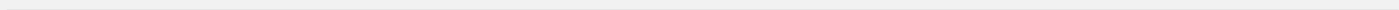




#WholeNZ

September Newsletter

Reversing Type 2
Diabetes with
#WholeFood



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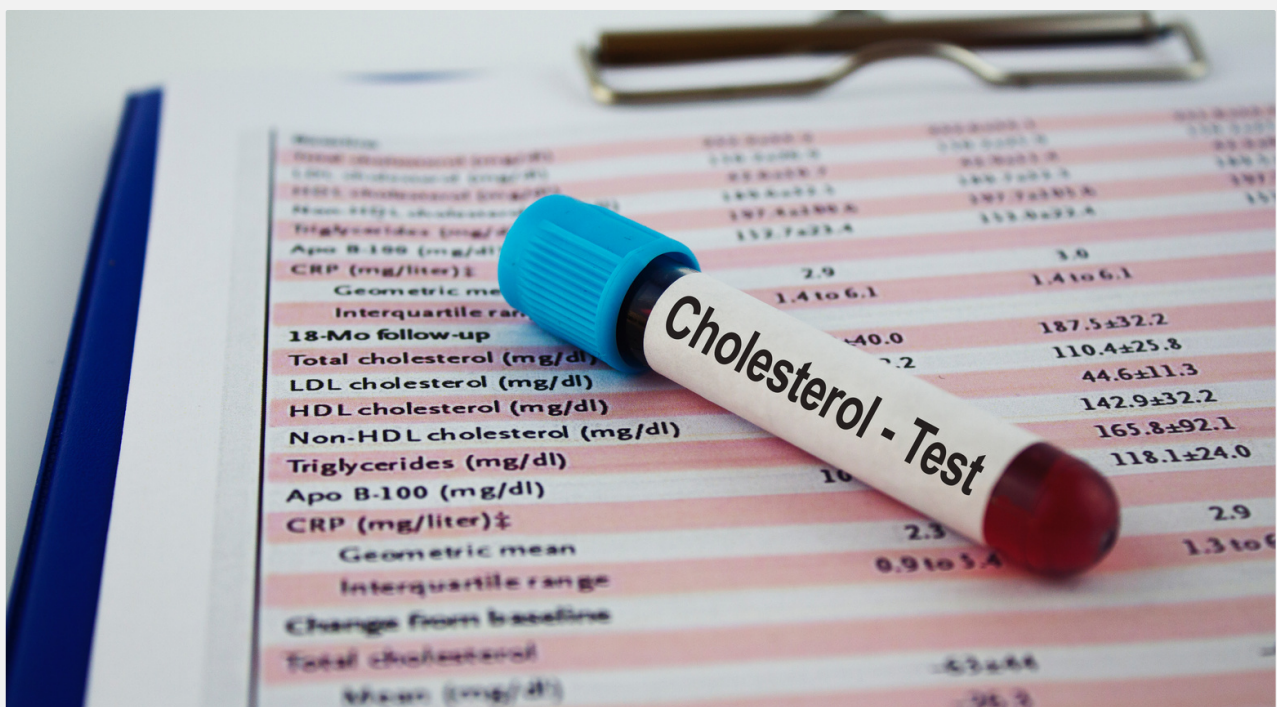
**Reversing Type 2
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THE LOW-DOWN ON LIPIDS

REDUCING DIETARY CARBOHYDRATE: HEALTH BENEFIT OR HEALTH RISK?

We frequently come across people (both health professionals and patients or consumers) being resistant to adopting a low carbohydrate approach because of concerns around cholesterol, lipids and cardiovascular disease, so we thought it timely to summarise the science and practice. In a scientific blog style, Prof Grant Schofield takes a deep and critical look into the research on carbohydrate reduction and lipids and provides a balanced summary. A/Prof and Dietitian Caryn Zinn finishes off the article with some practical take homes about how you can still apply a carbohydrate reduction approach should you remain unconvinced or cautious and wanting to avoid saturated fat. The article is too long to feature here in this newsletter, so we've placed it on our #WholeNZ website and you can access it via the link below. Alongside the article, there is also a section on our website dedicated to this complex and controversial scientific field for more reading as needed. It's important to note that the science is still evolving in this field, but we at least know enough to feel comfortable guiding people safely while still exercising some caution about the unknown.

