

Type 2 diabetes:

There is another way

Type 2 diabetes
in remission - and
staying there.

I finally
understood
my blood
sugar.

I'm a whole
new me.

Finally
- information
that is
factual and
researched.

I never
thought
I could
change at 72
...but I did.

I feel younger -
and proud
of myself

HbA1c down,
weight down,
wellbeing up,
up, up!

Better
sleep,
less stress,
more
energy!

Not pre-diabetic
anymore. My numbers
are normal.

Low carb
changed
my life for
the better.



A Message from

Dr David Oliver and Dr Kim Andrews

As GPs at Freshwell Health Centre, we've seen first-hand how life-changing it can be when people take control of their health, especially when it comes to type 2 diabetes and related conditions such as obesity, high blood pressure and fatty liver disease.

We founded the Freshwell Low Carb Project to help our patients understand that these conditions are not necessarily progressive or irreversible. In fact, with the right approach, they can often be brought under control or even put into remission.

Our simple and practical "Freshwell" lifestyle focuses on reducing the amount of sugar and starchy carbohydrates in the diet, helping to lower blood glucose and insulin levels naturally. Thousands of people across the UK have already benefited from this approach - losing weight, improving energy, reducing medications, and regaining their health.

Through our free online resources, meal planners, videos, Apps, health coach and supportive community, the Freshwell Low Carb Project offers everything you need to get started and stay motivated.

Our resources have been QISMET accredited as meeting NICE standards for structured education programmes for people with type 2 diabetes

We hope this brochure helps you understand more about type 2 diabetes, how diet and lifestyle can make a real difference, and how Freshwell can support you on your journey to better health.



Dr David Oliver & Dr Kim Andrews

The Freshwell Low Carb Project, Freshwell Health Centre, Essex

IMPORTANT

This information is only part of how a person may decide which diet or lifestyle is the best fit for them. If you are on prescribed medication or suffer from a significant medical condition, we strongly advise you to consult your medical team before making changes as weight loss may significantly improve your blood pressure or diabetes control requiring a reduction in medication.

What is type 2 diabetes?

Type 2 diabetes is a condition in which the body struggles to regulate blood glucose (sugar) levels effectively due to the body becoming resistant to insulin. Insulin is the hormone from the pancreas that helps glucose move from the bloodstream into cells. Eating starch and sugar forces the body to release insulin but when levels are persistently high, the body starts to ignore insulin's signals and becomes resistant to its effects. This strains the pancreas to compensate and eventually the pancreas can't keep up. Over time, this can lead to higher-than-normal blood sugar levels, which can cause damage to various parts of the body.

If type 2 diabetes is poorly controlled, possible serious complications over the years can include: heart disease and stroke (due to damage to blood vessels), kidney disease (nephropathy), eye disease potentially leading to vision loss or blindness (retinopathy), nerve damage causing pain, tingling or numbness (neuropathy), poor circulation and foot problems – increasing the risk of ulcers, infections and amputations.

The good news? Type 2 diabetes doesn't have to be a progressively worsening disease. Many people can achieve excellent blood sugar control, and even remission, through lifestyle changes. Remission is more likely if patients have significant amount of weight to lose and are early in their diabetes diagnosis

A low carbohydrate lifestyle can be particularly effective because it reduces the amount of glucose entering the bloodstream, resulting in lower insulin requirements and reducing insulin resistance.

Some people may need medication initially while making lifestyle changes, but many are able to reduce or stop medication over time with medical supervision if these changes are sustained.

In short, type 2 diabetes is a potentially serious but manageable condition, and with the right approach, it is often possible to control it very effectively and, in some cases, achieve remission. In many cases, these changes allow people to reduce or stop diabetes medications under medical supervision.

Freshwell Digital Resources – Everything You Need in One Place

At Freshwell, we have created a range of free, accredited, easy-to-use digital resources to help you put the Freshwell lifestyle into practice. For some people, these tools are all they need. Others also benefit from support from our Health & Wellbeing Coach or the Freshwell Low Carb Community.

You don't have to use everything – just start with what feels most helpful.

- **Freshwell Website – Your main hub**
www.lowcarbfreshwell.com

Our website is the best place to begin. You can find out more about all our digital tools here. It brings together all of our resources in one place, including:

- clear explanations of type 2 diabetes and insulin resistance
- practical advice on how to eat the Freshwell way
- links to videos, meal planners, the App, and community support

If you only visit one place, make it the website.

**SCAN THE QR CODE
FOR MORE INFORMATION**



- **Freshwell app – Simple, practical support**

The free Freshwell smartphone App brings everything together in one easy place. Search for “Freshwell” in Apple or Android app stores.

It has been downloaded over 200,000 times to date. It includes everything you need in one place – education, food guidance, recipes, Sugar infographics and progress tracking.

Many people use the App as their day-to-day guide.

• **Meal Planners & Recipes – “Just tell me what to eat”**

Dr Kim Andrews has written four popular meal planner / recipe books:

- Original Meal Planner
- Low Carb Manual
- Vegetarian Meal Planner
- Budget Meal Planner

All are free to download from the website, and the recipes are also in the App. Printed copies can be purchased locally at Freshwell Health Centre and by mail order via our website.

• **Red–Amber–Green (RAG) Guide – Your quick reference**

Our RAG guide shows:

- **Green foods** – eat freely
- **Amber foods** – occasionally
- **Red foods** – best avoided

Ask your practice nurse for a printed copy of this, or you can download and print it from the Freshwell Low Carb website homepage. It can also be found on the Freshwell app.

