

What To Do About Diabetes ?

Diabetes (Type 2) is caused when your body produces too much glucose from the food that you eat and your body cannot absorb it

It can be reversed within 1-3 months – for most people – by **changing** the food that you eat

There are 2 approaches that work:

Low Carb Healthy Fats

- Reduce the amount of carbohydrates that you eat – **to virtually zero**
- That means almost no sugar, bread, rice, pasta and some root vegetables
- To provide energy and stop you feeling hungry you need to add healthy fats
- Learn more about Low Carb Healthy Fat (LCHF) and Ketogenic diets

Intermittent Fasting

- Some people eat one meal a day (OMAD)
- Some people stop eating at 7:00pm and fast until the same time next day
- Some people do 36 -72 hour fasts, with just liquids such as bone broth

Learn more about this by following these 2 doctors and watching their talks:

Search

Dr David Unwin

Online & Books

<https://www.youtube.com/watch?v=TEYtRiPKBVA>
<https://www.youtube.com/watch?v=RUH7epLxkV8>

Social Media

<https://twitter.com/lowcarbGP>

Dr Jason Fung

https://www.youtube.com/watch?v=iatPAjf5l_Y
<https://www.facebook.com/groups/TheJasonFungFanClub>

<https://twitter.com/drjasonfung>

Books

[The Obesity Code](#), by Dr Jason Fung
[The Obesity Code Cookbook](#), By Dr Jason Fung & Alison Maclean

Website

<https://www.diabetes.co.uk/>

Dr David Unwin has recently reported on the 83rd patient in his practice who has reversed their diabetes and on many who have stopped taking drugs and injecting Insulin

Continuous Glucose Monitor

You can wear a small disc on your skin that measures your glucose continuously and shows you the result on your smartphone. The Freestyle Libre disc lasts for 2 weeks at a time

This will show you how much your glucose rises when you eat a bowl of rice or pasta, or a sandwich or a banana – or even 2 carrots

Once you learn how different foods affect your glucose you can make more intelligent choices about what you eat and when

Learn more here: <https://www.freestylelibre.co.uk/libre/>

Sunshine & Supplements

There are a few supplements that can help your body absorb glucose better

This information is not meant to be prescriptive, as your needs are individual and you should take advice from a health professional

Vitamin D

There is very good evidence that your body absorbs glucose better if you boost your blood level of Vitamin D to 4-6 times the level that UK doctors currently define as "Deficiency"

The UK definition of Deficiency is when Vitamin D 25(OH)D is less than 25 nmol/L.

[Grass Roots Health](#) suggests that your new target range should be 100-150 nmol/L

Learn more about this at:

[VitaminDwiki](#) <https://vitamindwiki.com/Overview+Diabetes+and+vitamin+D>

[GrassRootsHealth](#) <https://www.grassrootshealth.net/project/vitamin-d-diabetes/>

[GreenVits](#) <https://www.greenvits.eu/>

You can do this by getting more sunshine on your body or by taking a high-strength Vitamin D3 supplement. The average person will need 50-100 µg (2,000-4,000 IU) per day or maybe more, rather than the 10 µg (400 IU) currently advised by the NHS. You can get a similar amount of Vitamin D from sunshine, but only when your shadow is shorter than you. This is normally only possible in the UK between April and September and between about 10:00am and 4:00pm. You may only need 15 minutes if your skin is very white or 2 hours if your skin is very black !

Omega-3

There is very good evidence that boosting your Omega-3 and reducing your Omega-6 will help improve your Triglycerides - and therefore your Diabetes.

Your new target is:

[Omega-3 Index](#) >8% Relevant for Diabetes and heart health

[Omega-6/3 Ratio](#) <3:1 Is my Inflammation low enough ?

Learn more about this at:

[ExpertOmega3](#) <http://www.expertomega3.com/omega-3-studies>

[Fats Of Life](#) <https://www.fatsoflife.com/>

[GreenVits](#) <https://www.greenvits.eu/>

Magnesium

There is good evidence that boosting your blood levels of Magnesium helps to regulate your blood sugar level – and therefore your Diabetes. Dietary sources rich in magnesium include green leafy vegetables, unrefined grains, legumes, beans, and nuts.

The Recommended Dietary Allowance (RDA) for Magnesium for adults is 300-420 mg per day. You may respond differently to different types, so try combinations like Magnesium Citrate or Magnesium Glycinate or Magnesium L-Threonate. Avoid Magnesium Oxide which has poor bio-availability.

You may benefit from magnesium sprays or a long soak in a warm bath with magnesium crystals

Learn more about this at:

Website <https://pi.oregonstate.edu/mic/minerals/magnesium>

<https://ods.od.nih.gov/factsheets/Magnesium-Consumer/>

Book [The Magnesium Miracle](#), by Dr Carolyn Dean

Get expert help

Most UK doctors are not comfortable advising about Diet and Lifestyle. If they are, then take their advice. You could also take advice from a qualified Nutritional Therapist who is a member of the British Association of Nutritional Therapists (www.BANT.org.uk)

You can find a local practitioner at: <https://bant.org.uk/bant/jsp/practitionerSearch.faces>

Select 10 local ones and interview them to find their expertise and the one that suits you best.