



THE SCIENCE BEHIND THIS DIETARY THERAPY IN WEIGHT LOSS AND DIABETIC CONTROL

Obesity and Type 2 Diabetes are diseases predominantly of modern societies and are intricately associated with the function of the hormone insulin. The issue here relates to resistance to insulin's action, which consequently results in the body producing high levels of insulin in the blood stream to overcome this resistance. These high levels of insulin put a secure padlock on your fat reserves making it impossible to lose this fat or to gain better control of your diabetes. Persistent insulin resistance ensures ongoing high insulin levels, and these high insulin levels are partly driven by feedback from the high fat reserves in a progressively worsening never ending cycle. To break out of this never-ending cycle you need to fix the body's resistance to insulin's action.

The simplest way to improve insulin sensitivity is to stop eating, the problem here being most people cannot do this, even when their life is literally at stake. There is a good reason they cannot. This relates to evolution and survival of your prehuman ancestors. These are the species from which you developed. If they had stopped eating, they would not have survived, and you would not be here. Deep within your brain is their simple ancient "lizard brain" from which your more complicated brain developed by growing a cerebral cortex over the top of this ancient brain. This ancient part of your brain, deep within, controls basic urges relating to appetite, sex and breathing, all clearly critical for survival of a species.

In a contest between your lizard brain, which is telling you to eat something because it looks and smells delicious, and your cerebral cortex telling you not to because you know you are already too fat, there is no competition. The lizard brain always wins in the end. If you think you have the will power to beat your lizard brain, then do me a favour and try suppressing another of these ancient urges, your drive to breathe. How did that go?? Your appetite is no different and that is why we are in so much trouble in society today where unhealthy food is everywhere and the urge to eat uncontrollable, as it is an instinct. This was never the case in evolution where appetite was designed to match resources available.

If you want to be victorious in this battle you need to outsmart or tame your lizard brain, not confront it head on. Anyone who has tried most diet plans knows going into conflict with your lizard brain is fruitless. This is where we can help as our approach is formulated by medical practitioners and based on the science and the evidence in the literature. It is intended to be a long-term solution, transitioning you to a healthier diet, not a fad.

The foods which cause insulin resistance include saturated fat, all carbohydrates but particularly sugars such as fructose, and animal protein. These mechanisms are described in the book "Food Medicine", a copy of which you will be provided with and be expected to read.

The foods which have no effect on insulin resistance are polyunsaturated fats and fibre. These foods give you a sensation of being full and make your "fasting" much easier to accomplish. The trick here is you are not actually fasting; it is just your body thinks you are. You are not hungry and at the same time you dramatically reduce your insulin resistance and insulin level. These foods also result in ketosis which further reduces your appetite by suppressing the hunger hormone Ghrelin, which would otherwise be released from your stomach. The result is low insulin levels and unlocking of your fat reserves with weight loss while not feeling hungry. It really is as easy as it sounds.

The dietary program given to you is carefully prepared following the simple principles above, although I am oversimplifying the science a bit in the discussion. We are not aware of any other commercial dietary options which follow these critically important principles. This program is designed to be very safe for up to three months in selected patients, under your doctor's supervision. During this time, we will demonstrate how dramatically effective this can be and we also hope to educate you to maintain the benefit long term. There is some study to do on your behalf.

You will only be offered this program if you are very seriously committed to making long term changes which include education about your disease, as outlined in the book "Food Medicine" and subsequent lifestyle change. I stress again, this is not a fad diet; it's a new phase of your life with vast potential for improving your health. This is a two-way street; we will do everything we can to help but need your input for you to succeed.

The full 6- week program which involves regular checks and education with doctors, nutritionist and nurses standing by your side throughout this time. The full 6 weeks program involves the following:

- All replacement shakes.
- All necessary supplementations.
- Initial appointment with nutritionist to deliver dietary changes and gain understanding.
- 15-minute weekly check in calls with nutritionist to discuss progress and challenges.
- Nurse check at the start and end of the program.
- Education resources and literature.

The cost of the program will be further discussed in consultation. The initial and final medical consultations are not included, but are partly covered by Medicare, cost details available on request.

If you do not think you can make a serious commitment, then I stress again, please look elsewhere for help. Surgery for obesity is highly effective, at least in the short to middle term and is a reasonable albeit very expensive alternative option for those who do not feel they can commit to this program. It is a lot better than doing nothing.

