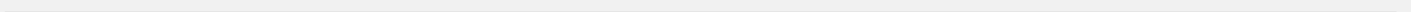




#WholeNZ

January 2025 Newsletter

**Reversing Type 2
Diabetes with
#WholeFood**



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**Reversing Type 2
Diabetes with
#WholeFood**



Welcome!

Welcome to 2025, #WholeNZ Community!

As we step into this promising new year, we're thrilled to continue our mission of transforming diabetes care across Aotearoa New Zealand.

The Te Ngako Oranga project is now in its final year of researching innovative approaches to reversing type 2 diabetes through whole food, carb-reduction. Our movement continues to gain momentum, with new research showing some wins for diabetes reversal.

This year, we remain committed to our core mission: proving that type 2 diabetes is not a permanent sentence, but a condition that can be effectively managed and even reversed through lifestyle changes, particularly through whole-food, low-carbohydrate approaches.

Stay tuned for exciting updates as we continue to champion health, hope, and healing in our communities!

In this newsletter edition, we have a great line up of material; but do make sure you check out our top piece of news relating to the Australasian Metabolic Health Society (AMHS) in our 'In The Loop' section.

NEW RESEARCH

REDEFINING DIABETES CARE

Redefining Diabetes Care: Evaluating the Impact of a Carbohydrate-Reduction, Health Coach Approach Model in New Zealand

We're excited to share findings from our recently published study in the Journal of Diabetes Research. This research focuses on our work with two New Zealand practices, where we explored the impact of combining health coaching with a reduced carbohydrate dietary approach to manage prediabetes and Type 2 Diabetes (T2D) (Phase 1 of our study). Through focus groups with patients and interviews with healthcare practitioners, the study highlights the qualitative experiences of working in this way to manage prediabetes and T2D.



Primary Care teams... Join Us in Phase 2 of the Project

On the back of our success, we're now in the second phase of the project, working with a wider network of practices. Joining the project means your practice could be part of this cutting edge health delivery research. You will receive support from our team of clinicians, with minimal disruption to day-to-day operations. In brief, practices document standard patient data during routine appointments, and our academic team analyses it for you—providing insights into how the approach is working for your practice and your patients.

If you're part of a practice interested in joining this initiative, please **get in touch**. Together, we can continue reshaping diabetes care for the better.



NEW RESEARCH

DIET QUALITY ACROSS POPULAR EATING PATTERNS

[Exploring Consumption of Ultra-Processed Foods and Diet Quality in the Context of Popular Low Carbohydrate and Plant-Based Dietary Approaches.](#)

This recently published study, also by our AUT team provides interesting insights into the diet quality of four popular dietary patterns: Ketogenic, Low-Carbohydrate Healthy-Fat, Vegetarian, and Vegan. Using advanced food classification systems, researchers analysed the diets of 168 participants to understand how food processing levels differ across these eating styles.

Key findings include:

- All studied diets showed lower ultra-processed food (UPF) consumption compared to the general population
- Plant-based diets had higher UPF intake than ketogenic and low-carb diets
- Both classification systems used in the study effectively identified UPFs, showing significant differences at various processing levels
- This research highlights the importance of considering food quality and food processing when making dietary choices and opens new avenues for understanding the health implications of different types of UPFs across various eating patterns



ON PROFILE:

DR LILY FRASER... CHANGING LIVES, ONE PLATE AT A TIME

As a graduate of Kura Kaupapa Māori, Dr Lily Fraser chose medical school because she had a point to prove and perceptions to shatter.

Now she is a GP and Clinical Director at Turuki Health Care in Mangere, Auckland, shattering perceptions of a different kind as a proponent of a low-carb healthy-fat diet to reduce the medical issues associated with obesity in her patients and community.

Diabetes, in particular, is a regular visitor to her clinic, and while she enjoyed educating people about how to manage the disease through time-honoured methods of reducing sugar intake and medication, she felt an increasing sense of frustration that many patients weren't losing weight.

