spironolactone 25mg, Rivaroxaban 15mg, Ferrous Sulphate 200mg
Gliclazide 80mg, Metformin 500mg x2, Allpurinol 300mg, Losartan 25mg, Atorvastatin 10mg

² Immuguard, Zinc, Magnesium, Vitamin D, Vitamin B12, Basica Active, SynQIO

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Next meeting is 6th April 2023.

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/UCNq8iXg0KgxiGyeEmmz39fQ>