

Dear Patient,

Many thanks for attending our Diabetes Improvement Programme session.

We hope you found it useful. As promised, we have referred you on to one of our GOQii remote coaches. The coaches will support you with any lifestyle changes that you wish to make and offer you encouragement should you need it. Signing up to the remote coaching is entirely optional but highly recommended. By doing so, you will also have access to the GOQii app which has more information regarding the nutrition plan.

The summary below should be referred to in combination with the detailed dietary plan which was emailed to you prior to the session. Please find below along with links to the resources referred to during the session.

1. Medication

You should continue with all your current diabetic medication which may include the following:

- dulaglutide/semaglutide/exenatide (weekly injections)
 - alogliptin/sitagliptin/linagliptin/saxagliptin/vildagliptin
 - lixisenatide/liraglutide/exenatide
 - canagliflozin/empagliflozin/dapagliflozin/ertugliflozin
 - gliclazide/glipizide/glimepiride
 - pioglitazone
 - metformin/Glucophage
- If you are on insulin you should ensure that you check your blood glucose (BM) using your home monitor regularly. On this nutritional plan you may find that you require less insulin than you did previously. If you have any questions regarding your insulin dose please contact your GP/Diabetic nurse at the surgery.
 - Continue all your other medication. You may find that your blood pressure reduces. If you feel dizzy or light headed whilst following the nutritional plan you should contact the surgery to arrange a blood pressure check or hand in some home blood pressure readings. It is possible that your blood pressure medication may need adjusting.

2. Recipe Resources

The websites below contain a wealth of information and recipes which you may like to use to help you plan your low carb meal:

<https://www.dietdoctor.com>
[The ultimate low-carb diet app | Keto Diet App](#)

Please remember to have enough salt as per the accompanying nutrition plan and try to avoid processed food.

3. Stress Reduction/Management Tips

- A better way to obtain the ‘feel good’ chemicals, dopamine and serotonin, is by eating protein rich foods (chicken/beef/pork/eggs/cheese and seeds) rather than sugar
- Prioritise your tasks: ‘Good Enough is Good Enough’
- Get plenty of sleep
- Spend time outdoors especially in the sun
- Exercise/Yoga/Relaxation Exercises/Deep Breathing
- Relax on a daily basis meditation/mindfulness/listen to music/Ninja yoga
- Better still exercise to music
- Schedule social activities to look forward to
- Laughter really is the best medicine
- Do something new
- Consider getting a pet
- Gratitude: Three Things to be Thankful for Today
- Get help with financial problems (ask to see our Social Prescriber)
- Ask for help:
 - Talking Therapies: you can self-refer to talk things through stress/anxiety/depression 01403620434, <https://www.sussexcommunity.nhs.uk/services/time-to-talk-talking-therapies-services-in-west-sussex/109066>
 - Online mental health support:
 - Every Mind Matters, <https://www.nhs.uk/every-mind-matters/>
 - iseo online therapy, <https://www.iesohealth.com/en-gb>

4. Sun/Vitamin D

- The action of sunlight on our skin has profound biochemical effects enabling the synthesis of many photochemicals including Vitamin D. Obviously we don’t want to burn and sunburn is the main cause of skin cancer but sensible sun exposure is the best way to maintain adequate Vitamin D levels and getting a dose of morning sun might be the best way to regulate our sleep pattern
- Vitamin D levels are higher amongst those who exercise outdoors regularly and the skin produces almost 80% of the body’s required vitamin D
- Dietary sources of Vitamin D are oily fish, eggs, nuts and fresh green leafy veg all of which are encouraged on a low carb diet
- Unless you are lucky enough to get one or two holidays in the sun during the Winter months it would be sensible to take a Vitamin D supplement. We would recommend 1000 i.u.per day which is higher than the recommended daily dose. If you have a medical condition that causes you to have high calcium levels then please discuss whether to take Vitamin D as a supplement with a clinician before taking

5. Sleep

The following protocol is recommended in order to help you sleep better:

- Do not look at your phone as soon as you wake up
- Drink a large glass of water (no caffeine yet) as soon as you can
- Get outside and look towards the sun for 5-10 mins (if a bright day) 20 mins if cloudy 30 mins if overcast. The action of the sun on the back of the eye is a trigger to release melatonin (the sleep chemical) later on in the day which helps our natural body clock or circadian rhythm.
- Do not look directly at the sun
- Do some exercise whilst looking at the sun (marching on the spot or some stretches)
- Try to be slightly cool whilst doing this (don't wrap up warm)
- If it's a sunny day soak up some rays to increase your Vitamin D levels
- Try to avoid having caffeine until about 30-60 mins after waking
- Avoid viewing bright lights between 10pm and 4am: set an alarm for bedtime
- Limit daytime naps to '40 winks' and definitely no longer than 90 minutes.
- If there is no sun, or you have to get up in the dark, try a ring light/lux natural therapy light
- Consider a magnesium supplement
- Alcohol and sleep medications mess up your sleep
- A cold shower in the morning and a warm shower in the evening also helps your body get keep to its natural rhythm

You may also like to try a magnesium supplement:

- Epsom Salts bath/Magnesium spray
- 145mg Magnesium threonate tablets or 200mg Magnesium bisglycinate tablets are better absorbed than other tablet forms of magnesium and seem to cause fewer gut symptoms but they can be difficult to get hold of
- 200-300mg magnesium citrate which comes in powder format and should be activated with hot water is an alternative but causes gut side effects in some.
- It is likely that you will need to purchase magnesium on line as the above formulations of magnesium are not usually available in pharmacists/supermarkets
- Magnesium is also good for cramps, peri-menopausal/menopausal sx's and constipation.