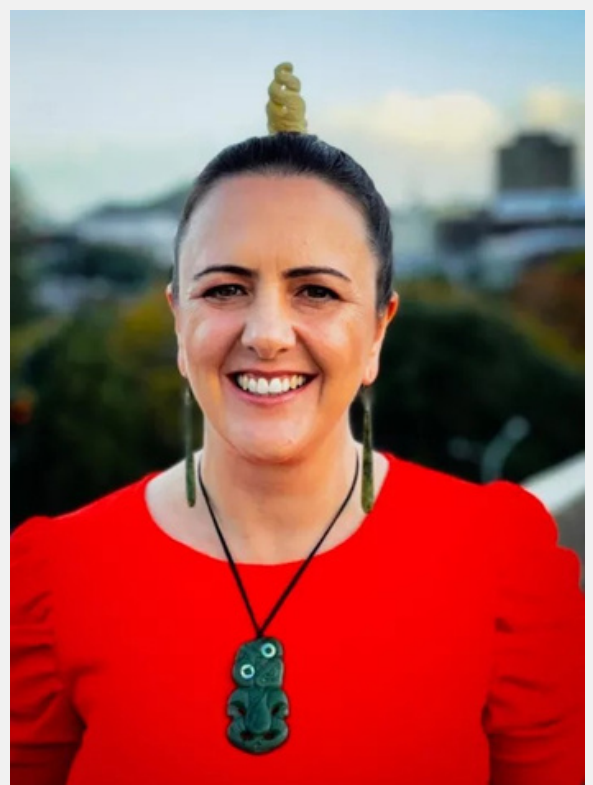
"We were trying and trying but people were staying obese and it was that driving the diabetes, the heart disease and all the other associated issues," she says. "It seemed like the only long-term solution was surgery, which isn't really too much of a solution at all."

Then one particular patient really pushed her to make a discovery that would change the way she viewed obesity and weight loss forever.

A 35-year-old single father had worked hard for a year to try to improve his very severe HbA1c of over 130. He had followed the recommended diabetic plate diet, taken his insulin, worn the CPAP mask and managed to get the score to target – but he hadn't lost any weight.

Facing a life of dependency on medication and machine, he urged Lily to help find a solution. She had read an article in TIME magazine about saturated fat not being the villain it had been labelled. She also rationalised that diabetics can't process carbs well and recommended he stopped eating starchy carbohydrates and added more fat to his diet.

"The results were nothing short of phenomenal. The patient stopped his insulin the first month and came off all medication within four months. He is now 50 kg lighter, medication free and runs cooking classes at our clinic to help educate others."



ON PROFILE:

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Lily began to research this diet intensively and was also introduced to Grant Schofield at AUT Human Potential Centre, who was carrying out research exploring the low-carb, healthy-fat paradigm. After a year she adopted the approach herself – and lost 20 kg going from a size 14 to a size 8.

“The philosophy behind it isn’t just ‘eat less carbs’, nor is it ‘eat more fat’,” she explains. “Each of us has a genetic make-up that means we either store fat or we don’t. It’s not a lack of will-power or a sugar addiction, which makes people consume in excess, it’s their physiological makeup making them eat.

“It’s a very powerful message to be able to tell someone ‘It’s your body doing this to you. And you can take back control of it.’ You just have to turn the traditional food pyramid we all know on its head.”

And changing your body from being glucose-dependent to being fat-dependent is proving to bring more benefits than just weight-loss.

“The support group at our clinic regularly report an improvement in their mental health, with a fog of depression lifting and leaving a calmness and a clarity that they did not have before,” says Lily. “It’s really life-changing stuff.”

And it isn’t as difficult as you might think to adopt. Lily is adamant she can walk into any restaurant, fast food outlet or cafe and find something she can eat.

“Most places are now aware of the need for low carb options – even fast food chains like McDonalds or KFC,” she says. “It can be challenging to make that change at first, but the more you do it, the better you get. And the benefits are worth it.”

Check out Lily’s inspiring story on YouTube [here](#) and listen to her interview on Nuku Women [here](#)

IN THE LOOP...

JANUARY 2025

NEWSFLASH:

The Australasian Metabolic Health Society (AMHS)

The Australasian Metabolic Health Society (AMHS) is a progressive not-for-profit organisation dedicated to improving metabolic health across Australia, New Zealand, and the Asia Pacific region. The AMHS is involved with developing consensus guidelines, providing practitioner education, and advocates for evidence-based nutritional approaches like low carbohydrate and ketogenic therapies. The exciting news is that we are currently in discussions to merge with AMHS; their mission aligns closely with our goals of empowering health practitioners and promoting innovative metabolic health strategies.

So, watch this space, all will be revealed in time.....

 [LINK HERE](#)



Journal of Metabolic Health (JMH): Call for articles

The JMH is now the official journal of the Society of Metabolic Health Practitioners (SMHP), of which the AMHS (above) is the sister organisation. We hope that JMH becomes the go-to journal for metabolic health research and practice.

Call for articles: JMH has announced waiving fees for six articles (original research / reviews / audits / case studies etc...) until July 2025. For anyone new to publishing who is interested, contact Prof Caryn Zinn caryn.zinn@aut.ac.nz who is the JMH editor and can advise accordingly.



