



The No-Sugar Diabetes Cure

Followers of my blogs will know that I've long believed, based on the evidence and thousands of testimonials, that the way to lose weight and reverse diabetes is to eat less carbs, and the right (low GI) ones, together with protein and not to avoid fat.

David Unwin, a GP from Southport, disheartened from watching his diabetic patients deteriorate, needing more and more drugs, decided to offer a different option – a low carb, low sugar diet. He's been educating them to eat nothing with sugar and to limit the quantity of those foods with a higher sugar (glycaemic index) content. This combo of less quantity and better quality of carbs is technically a low glycaemic load (GL) diet (GL is calculated by multiplying the quantity (how much you eat) by the GI of a food).

The actual advice as to what to eat is little different from my Low GL Diet.

As well as giving his patient information he has a support group set up with nutritional counselling to help keep them on track. I think this is a very important element, which is why we set up our Zest4Life groups throughout the UK, offering weekly support for people transitioning to a low GL way of eating. Around two hundred of his patients, most with type-2 diabetes, have taken up this approach with great success, both in terms of weight loss, blood sugar control and reversing diabetes. His top measure of this is HbA1c (glycosylated (sugarcoated) red blood cells). "In my practice I find the average improvement in HbA1c to be a 30% reduction.

This results in 25% of patients having their type-2 diabetes put into full remission, achieving a normal HbA1c. We also see an average 9kg weight loss over an average of 15 months on the diet, and a lot of very proud patients who have learnt how to take charge of their health. On top of this we see significant improvements in BP, cholesterol, cholesterol ratio, and triglyceride levels." Says David.

Dr David Unwin is one of a small number of GPs who are offering a low GL/no sugar diet as an alternative to medication, and discovering that medical practice becomes so much more rewarding when patients get better. But it does take a real commitment by GPs, both in time and in bucking the drug-focussed system. Let's hope this snowballs.

How does this compare to my low GL diet? At the request of a GP practice in Marlow Buckinghamshire, we ran a Zest4Life group over 12 weeks, teaching 23 people with diabetes or metabolic syndrome, with a high HbA1c, how to follow my low GL diet. We achieved an average 7kg weight loss and a 14.5% drop in HbA1c in just 12 weeks. In other words, almost the same weight loss and half the HbA1c decrease in a fraction of the time. (Since HbA1c measures total number of sugar-damaged red blood cells, which have a turnaround time of about three months, you'd have to wait a further 12 weeks to retest to get the full impact of a 12 week diet.) So, these are the same order of improvement but in a fraction of the time. Being part of a Zest4Life group creates a higher level of compliance through weekly support than a GP is likely to be able to offer, however if GPs referred patients into Zest4Life groups, run in over 80 locations in the UK and Ireland, these kind of reversals of diabetes could easily become a reality. This might be a more practical solution, or at least an alternative, to converting GPs to be the teachers of eating right to control your blood sugar. Alternatively, find yourself a GP such as Dr David Unwin.