



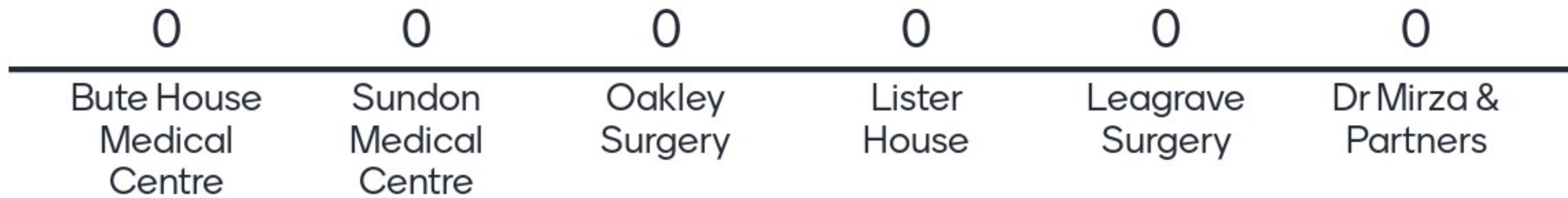
# *SMART Life Hatters Health Network*

DR KUNAL KOTHARI

# Instructions



# What is the name of your GP surgery?





WILLKOMMEN

欢迎

स्वागत

BIENVENIDA

WELCOME

BIENVENUE ようこそ

добро пожаловать

ترحيب BEM-VINDO


*Why are you here?*

WHAT DO YOU  
WANT TO GET OUT  
OF TODAY?

# Why are you here?







*Why we are here?*

You want to live a healthier lifestyle but not sure how?

Do you have lots of stress & anxiety and not sure how lifestyle affects it?

Have you managed to lose weight but gained all back soon after?

Do you feel constant need to snack?

Are you worried about hunger if you go on a diet plan?

