

From: [David Roberts](#)
To: [Committee, Education & Health Standing](#)
Subject: Submission for the Inquiry into the role of diet in type 2 diabetes prevention and management
Date: Sunday, 2 September 2018 2:45:11 PM

Dear Sir or Madam,

I am writing to make a submission for the "Inquiry into the role of diet in type 2 diabetes prevention and management".

You may not be aware of an organisation called Virta, which uses a tool called nutritional ketosis, which allows people to use fat as their primary source of energy, instead of carbohydrates. When you are burning fat for your primary energy source, your body will produce molecules called ketones. Research shows that ketones reduce inflammation, provide a steady flow of energy for important organs like your heart and brain, and even can reduce hunger and cravings.

The peer-reviewed, published results from Virta's clinical trial show that [diabetes can be reversed in as little as 10 weeks](http://diabetes.jmir.org/2017/1/e5/) (<http://diabetes.jmir.org/2017/1/e5/>), and results can be maintained or improved upon after 1 year (<https://link.springer.com/article/10.1007%2Fs13300-018-0373-9>). Virta's results show that most patients lose weight and lower A1c and blood sugar, **while removing diabetic medications**.

Virta's [peer-reviewed results include](#):

- 94% of insulin users reduced or eliminated usage after 1 year.
- 60% of users reversed their type 2 diabetes after 1 year.
- Average HbA1C reduced by 1.3% after 1 year.

Virta is on a mission to reverse it in 100 million people. The Virta Treatment is currently only available in the United States, with the exception of Louisiana (temporarily). People in Australia can still reach out to them at support@virtahealth.com to be added to their waitlist!

[Diet Doctor](#) offers a [free video course for doctors](#) features Dr. David Unwin, a family physician in England, who's involved in educating doctors and has been treating patients with low-carb diets since 2012. Dr. David Unwin is a remarkable doctor. He's got a fantastic story to tell, how he transformed his practice into helping patients with type 2 diabetes reverse their disease using a low carbohydrate diet approach. [In this talk](#) he shares the practicalities of type 2 diabetes reversal, and many of the amazing patient stories he's witnessed. He has been voted as # 9 on UK's list of [most influential GP's](#) and says seeing his patients uses a low carbohydrate diet to reverse their diabetes and other metabolic conditions has not only made him enjoy being a doctor again, but has saved his practice and the NHS lots of money.

Also on Diet Doctor is a video course by [Dr Jason Fung](#), a Nephrologist who specialises in reversing patient's type 2 diabetes using a very low carbohydrate (ketogenic) diet and fasting. His 4 part video series covers:

- Diabetes is quickly reversible
- Fasting and diabetes
- What causes insulin resistance?
- Don't just move sugar around in your body – get rid of it!

Dr Andreas Eenfeldt started Diet Doctor, and also has a video on [how to normalise your blood sugar](#). In his video he discusses:

- Where does sugar in the blood stream come from?
- The number of diabetes cases today and the dietary guidelines
- Dietary advice for diabetics 100 years ago
- There's hope

[Dr Paul Mason](#) obtained his medical degree with honours from the University of Sydney, and also holds degrees in Physiotherapy and Occupational Health. He has a video on treating Metabolic Syndrome, which includes how to information on how to reduce your blood glucose levels and detecting and treating insulin resistance.

[Dr. Eric Westman](#), one of the world's leading experts on low-carb, talks about low-carb, high-fat and diabetes. The effect of low-carb, high-fat diets for reversing diabetes is "so unbelievable people don't believe it". In his video at Diet Doctor he covers:

- Best science on low carb and blood sugar
- You don't need to eat carbohydrates
- Clinical experience with 20 g carbs /day
- Happy patients – and happy doctors!

I hope you find the above information helpful.

Yours sincerely,

David Roberts.