

DIETARY ADVICE FOR DIABETIC TYPE 2 PATIENTS

I would like to refer you to Dr James Le Fanu's book, Too Many Pills.

In chapter 5 on diabetes, Page 128, Le Fanu reveals a catalogue of catastrophic errors, from totally reversing the dietary advice of low carbohydrate/high fat diet (LCHF) so successfully used before, to lowering the bar which indicated a person was diabetic. In Dr. David Unwin's experience, 'a low carbohydrate diet resulted in substantial weight loss in all patients and brought about normalisation of blood glucose. Seven patients were able to come off medication.' However, the new dietary recommendation was that those with diabetes should be encouraged to 'include starchy carbohydrate foods (bread, pasta, potatoes, noodles, rice and cereals) at each meal. Not surprisingly, they struggled to lose weight and lower their levels of blood sugar. This, Le Fanu believes, as much as anything else, 'accounts for the four-fold increase in Type 2 diabetes over the past twenty-five years...an iatrogenic catastrophe of epic proportions.'