*Why diet plans do not work?*

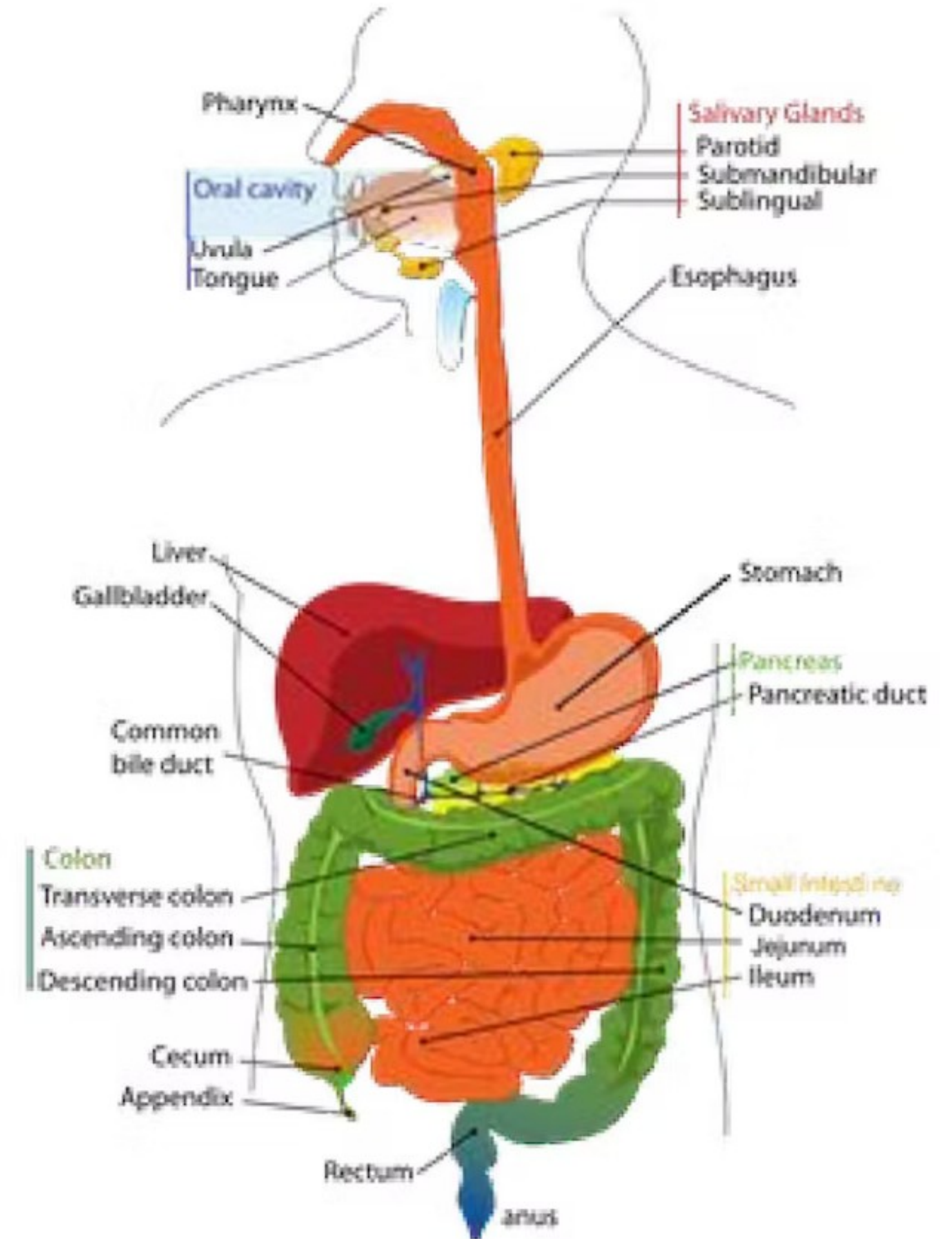




*Weight Set Point*



# *What is Metabolism?*





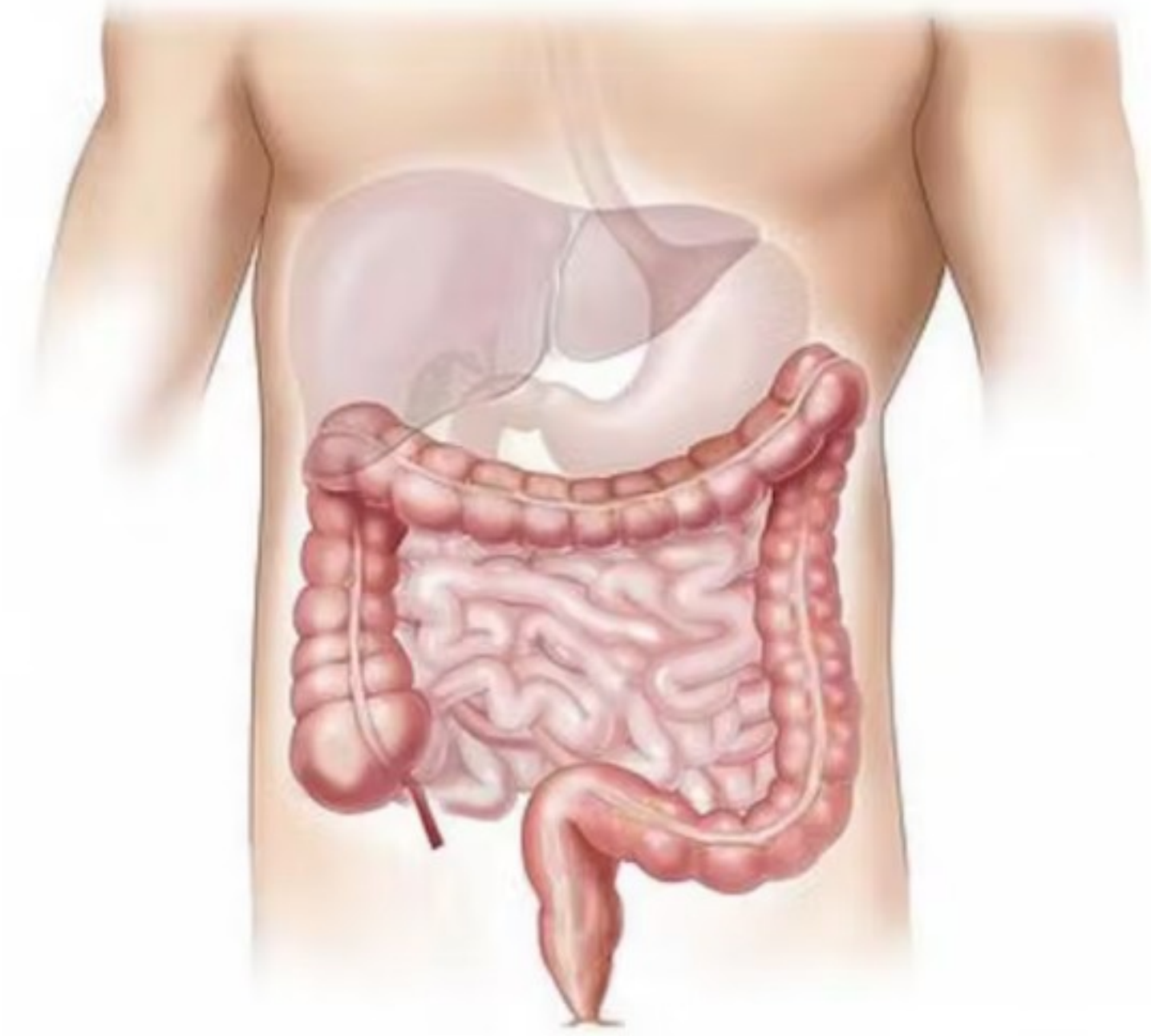
# Do you have Diabetes Mellitus?