[LINK HERE](#)



REDEFINING HEALTHCARE

REVERSAL NZ VS. TRADITIONAL GENERAL PRACTICE

Reversal NZ vs. Traditional General Practice

At Reversal NZ, we're transforming healthcare by adopting a new perspective. Our pioneering lifestyle medicine clinic highlights the contrasts between traditional general practice and our holistic approach, revealing why lifestyle medicine deserves a more robust name.

Traditional general practice often relies on a "pill for every ill" approach, focusing on symptomatic relief rather than addressing underlying causes. This model, rooted in germ theory, usually involves brief consultations and high compliance costs. In contrast, Reversal NZ's approach, based on lifestyle medicine principles, targets the root causes of health issues such as insulin resistance and inflammation. We advocate for terms like "Metabolic Medicine" or "Nutritional Medicine," which better reflect the proactive, science-backed strategies we use to address chronic diseases.

Primary care needs to cure patients and discharge them in a similar way to what the hospital does, to prevent practices from being overwhelmed. To cure, we need to manage the underlying cause, which is usually insulin resistance due to eating sugar and ultra-processed food. Carbohydrate-reduction is one of the main tools we utilise in this process. By focusing on these underlying causes, we not only address symptoms but also prevent future health issues, aligning with our broader mission of long-term health improvement.



REDEFINING HEALTHCARE

REVERSAL NZ VS. TRADITIONAL GENERAL PRACTICE

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Founded in 2021 by Dr Glen Davies, Jaala Dyer, Stephen McClymont, and Vanessa Mowat, Reversal NZ started as a part-time venture and has grown into a full-time practice. Operating three days a week, our clinic serves clients both locally and through remote consultations. While we initially faced uncertainty about our role—whether as a specialist clinic or a general practice—we see ourselves as a specialist general practice focusing on metabolic health.

Our practice is grounded in the Six Pillars of Lifestyle Medicine: healthy eating, mental well-being, physical activity, healthy relationships, minimising harmful substances, and restorative sleep. This holistic approach aims for sustainable health improvements rather than mere symptom management. Success stories of many patients' remarkable reversal of type 2 diabetes highlight the efficacy of addressing root causes through lifestyle changes.

Operating as a private clinic allows us to prioritise patient outcomes without the constraints of government funding. Our vision is to see lifestyle medicine integrated alongside traditional practices, offering patients a choice and potentially easing the burden on general practices.

Looking ahead, we envision a future where lifestyle medicine is widely recognised and practised. We hope to see general practitioners adopting these principles and integrating coaching skills to enhance patient care. Our goal is to continue redefining healthcare and advocating for a future where lifestyle medicine plays a central role in achieving long-term health.



SHANE'S JOURNEY

A SUCCESS STORY

Reversing Type 2 Diabetes Through Determination and Lifestyle Change

Meet Shane, a Māori Niuean who faced a life-changing diagnosis earlier this year: type 2 diabetes. While working as a drain layer, he experienced alarming symptoms—dizziness, blurred vision, and vomiting—that led him to seek medical help. A routine blood test confirmed he had diabetes.

Shane was determined to avoid medications that had impacted his family. With a mother living with type 2 and a brother managing type 1, he resolved to reverse his condition naturally. "I told my doctor, give me three months, and I'll prove I can do it," Shane recalls.

Embracing the challenge, Shane adopted a strict keto diet, cutting out carbohydrates and sugar. "The first two weeks were tough, especially since I loved fizzy drinks," he admits.



He found an alternative in flavoured sparkling water, which helped him kick the soda habit. Alongside dietary changes, Shane incorporated exercise into his routine, opting for long walks through his neighbourhood—sometimes covering impressive distances, like walking from Glen Innes to Northcote.

With guidance from a health coach and thorough research, Shane went from a dangerously high blood sugar level to a pre-diabetic state in just three months, losing 26 kilograms in the process. "Seeing my results was empowering," he says, noting that he felt a renewed sense of energy and clarity.

SHANE'S JOURNEY

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Now, Shane enjoys a balanced lifestyle, allowing himself occasional treats while sticking mainly to keto. He is proud to share that he has reversed his diabetes and even passed his eye tests, marking a significant turnaround.

Shane's journey isn't just about personal health; he's now training for a charity boxing event aimed at raising awareness for mental health in the construction industry. "It's about pushing boundaries and showing others that diabetes can be reversed," he emphasises. His story is a testament to resilience, proving that with determination and the right lifestyle changes, a healthier future is possible.



IN THE LOOP...

SEPTEMBER 2024

Reversal NZ Cancer support group

This group is free and meets fortnightly via zoom supporting clients using the metabolic approach to cancer.