If you wake up in the night and cannot get back to sleep then 'Yoga Nidra'/Non-Sleep Deep Rest protocols may help:

https://www.youtube.com/watch?v= QCtzOb8_XA

<https://www.youtube.com/watch?v=pL02HRFk2vo>

<https://www.youtube.com/watch?v=3bMPONSwPgw>

6. Spirituality/Social Connection

- This may be formal religion if you wish, but also may mean simply getting out and experiencing the natural world, listening to some music, losing yourself in a book or film or piece of art work.
- We also spoke about the therapeutic effect of 'Forest Bathing'
<https://www.forestryengland.uk/blog/forest-bathing>
- You can find local walks/parks using the following link
<http://www.westsussex.info/outdoors-index.shtml>

- You might like to combine a walk with meeting other people. The Ashdown Rambling Club are based in East Grinstead, West Sussex. Being sociable and part of a community also helps stress levels/social connections all of which help boost our immune systems, making us more resilient to stress

<https://ashdownramblers.chessck.co.uk>

7. Exercise: Walk and the 3-5 doorway push pull squat regime

- Try to walk every day. 20-30mins daily is ideal, briskly but not so quickly that you cannot speak in sentences and hold a conversation.
- Mid Sussex Health Walks are a useful starting point and more details can be found at: <https://www.midsussex.gov.uk/leisure-sport/walking-in-mid-sussex/>

There are hundreds of exercise protocols but the 3-5 protocol using a doorway at home is simple and effective, covering all abilities:

- Do 3-5 exercises; if you're feeling strong, do 5; if you're not feeling strong, do 3
- Do 3-5 reps of each exercise per set
- Do 3-5 sets of each exercise;
- Rest for 3-5 minutes between sets
- Exercise 3-5 days per week
- Gradually build up the amount of exercise that you do.

Yoga/Exercise

<https://www.youtube.com/user/yogawithadriene>

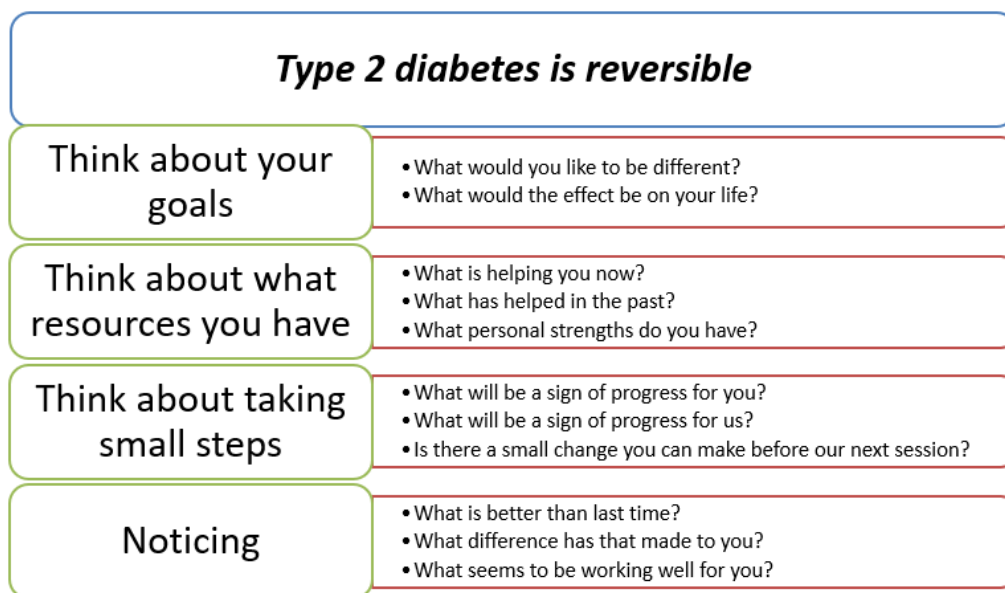
8. How to Survive Christmas/Celebrations

- The average weight gain over Xmas is 7lbs, it often takes until May to lose that weight and some of us never manage to take the weight off
- So, it is really important that this Xmas you try to avoid putting on weight
- It will be easier to avoid weight gain if you follow the Diabetes Improvement Programme diet because you shouldn't feel hungry.
- Remove your trigger foods and make your home environment trigger food free
- Don't go shopping hungry
- Avoid the place where the biscuits are kept at work
- Preparation is key
- Take your own food to work
- Look at the menu and plan before you go to a restaurant and stick to the plan.
- If there are free sandwiches at work get rid of the bread and just have the filling.
- Boiled eggs (if we don't have an egg shortage crisis) are great options.
- Warn friends you are low carb

- Lots of traditional Xmas foods are low carb. You can still enjoy smoked salmon, turkey, pigs in blankets, red cabbage, sprouts (even better have them with bacon), you can even have stilton cheese
- If you are going to have a big meal with family then make that the only meal of the day
- Take the opportunity of time away from work to do more exercise. Going for a walk after eating evens out the sugar levels in your blood and helps avoid sugar spikes
- Avoid the saboteurs.
- If you have a craving have a glass of water/tea, take a short walk or do a few sit ups! If you are still hungry have a meal based on protein and fat.
- The GOQii app is there to help you so message your coach or call a supportive friend if you feel that you are losing your will power
- If you slip get back on track a.s.a.p. and don't wait for Monday morning
- One Step at a Time, One Day at a Time. It's a cliché but you haven't failed until you have stopped trying.

9. Stay Motivated: Remember your Goals

- Our coaches are there to help you. Please contact them especially when you are feeling demotivated.
- Think about your goals
- Start imagining what your life will be like in 6 months



Best wishes,

Dr Layo Osoba MBChB, MRCP, MRCGP, DSFRH
 Dr Vipin Bhardwaj FRCGP
 Dr Helen Rutherford FRCGP
 Dr Natalie Burrard-Lucas MRCGP