# *What is Type2 Diabetes*

# *Insulin*



*What is the role of  
Insulin?*

Sugar  
regulation

Fat storage



*What is insulin  
resistance?*

# *Symptoms of Insulin Resistance*

Fatty Liver

High blood  
pressure

Obesity

Brain fog

Belly fat

Dark  
pigmentation

Bloating

Hunger/Craving

# *How do we reverse insulin resistance?*

- SMART life





# *Components*

S – Sleep

M- Mindfulness

A- Activity

R – Real Food

T – Time Restricted Eating

# What was your average sleep over last one week?





# Are you aware of relationship between stress and diabetes?





# How often do you do exercise?



# What is real food?



# Do you do fasting regularly?





# *SMART Life Concept*



Healthy



Happy

# Aim



IMPROVE BLOOD  
PRESSURE



IMPROVE SUGAR  
CONTROL



REDUCE WEIGHT

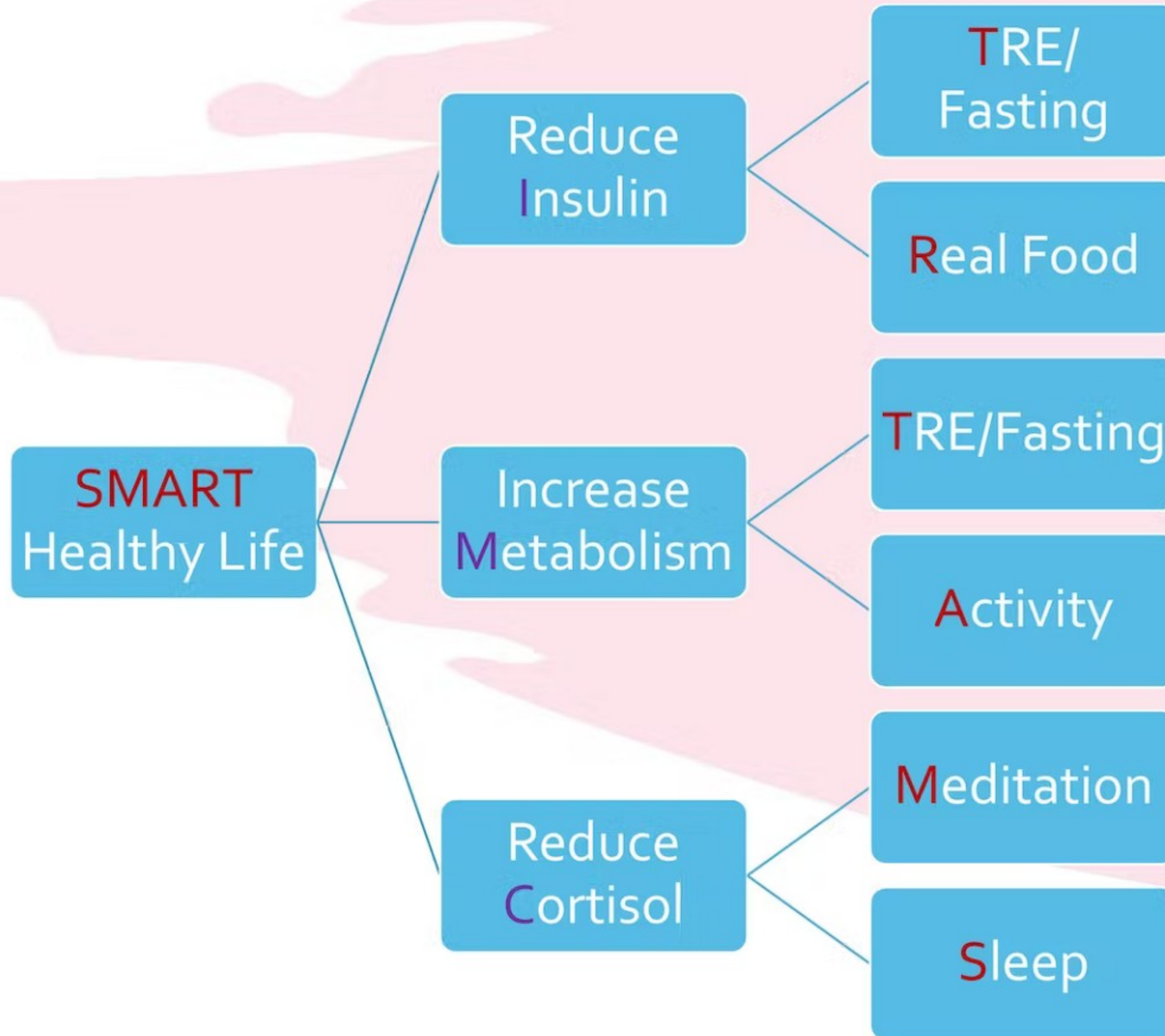


REDUCE STRESS

# *IM in Control*







# *Programme*



8 weeks programme