• **Videos – Understand why this works**

We recommend starting with our type 2 diabetes videos, which explain:

- what is really driving high blood sugars
- why reducing sugar and starchy carbohydrates can be so effective
- how lifestyle change can lead to better control – and sometimes remission

We also have more videos explaining the science behind low carb, which many people find very empowering.

• **Barcode Scanner App – For the supermarket**

Our second free App allows you to scan food barcodes and see whether items are Red, Amber or Green according to Freshwell guidance. It’s especially helpful when you’re starting out and learning to spot hidden sugars and starches. Search for “Freshwell Food Scanner” in Apple or Android app stores.

Your next steps

1 Download the Freshwell app.

2 Look at our green, amber, and red food list.

3 Plan your meals:

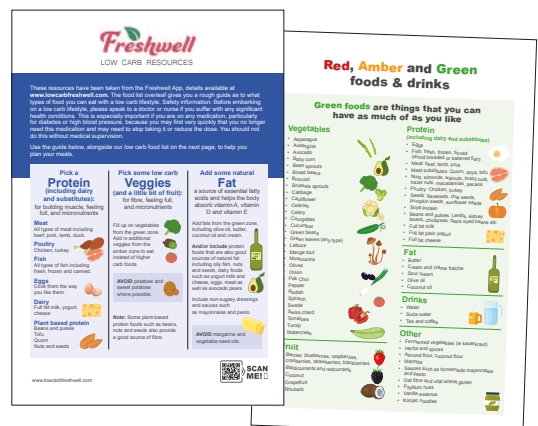
- Include foods from the green list in every meal.
- You can occasionally add some amber foods if you like.
- Try to avoid red foods most of the time

4 Set a goal for next week.
What one thing will you try to change?
Write it here:

.....

.....

.....



Freshwell Low Carb Community (FLCC) – You’re Not Alone

Making changes to the way you eat can feel daunting, especially at the start.

The Freshwell Low Carb Community (FLCC) is a friendly, supportive community of people who are following the Freshwell lifestyle. It runs alongside the Freshwell Low Carb Project and is led by volunteers who have transformed their own health through lifestyle change.

Many people tell us that being part of the community is what helps them stay motivated and keep going.

FLCC offers a range of ways to connect, depending on what suits you best. These include:

- a large, welcoming and moderated Facebook support group forum
- weekly online friendly Teams meetings – all welcome!
- cooking demonstrations live on Facebook
- monthly educational evenings live on Facebook

Although FLCC began in mid-Essex, it has now grown nationwide and overseas, bringing people together from many different backgrounds who are all working towards better health.

On the front cover, the speech bubbles are all real life quotes from our community members.

The Facebook group

Our Facebook group, “Freshwell Low Carb Support Group”, has several thousand members and is one of the most supportive online communities we’ve seen. It is a safe, friendly space where:

- questions can be asked without judgement
- experiences are shared openly
- successes are celebrated and setbacks supported

Many people say they find reassurance simply in knowing that others are on the same journey.

(Search for “Freshwell Low Carb Support Group” on Facebook and request to join. Please answer the joining questions so your request can be approved.)

SCAN THE QR CODE FOR MORE INFORMATION



Why community matters

Making changes to the way you eat can feel daunting at first. Having people around you who understand, encourage and inspire you can make a huge difference.

You do not need to be an expert.
You do not need to be “perfect”.
You just need to start.

Many people tell us:
“I couldn’t have done this on my own.”

Meet some of our community

The Freshwell Low Carb Community is made up of people from all walks of life who have chosen to make changes to their lifestyle – often after years of struggling with their health.

Here are just a few of their stories.



Amy
Lost 7 stone



After being diagnosed with prediabetes, Amy contacted our Health & Wellbeing Coach and joined the Freshwell community. She went on to lose 7 stone, reduce her waist by 8 inches, and drop 5 dress sizes.

Amy now helps others as one of our FLCC group leaders.

“Focus on all the good foods you can eat and don’t dwell on the things you can’t.”



Clive

Type 2 diabetes in remission



Within 12 weeks of starting the Freshwell lifestyle, Clive:

- put his type 2 diabetes into remission
- reversed his fatty liver disease
- normalised his cholesterol
- reduced his waist by 3 inches
- lost 2 stone of body fat

Before Freshwell, he struggled to walk across a car park due to pain. He now regularly participates in Park Runs.

Whilst Clive is not local to Essex, he is very involved in FLCC and runs the weekly Teams meetings.

Viv

No longer needs a knee replacement



Viv originally tried low carb while waiting for a knee replacement operation.

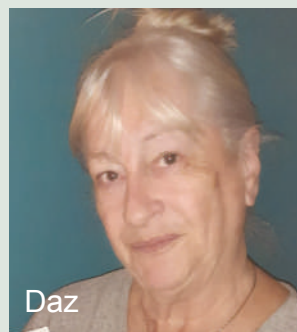
She went on to lose over 6½ stone, reduce her blood pressure medication, and saw her migraines and IBS resolve.

Most importantly, her knee pain disappeared – and she no longer needs surgery.

Viv is now a much-valued mentor within the community.

Daz & Cara

Community leaders



Daz and Cara are both FLCC group leaders who have transformed their own health through the Freshwell lifestyle. They now support and encourage others through local meet-ups, events and online sessions.

A final word

Being diagnosed with type 2 diabetes can feel worrying, overwhelming, and sometimes even unfair. But many people are surprised to discover just how much influence they have over their health. With the right information, support and encouragement, real change is possible.

You do not have to do this perfectly.
You do not have to do it all at once.

You just have to start.

We are here to support you
every step of the way.

