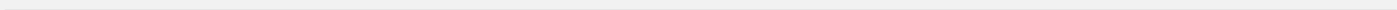




#WholeNZ

November Newsletter

Reversing Type 2
Diabetes with
#WholeFood



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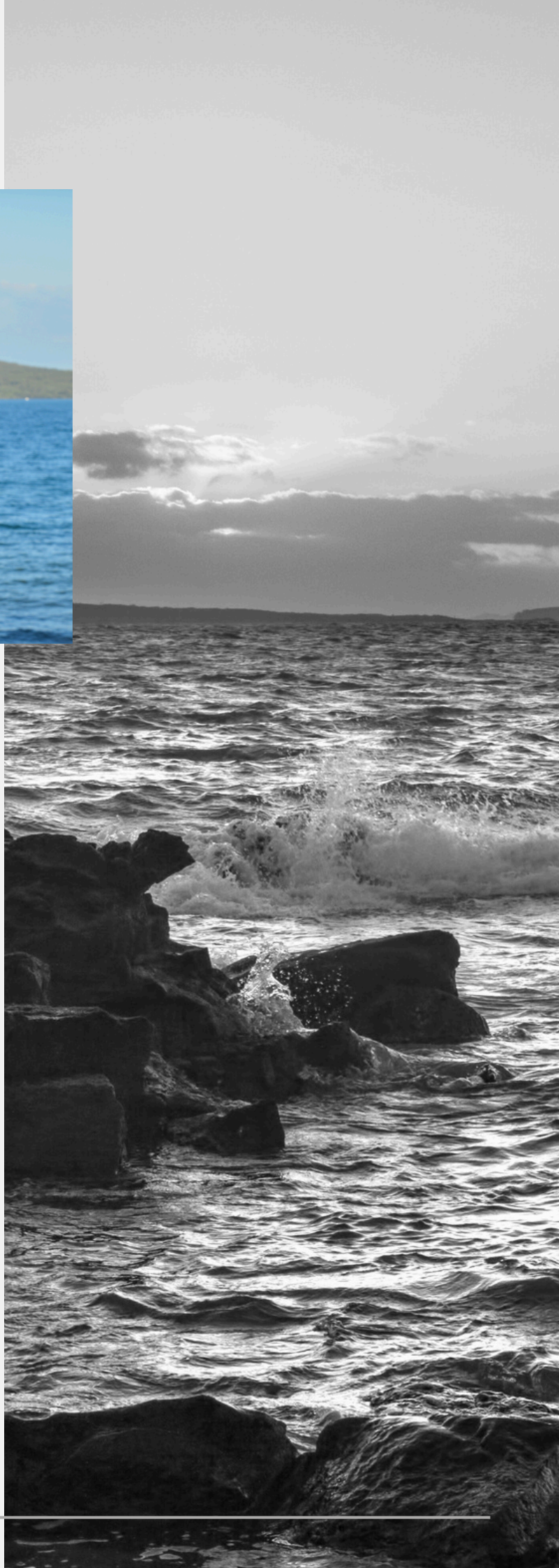
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Welcome!

As we wrap up the year, we're excited to bring you our last edition of the newsletter for 2024. November was Diabetes Awareness Month, a time to reflect on the importance of education and support for those affected by diabetes. We hope you enjoy this month's articles and insights as we work together to raise awareness and foster a healthier community. Happy reading!

BEYOND BLOOD SUGAR

THE EXPANDING ROLE OF SGLT-2 INHIBITORS AND THERAPEUTIC CARBOHYDRATE REDUCTION FOR TREATING HEART FAILURE.