 [LINK HERE](#)

Five tips to reversing T2 Diabetes with Dr David Unwin

Check out Dr Unwin's, awe-inspiring account on YouTube about his work in diabetes reversal. Dr Unwin is our UK friend and collaborator on our T2D project, and overall, a top-notch doc who really cares about his work and his patients.

 [LINK HERE](#)

IN THE LOOP...

JANUARY 2025

Gary Taubes - New Website

Gary Taubes is likely to be known to many if not all of you. Check out his new website, which is a wealth of useful information on metabolic health. For those just getting started on this journey, Gary is a top US investigative science and health journalist. He is the author of *Rethinking Diabetes* (2024), *The Case Against Sugar* (2016), *Why We Get Fat and What to Do About It* (2011) and *Good Calories, Bad Calories* (2007), published as *The Diet Delusion* in the UK. Taubes is the recipient of a Robert Wood Johnson Foundation Investigator Award in Health Policy Research, and has won numerous other awards for his journalism.

Rethinking Diabetes

What Science Reveals About Diet, Insulin, and Successful Treatments

Gary Taubes*

*Author of *Why We Get Fat*

[LINK HERE](#)

PREKURE News



PREKURE is proud to announce the graduation of 234 health and mental health coaches in 2024, marking a significant milestone in advancing wellness across New Zealand.

[LINK HERE](#)

Nutrition Network



For those new to this space, check out The Nutrition Network, an online, accredited education, connection, and learning platform founded by The Noakes Foundation in partnership with an esteemed team of doctors and scientists. The platform has been designed for healthcare practitioners across all disciplines, covering the latest science and research in the field of Therapeutic Carbohydrate Restriction.

[LINK HERE](#)

WTF? Pizza

Pizza bases can be made out of either vegetables (like cauliflower) or, as in this case, cheese, nuts and egg. They're both way better nutritionally than the usual grain-based option, with our base also providing a good protein hit. Our pizza sauce is delicious, but if you're struggling for time and don't have any on hand you could use tomato paste or even a bought (low-sugar) pizza sauce. The topping here is our favourite, but you can go to town with your imagination and use whatever suits.

DF

Serves 4-5
Prep time 20 minutes
Cook time 30 minutes
Difficulty

Per serve
Carbs 6.0 g
Protein 26.4 g
Fat 23.2 g
Energy 356 Cal

INGREDIENTS

For the pizza sauce

(makes enough for 2-3 pizzas):

1 tbsp olive oil 1 onion, diced
400 g can chopped tomatoes
1 clove garlic, crushed 1 tbsp
vinegar small pinch of dried
oregano

(optional)

small bunch of basil leaves

For the pizza dough:

2 cups grated firm mozzarella
1 cup almond meal
2 tbsp cream
¼ cup psyllium husks
1 egg, whisked

Toppings:

1 punnet cherry tomatoes, halved
½ ball (50 g) mozzarella, sliced
100 g prosciutto, salami or
pepperoni (optional)

¼ cup rocket leaves
small bunch of basil leaves

METHOD

To make the pizza sauce, place the olive oil in a pot over a medium heat, add the onion and cook, stirring occasionally, for a couple of minutes until softened. Add the tomatoes, garlic, vinegar and oregano (if using). Bring to the boil and cook, stirring occasionally, for 10 minutes. Allow to cool slightly before adding the basil and blending with a hand-held blender or in a jug blender. Season to taste with salt and freshly ground black pepper, and allow to cool. This will keep in the fridge for 4-5 days or in the freezer for up to 1 month.

Pre-heat the oven to 180°C fan (200°C regular). Place a pizza stone or baking sheet in the oven to heat up.

Place the mozzarella in a microwave-safe bowl. Microwave on high in 20-second bursts, stirring in between bursts to ensure that it melts evenly.

Place all the other dough ingredients in a food processor. Scoop the melted mozzarella into the food processor, then pulse until it comes together into a doughy ball. Scrape out onto a sheet of non-stick baking paper, then place another sheet on top and roll the pizza dough as thin as you would with wheat-based dough. Leave it covered until you need it.

When ready to bake, carefully peel off the top sheet of paper and slide the dough and bottom sheet onto the hot pizza stone or baking sheet. Bake for 6-8 minutes, to give the base a head-start.

Remove from the oven and spoon on some of the pizza sauce, spreading it out evenly. Top with the cherry tomatoes then the mozzarella, and bake for 12-15 minutes until the cheese is lightly golden. Scatter the pizza with prosciutto, then scatter one half with rocket and the other with basil. Cut into pieces and serve straight away.

VEGETARIAN OPTION

To replace the meat:
generous sprinkle of pumpkin seeds



Reversing Type 2 Diabetes with #WholeFood

Thank you for joining us, we hope you enjoyed our newsletter.



#WholeNZ
