

## David's Story

What a journey of enlightenment this experience has been for me. My initial gut reaction when I was diagnosed with diabetes in February of 2005 was to immediately reduce my carbohydrate load. That's all I did initially and my BG levels began to quickly drop. I had enough presence of mind to know that the high carb, low fat diet recommended by the Canadian Diabetes Association and diabetes professionals is plain wrong. But it has taken me a very long time and a concerted effort to wind my way through all the layer upon layer of misinformation that is concealing the truth about carbohydrates and fats. There are some very ugly, insidious politics behind current dietary recommendations.

I recently read Richard D. Feinman, PhD's article 'Low Carbohydrate Diets: Why You Don't Want the "Experts" to Tell You What to Eat' (22 August 2007).

I was diagnosed with type II diabetes about 2.5 years ago. At that time my blood sugars were about 3 X the high normal for non-diabetics. After being on a very low carb, high (good) fat diet supplemented with an omega 3/6 oil in about a 1:2.5 ratio in favor of omega 6 all my BG readings are well within the acceptable range for non-diabetics. A good part of this improvement is due to the fact that the normalization of the appetite that accompanies carbohydrate restriction makes it possible for me to eat only 2 meals per day with no snacks in between. My first meal is between 12 and 1 PM, my 2nd meal at 7 PM. This schedule provides a long period of rest for my pancreas while minimizing blood sugar deviations. It is beneficial to not eat early in the day. There is an excellent presentation that supports this at:

<http://www.diabetes-symposium.org/index.php?menu=view&chart=33&id=322>

I would appreciate it if you would please forward this email along with my thanks and appreciation to Dr. Feinman for his excellent work. After reading his article I went to your web site and joined your association.