If members have clients using keto fasting, repurposed medicines, IV vit C, oxygen treatments they can join the group run by Cancer coach Shannon Shattock and Dr Glen Davies. Join by contacting [Reversal NZ](#)

Reversal NZ Charitable trust

Free meeting weekly at 5.30pm on Wednesdays. Supporting community members (practitioners and patients) wanting to use carbohydrate reduction to reverse insulin resistance.

Find us on Facebook <https://www.facebook.com/groups/reversalcharity>

Podcast: Spotlight on low carb in NZ

General Practitioner Marcus Hawkins and Dietitian/Researcher Caryn Zinn discuss therapeutic low carbohydrate dietary interventions to optimise health in primary care.

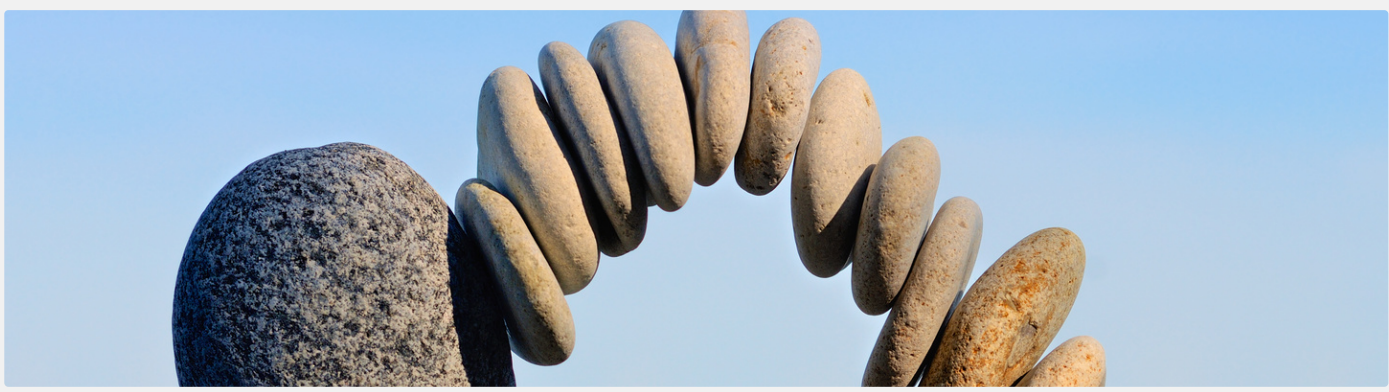
<https://www.goodfellowunit.org/podcast>

Your contribution

If you would like your medical practice to feature in the #WholeNZ newsletter please email us: wholenz@aut.ac.nz

If you are a T2D patient who would like to share your story, please email wholenz@aut.ac.nz

We are always looking for exciting news to share with our communities so please get in touch.



Chicken Satay Curry

With all the accompanying greens, this mouth-watering curry packs a great nutrient punch. This will definitely be a 'go to' meal during a busy week – and you can cut the prep time down to 5 minutes if you use frozen veges!

DF

Serves	4	Per serve:	
Prep time	15 minutes	Carbs	9.2 g
Cook time	15 minutes	Protein	36.9 g
Difficulty	●●●	Fat	34.2 g
		Energy	507 Cal

INGREDIENTS

2 tbsp coconut oil (or olive oil)
500 g chicken breast or thigh, sliced
1 onion, sliced
1-2 cloves garlic, chopped 1 tsp ground cumin ¼ tsp chilli powder (more if you like)
2-3 tbsp good-quality peanut butter
1 head of broccoli, cut into florets and the stalk peeled and finely sliced
250g green beans, trimmed ½ punnet (125 g) mushrooms,
400g can coconut cream (or coconut milk)
1 large bunch of silverbeet, rinsed and chopped
1 red chilli, finely sliced

METHOD

Heat the coconut oil in a large frying pan over a high heat.
When hot, add the chicken and brown on both sides, 1-2 minutes.
Add the onion and garlic and cook, stirring, for another 3-4 minutes until the onion softens. Reduce the heat to medium. Add the spices, stir briefly, then add the peanut butter, broccoli, green beans and mushrooms and continue to cook, stirring, for 2-3 minutes.
Add the coconut cream, bring up to a light boil and cook for 4-5 minutes until the sauce begins to thicken slightly.
Add the silverbeet and allow to cook for 30 seconds to wilt.
Season well with salt and freshly ground black pepper, then serve straight away, topped with a sprinkle of sliced chilli.



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

Reversing Type 2 Diabetes with #WholeFood

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



#WholeNZ
