



Introduction

Low carb and ketogenic diets are gaining international popularity and interest for improving many chronic conditions as an alternative to lifelong medication. The science is particularly well developed around the drug-free remission and mitigation of Type 2 diabetes. In 2021 The American Diabetes Association said: “Reducing overall carbohydrate intake for individuals with diabetes has demonstrated the most evidence for improving glycemia and may be applied in a variety of eating patterns that meet individual needs and preferences.”⁽¹⁾

This is a ground-breaking two-part residential program which aims to develop clinical skills around improving metabolic health by helping our clients and patients adopt lower carb and keto diets. For this course we are focussing particularly on Type 2 diabetes, although there will also be coverage of Type 1 diabetes, essential hypertension, non-alcoholic fatty liver disease, and weight loss.

There are two aspects to this: Firstly, helping people understand the basic physiology of Type 2 diabetes, both its cause and remedy will be covered, so people rather than memorising diet sheets can apply their new knowledge to individualise the approach to produce a diet that is delicious and sustainable. This will be augmented by specific teaching around what to measure and how in terms of therapeutic ketosis.

Secondly, behaviour change is key to improving outcomes. We have a consultant clinical psychologist on hand to help you understand how to motivate for change and give effective feedback. We will also deal with reframing failure. We will be joined by patients with Type 2 diabetes who are interested in both learning about all this and in helping clinicians improve their skills. Our experts who will be present to guide and help you include.

Finally, all teaching will be in English.

Dr David Unwin, UK

(1) 5. Facilitating Behavior Change and Well-being to Improve Health Outcomes: Standards of Medical Care in Diabetes—2020. Diabetes Care. 2020 Jan;43(Suppl 1):S48-S65