



# WHY A LOW CARB DIET IS NO-BRAINER

Nutritionist  
**VERNER  
WHEELOCK** on  
how people can  
take control of  
their diabetes

**M**ANY people think that you must eat carbohydrates, which are present in starchy foods such as bread, potatoes and bananas. Together with advice to restrict the intake of fat, this is what you will be told by most dietitians and nutritionists so that you comply with the official dietary guidelines. Unfortunately, there is not a shred of evidence to support this approach. In fact, it makes things worse.

Type 2 Diabetes (T2D) is a modern-day scourge. In the UK, the incidence has trebled in the past 40 years and is currently approaching five million cases. T2D is the tip of the iceberg because those who suffer from the disease have increased risk of obesity, heart disease, cancer, and Alzheimer's Disease.

Type 2 Diabetes is caused by having a persistently high concentration of glucose (sugar) in the blood. This means that there is a continual high demand for the pancreas to produce insulin to keep the blood glucose under control. Eventually, the pancreas is "exhausted": it cannot produce enough insulin and so the BG levels remain high. This is very bad news.

For example, the blood glucose will stick to the haemoglobin, so that the blood circulation is impaired. Because the blood cannot reach the extremities, it can eventually cause damage so that the foot or even part of the leg may have to be amputated. Currently T2D is responsible for almost 200 amputations every week. High blood glucose can also cause retinopathy that will damage the eyesight and may ultimately lead to blindness.

Essentially T2D is a flood of sugar in your body. The only way to stop it is turn off the tap: which means altering the diet.

It is now widely accepted that we should limit the intake of sugar. This is not easy because sugar is present in so many different types of food and drink. These include sweets, snacks, cakes, biscuits, soups, sauces, ready meals and, of course, soft drinks.

In addition, it must be recognised that during digestion, starch is broken down to glucose, which is then absorbed into the blood. In effect, starch is glucose. In the light of this knowledge,



**Kenny Allen after his weight loss, and before (left). After switching to a low carb diet his blood sugar levels were back to normal within four months**

adopting a low carb diet is a "no-brainer". Not only is it a successful way of preventing many of the common chronic diseases, but it is also an effective means of reversing T2D.

Here in Skipton, our Low Carb group has been in existence for several years. The primary objective is to help members to understand the theory and practice of adjusting to a low carb diet. This is not necessarily easy because it means going against the mainstream advice. In addition, there are practical difficulties to be overcome, with respect to working out how many carbs are present in food and making the appropriate dietary changes. Despite all this, the results are significant.

Here is a typical example that has been repeated time and time again. **KENNY ALLEN:** "I'm 64, and for as long as I can remember I had always tried to eat the recommended diet and take enough exercise - this is what the NHS tells you to do, isn't it? However, about 12 years ago things started to go wrong. I began to gain

weight rapidly and other symptoms appeared - kidney problems, swollen legs, sleep apnoea. Cuts and scratches wouldn't heal.

I wasn't eating any more than I had been and was still active. I was told I didn't have T2D: my blood sugar levels weren't high enough. However, I was having classic diabetic symptoms and they were getting worse. My weight gain eventually meant I could no longer exercise the way I had been doing. I seemed to get injured a lot.

I decided to switch to a low carb diet. I now eat a lot of what we're usually lectured NOT to eat - meat, fish, eggs, above-ground vegetables, and dairy, mainly cheese. I limit my carb intake to about 20 or 25 grams a day - that's the equivalent of one apple. I managed to get my blood sugar levels back to normal within four months and be recognised as "in remission" a year later.

In the last two years I've also lost at least 40lbs and reduced my waist size by six inches.

My overall health has improved

dramatically, and I've even started playing football again in the last few weeks. My blood pressure is down, and my cholesterol is NOT going up.

My diabetes symptoms have gone almost completely, and I've never been hungry once. As low carb doesn't depend on restricting calories, it means you don't have to starve.

Finally, I have managed to drop all the medication I was taking - it is not needed any more."

● Low Carb Skipton meets regularly at The Rendezvous, usually on the first Monday of the month at 7pm. New members are welcome.

For more information, email nutritionist Verner Wheelock at [verner.wheelock@vwa.co.uk](mailto:verner.wheelock@vwa.co.uk) Visit [lowcarbskipton.com](http://lowcarbskipton.com) Verner's book Healthy Eating: The Big Mistake. How Modern Medicine has got it wrong about Diabetes, Cholesterol, Alzheimer's and Obesity is available from [amazon.co.uk](http://amazon.co.uk) or Columbus Publishing Ltd at [columbuspublishing.co.uk](http://columbuspublishing.co.uk)

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