4 Virtual group meetings



Interactive



Confidential



Fun

## *3 things to eat*

- Protein
- Healthy fats
- Rainbow vegetables

















*3 things to  
avoid*

Sugar


Processed food

Vegetable oils




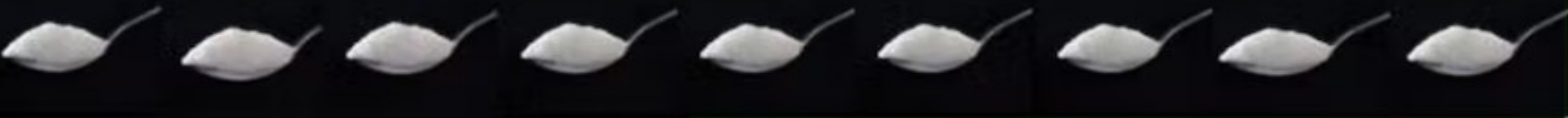

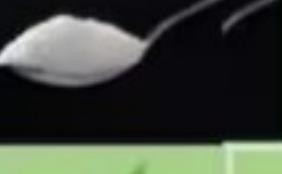
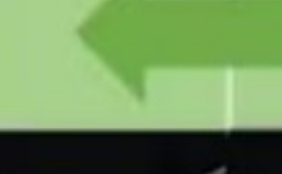

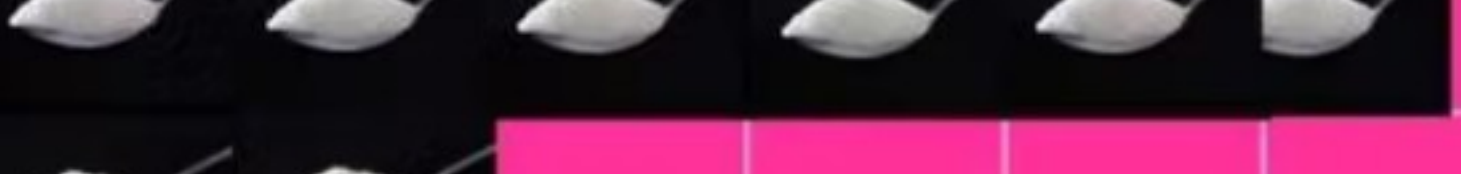

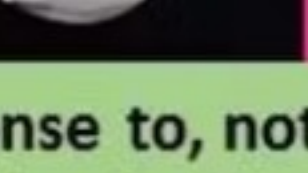
Food Item	Glycaemic index	Serve size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar? 
Basmati rice	69	150	10.1 
Potato, white, boiled	96	150	9.1 
French Fries baked	64	150	7.5 
Spaghetti White boiled	39	180	6.6 
Sweet corn boiled	60	80	4.0 
Frozen peas, boiled	51	80	1.3 
Banana	62	120	5.7 
Apple	39	120	2.3 
Wholemeal Small slice	74	30	3.0 
Broccoli	15	80	0.2 
Eggs	0	60	0 

Other foods in the very low glycaemic range would be chicken, oily fish, almonds, mushrooms, cheese, meat





