

To whom it may concern

5 years ago I was diagnosed as a T2DM. I was referred to a Plant Based dietician. I've been on Plant Based for 25years. 12 months into the dietician's dietary advise, upon my yearly BG tests, I got told I was heading for a stroke, LDL way too high and BP too high too.

I went in shock as I was following the supposedly healthy lifestyle confirmed by the dietician. I bluntly refused Metformin, Statins and BP tablets.

Since I was on Twitter and following a few Doctors including Dr David Unwin and Dr Aseem Malhotra, I was ready to trial their dietary method which is very much the same as Dr Gary Fettke here in Australia..

I went in the LCHF lifestyle and within a few weeks, my BGL dropped from 8.5 to 6.2 . I continued with the LCHF 3 months then went back to the family Doctor for tests.. Wow, he was quite impressed with the improvements..

BGL was at this stage at 5.5 and stable, no heart ailments, cholesterol and BP normalised. He wanted to know what did I do and my reply was.. Doctor I did exactly what has been claimed as bad and unhealthy;

I've cut back on eating too much Carbs, no sugary edibles, no pre-packed edibles, no edibles with preservatives or additives, no cooking oil other than Cold Press Coconut oil, Grass fed Ghee and pure butter.

The rest of other bad oils straight into the bin.

I started eating more grass fed meat

Free range bacons

Free range eggs and minimal cruciferous veggies Avocado and I eat minimal home grown fruits without pesticides..

I'm 64 years old, Medications free, full of energy, strength and enjoying life without ailments.

Please please, if you care for your own people, dig deep into these lifestyles: LCHF, KETO and Carnivore . There are a growing numbers of Medical Practitioners online with authentic proofs.

Bless you all.

David Sinon