Love them or hate them, sodium-glucose type 2 transport inhibitor (SGLT-2i) medications, such as empagliflozin, are now a mainstay of managing type 2 diabetes (T2D). They are the preferred second-line pharmacotherapy (following metformin) in people with concomitant renal disease, and cardiovascular disease; especially heart failure. Pharmac is now proposing to widen the subsidy criteria on empagliflozin to include heart failure – independent to glycaemic control. Read the details by clicking link below:

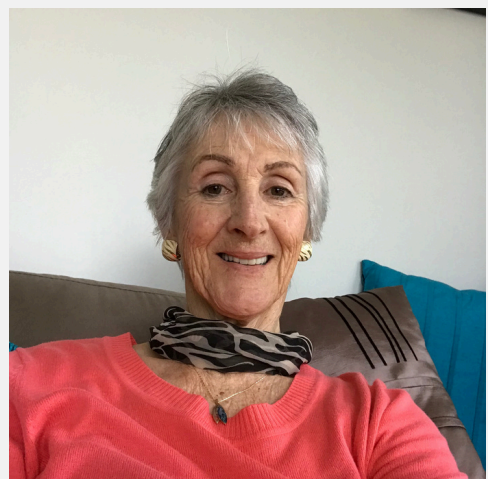
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JUDY'S JOURNEY

AN INSPIRATIONAL ADVOCATE

Reclaiming Health Through Determination and Advocacy

Judy, a resilient New Zealander born in 1950, has transformed her health and become a passionate advocate for nutrition and informed consent. Growing up on a wholesome diet of meat, fish, dairy and vegetables, she reflects fondly on her upbringing, which laid the foundation for her understanding of health.



JUDY'S JOURNEY

AN INSPIRATIONAL ADVOCATE

Under pressures of modern life, her diet changed to include many more convenient processed foods. By age 70 her considerable weight gain was hard to shake, but she thought, "oh well, this is an inevitable part of ageing".

However, Judy's perspective on nutrition shifted dramatically, when two years ago, she experienced health issues that led to being prescribed statins and blood thinners. The side effects included brain fog, poor balance and disrupted sleep, so she decided she would focus on dietary changes instead. By eliminating processed carbohydrates from her diet, Judy achieved remarkable results: she lost 9 kilos in just a couple of months, experiencing improved mental clarity, had more energy and a sense of calm and contentment. All her health markers improved.

The transformation was so dramatic that she even fit into her wedding dress again, marking an emotional victory in her journey. This personal success ignited Judy's passion for advocacy. With several family members suffering serious illness from diabetes and obesity, she began reading widely and studying scientific journals to understand how dietary changes could help.

She began writing letters to newspapers challenging outdated health advice and pushing for updating of New Zealand's approach to nutrition and diabetes treatment.

Judy is currently preparing a petition to Parliament calling for an inquiry into weight-loss drugs for obesity in children and better consultation on dietary guidelines. At 74, she continues to live vibrantly, staying active and constantly learning. Her commitment to spreading the message that determination and the right support can transform health, is unwavering.

Judy's journey exemplifies the power of informed decision-making and highlights the profound impact that dietary changes can have on overall well-being. Her story serves as an inspiration for those seeking to take control of their health and advocate for food as medicine.

Caryn's comment: We are all occupied with advancing this field in our daily lives—whether through patient consultations and coaching, conducting research, teaching students, educating health practitioners, or managing administrative tasks—often leaving limited time for advocacy. Judy is a true advocate, and the #WholeNZ team deeply appreciates all her efforts. Thank you, Judy, for your incredible work; keep it up!

IN THE LOOP...

NOVEMBER 2024

Freshwell app



The Freshwell app is a resource developed by UK clinicians to support individuals in adopting a low-carb lifestyle, offering educational modules, meal planners, recipes, and progress tracking tool. The doctors at the Freshwell Health Centre have witnessed some spectacular health improvements in their patients since they started to promote a whole food, low-carb lifestyle. This app is based on their successful methods. It's a great app, and free to use. Check it out here:

 [LINK HERE](#)

CRAVED



CRAVED is a food-behaviour-based questionnaire developed by UK-based Dr Jen Unwin (Clinical Health Psychologist) and Heidi Giaever (Nutrition Consultant). It is designed to identify addiction-like symptoms related to certain foods and can either be used directly by patients to assess their own symptoms of addiction related to certain foods, or as a simple screening tool guided by a healthcare professional in a clinical setting. Read more about it here and whether you want to use it in your practice or daily life:

