

Eat Real Food Programme

As a practice we support lifestyle changes to manage chronic disease and to lose weight. We believe that eating real food is a core part of this. It started as a low carb programme called Cut Carbs at Saintbridge Surgery in 2016 but we have rebranded the programme as Eat Real Food in 2018.

What is Real Food?

Real food is ***whole unprocessed foods***. Real food is **more nutrient dense**, has **no added sugar** and is **naturally in lower carbohydrates**.

We teach patients how to look at food labels and how refined processed carbohydrates and sugar can affect blood sugar levels and insulin. Ultimately we want patients to understand that eating real food and moving away completely from processed foods can have profound beneficial effects on their metabolic health. We discuss the effect Time Restricted Eating (Intermittent Fasting) can have on our weight and overall health. We explore what keeps our gut bacteria healthy and learn why we need to make our peace with dietary fat. This programme emphasizes that lifestyle changes are an essential part of managing chronic disease and it is not just about taking drugs.

The 4 pillars of health include *food, movement, sleep and stress management*. All 4 pillars are equally important and we want patients to understand this and prioritize their well-being.

Is Type 2 Diabetes potentially reversible?

Yes, we believe it is for the vast majority of type 2 diabetics if patients can get their heads around the lifestyle. Many patients do this now on a regular basis.

The programme includes group consultations which are usually held on a Monday evening at the Aspen Centre between 18:30 to 20:00. These sessions are usually run by Dr Kuok or Dr Wilson. We have had great patient feedback from the group sessions and find that patients themselves provide inspiration for other patients. These sessions are informal and relaxed. We like patients to interrupt and ask lots of questions because it makes the sessions more fun. There is a lot of information exchange between patients in the group sessions.

In addition, we also have one-to-one consultations with the Diabetes nurses, Dr Wilson, Dr Kuok and Dr Hodges. Many patients need the one-to-one consultations at least initially. However, what we aim for is the patients to become the expert with regards managing their own health and are thus empowered to take control. If you are on medication, it is important to see your diabetic nurse or one of the above doctors to discuss how to adjust the medication.

If you are interested in finding out more, please enquire at Reception or via the practice website.