# Using the Glycaemic Index to predict how fruit & veg affect blood glucose

Food Item	Glycaemic index	Serving Size g	How might each food affect blood glucose compared to one 4g teaspoon of table sugar 
Potato boiled	96	150	9.1 
Sweet corn	60	80	4.0 
Frozen peas,	51	80	1.3 
Cabbage	10	80	0.1 
Raisins	64	60	10.3 
Banana	62	120	5.7 
Apple	39	120	2.3 
Strawberry	40	120	1.4 

Also salad leaves, broccoli, courgette, cauliflower..,








As per calculations to be found in: It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity:

The glycaemic index revisited | Unwin | Journal of Insulin Resistance 2016 @lowcarbGP



# White, brown or green foods?



Food item	Glycaemic Load g/serve	Serve Size g	How does each food affect blood glucose compared with one 4g teaspoon of table sugar?
White rice	26	150	9.6 
Brown rice	20	150	7.3 
White bread	22	60	8 
Brown bread	16.2	60	6 
Spaghetti white	18	180	6.6 
Spaghetti brown	17	180	6.2 
Broccoli	0.3	250	0.1  ← Also salad leaves, courgette...

The brown bread and spaghetti are wholemeal. Rice and spaghetti boiled. 60g bread is two slices

D Unwin et al. It is the glycaemic response to, not the carbohydrate content of food that matters in diabetes and obesity: The glycaemic index revisited. Journal of Insulin Resistance 2016;1(1), a8.





# *New Habit*

Obvious – Tie the new with old

Attractive – Tie with fun

Easy – 2 min rule

Satisfying – Reward yourself





# *How Do I Start?*

Mind-set: You are an organised person hence you will schedule things and live a clutter free life.

Start small: You might not be able to see the full picture but can certainly see the next step.

No one size fit all!



# SMART LIFE

Managing your diabetes is not just about diet and medication. A holistic approach will help keep you in control of your condition and improve your general well being. Below are resources we have compiled that you may find useful in the management of your diabetes.

## Sleep

- Walker M. (2017) Why We Sleep- A book which is also available on Spotify
- Twilight – An app that filters blue light from your screen, which will reduce eye strain and help you sleep better
- Sleepio- A 6 week online programme based on cognitive and behavioural techniques (fee applies)
- Bedtime meditation video: <https://www.nhs.uk/live-well/sleep-and-tiredness/bedtime-meditation/>
- Recommended apps to help with sleep deprivation: <https://www.good-thinking.uk/sleep>

## Meditation/Mindfulness

- The 4 Pillar Plan and or/ The stress solution by Dr. Ranjan Chatterjee
- Headspace: Mindful Meditation- An app that has guided meditation (fee applies)
- Breathe2relax- An app that teaches a skill called 'diaphragmatic breathing' to help users feel more relaxed
- NHS website: [www.nhs.uk/oneyou/every-mind-matters/](http://www.nhs.uk/oneyou/every-mind-matters/)
- Recommended apps to help with anxiety and stress <https://www.good-thinking.uk/stress/>  
<https://www.good-thinking.uk/anxiety/>

## Real food

- Learn about Red, Amber and Green foods: <https://newforestpcn.co.uk/low-carb/>
- Carbs and calcs app- An app for carbs and calorie counting
- Freshwell low carb project- An app and website that includes weekly modules and meal planning: <https://lowcarbfreshwell.co.uk/app-2/>
- Good sugar bad sugar by allen carr

## Time restricted eating

- The Diabetes Code by Dr J Fung. Dr Fung
- The complete guide to fasting jason fung
- Delay don't deny by Gin Stephens
- Fast feast repeat by gin stephens
- The BBC Good food website has 5: 2 recipes [www.bbcgoodfood.com/recipes/collection/52](http://www.bbcgoodfood.com/recipes/collection/52)
- [www.dietdoctor.com](http://www.dietdoctor.com)

## Activity

- Total well-being: <https://www.totalwellbeingluton.org/home#event-slides2>
- Parkrun- free weekly 5km run/ walk or jog every Saturday: [www.parkrun.org.uk](http://www.parkrun.org.uk)
- NHS website: <https://www.nhs.uk/live-well/>





# ***Tuesday Dates: 6:30 pm to 8:00 pm***

8<sup>th</sup> Nov

6<sup>th</sup>  
Dec

22<sup>nd</sup>  
Nov

20<sup>th</sup>  
Dec



# Framework



WHY



WHAT



HOW

# Home work

Stop

Stop white sugar

Minimise

Minimise processed food

Check

Check you weight and waist circumference



*Thank you  
& Feedback*

