

## Admin, LACO

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**Subject:** FW: T2D prevention and management

**From:** Amanda Bryce [<mailto:thegutsypharmacist@gmail.com>]

**Sent:** Monday, 5 August 2019 10:59 AM

**To:** Mirrabooka <[Mirrabooka@mp.wa.gov.au](mailto:Mirrabooka@mp.wa.gov.au)>

**Subject:** T2D prevention and management

Dear Janine & Team,

I just wanted to let you know how much I appreciate your submission 'The role of diet in Type 2 diabetes prevention and management' dated April 2019. It's exactly what we needed, desperately.

I'm a consultant pharmacist and community pharmacy owner in Bicton. I've been a conventional pharmacist until 5 years ago when I discovered that the standard Australian diet that I was following (and telling my patients to follow) was indeed making me SAD and unhealthy.

I experimented with LCHF and felt 20 years younger. I had to understand the science behind this so I did a qualification in Gut Health which led to my Pharmacy winning the Australian Pharmacy of The Year last year for professional innovation.

I found talking about this to my patients was confusing for them....it was the opposite of what their doctors were telling them. Then Dr. Gary Fettke was dragged in front of AHPRA and reprimanded for giving dietary advice (since reversed but nonetheless horrific).

I have recently completed my qualification to become a credentialed diabetes educator, specifically to educate T2D patients on the value of LCHF, as the UK has demonstrated. As far as I know, nobody is yet in this space.

We desperately need government to acknowledge and support the role of LCHF not just in T2D but all chronic disease.

I love the paper you presented even though I don't agree with everything in it. Please keep pushing. Our sickest and most vulnerable in society really need this.

Kind regards,  
Amanda Bryce  
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