 [LINK HERE](#)

Virta Health's 5-Year Success: Diabetes Remission and Lasting Health Benefits

Read the recently published 5-year outcomes from the Virta Health trial:

The study evaluated the five-year effects of a telemedicine-based continuous care intervention (CCI) using a very low carbohydrate diet for type 2 diabetes. Among the participants who completed five years, 20% achieved diabetes remission, 32.5% maintained HbA1c < 6.5% without glucose-lowering medication or only metformin, and sustained improvements in weight, glycaemia, triglycerides, HDL-C, and inflammatory markers were observed, with excellent retention and no adverse changes in LDL-C or total cholesterol.

 [LINK HERE](#)

IN THE LOOP...

NOVEMBER 2024

Radio New Zealand profiles diabetes reversal using diet and lifestyle

Great Radio New Zealand article on a Tairāwhiti group program helping people with type 2 diabetes reduce medication and achieve remission through education, support, and a carbohydrate reduction approach.

 [LINK HERE](#)

Therapeutic Carbohydrate Reduction (TCR) in Type 1 Diabetes

Just published! This guide for Dietitians and Nutritionists is an evidence-based resource developed by five international experts to assist healthcare providers in helping individuals with type 1 diabetes achieve better blood glucose control through carbohydrate reduction. While TCR may not be suitable for everyone, this guide offers valuable strategies for those looking to personalise their management approach.

 [LINK HERE](#)

Updated link for The Low-down on Lipids

We apologise for the oversight in our last newsletter, where the incorrect version of "The Low Down on Lipids" article was shared. Below is the correct article, now featuring practical nutrition tips to help you make informed choices. Thank you for your understanding!

 [LINK HERE](#)

Pan-fried Fish with Green Goddess Dressing

As summer approaches and fishing season kicks off, this delightful fish recipe is sure to be a hit with the whole whānau during the holiday festivities!

Tip: This meal calls for a side salad or vegetable accompaniment.

Serves	4	Per serve	
Prep time	15 minutes	Carbs	2.6 g
Cook time	10 minutes	Protein	31.2 g
Difficulty	●●●	Fat	29.3 g
		Energy	399 Cal

INGREDIENTS

For the dressing:

small bunch of dill and/or parsley
1 ripe avocado
1 cup sour cream
1 clove garlic
zest and juice of 1 lemon

For the fish:

1 tbsp olive oil
500–600 g white fish fillets
1 tbsp butter

To serve:

1 lemon, cut into wedges

METHOD

Finely chop a small handful of the fresh herbs and set aside to use with the fish. Roughly chop the rest.

Place the roughly chopped herbs in a blender along with the avocado flesh, sour cream, garlic, and lemon zest and juice. Blend until smooth, seasoning to taste with salt and freshly ground black pepper.

Heat oil in a frying pan over a medium-high heat, add the fish and pan-fry for 2 minutes on each side. Turn the heat to low, then add the butter and finely chopped herbs. Season to taste.

While the fish is cooking, prepare your side salad or vegetable accompaniment.

To serve, share the salad or vegetables between plates. Top with the fish and a dollop of the dressing, and garnish with lemon wedges.



[Recipe from What The Fat: Click here for the link](#)

HOLIDAY SEASON MESSAGE

FROM THE #WHOLENZ TEAM

A message from the #WholeNZ Team

As the holiday season approaches, we want to take a moment to express our heartfelt gratitude for your support throughout the year. May your holiday season be filled with joy, laughter, and cherished moments with loved ones. Here's to a wonderful, safe and healthy holiday and a prosperous New Year ahead! Just a heads up, we have exciting things planned for 2025 so make sure to stay tuned.

From the #WholeNZ team



Reversing Type 2 Diabetes with #WholeFood

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



#WholeNZ
