

Type 2 Diabetes Remission Quick Start Guide and Resource List

As a physician or primary care provider, you may need quick access to reliable patient handouts or evidence-based resources to establish diabetes remission services. This short, annotated guide has been created by the Institute for Personalized Therapeutic Nutrition (IPTN); more in depth, evidence-based resources, webinars and training programs are available on request via contact at info@therapeuticnutrition.org

1. Helping patients adopt therapeutic nutrition for diabetes remission

How do doctors talk to patients about dietary changes that will improve blood sugar and help metabolic conditions? This PDF of the December 2023 article in Diabetes Communicator, summarizes the medical literature and how to apply it in practice.

The article describes the commonalities of all diets that work to reverse diabetes and metabolic syndrome (whole foods, minimally processed, low sugar, adequate protein and nutrients) and how the MD authors coach patients with different severities of insulin resistance to examine their current eating patterns and make easy, practical changes to improve their metabolic health.

[Helping patients adopt therapeutic nutrition along the dysglycemia continuum](#)

2. Helpful patient handouts

These 3 evidence-based resources help patients quickly understand what to eat and not to eat to improve their blood sugar.

- [Prescription for better blood sugar](#): This handout can be given to patients with type 2 diabetes or prediabetes to show them what to eat and what to avoid at breakfast, lunch, and dinner.
- [Kitchen prep and shopping list](#): This handout tells patients what to remove from their house and how to restock with healthy items.
- [Sugar equivalents in common foods](#): Patients will visually understand how much sugar is in the food they eat by this simple infographic that translates common food servings into sugar cubes.

3. Practical clinical resources

In the UK, Dr. David Unwin is one of the most influential physicians for demonstrating how to implement successful type 2 diabetes remission information and support into short visits in a primary care setting. While there are many resources by him or about him, these three are a great place to start:

- **BMJ 2023 Article:** [What predicts drug-free type 2 diabetes remission: Insights from an 8-year general practice service evaluation of a lower carbohydrate diet with weight loss \(https://nutrition.bmj.com/content/6/1/46\)](https://nutrition.bmj.com/content/6/1/46) : This February 2023 observational research article published in the **BMJ Nutrition, Prevention and Health** has been the most downloaded article in the history of bmj.com. It describes Dr. Unwin and team's approach and results of a practical,

primary care-based method to achieve type 2 diabetes remission. (An earlier, [6-year study by Dr. Unwin and team was published in the BMJ in 2020](#))

- [Video Presentation of Dr. Unwin's 2023 BMJ results](#): This 17-minute video of Dr. Unwin presenting to the UK Public Health Collaboration summarizes the BMJ paper, Dr. Unwin's approach, and 8-years of data of remission results.
- [Profile of Dr. Unwin's diabetes work in The Guardian](#): This April 2023 profile of Dr. Unwin tells his personal, inspiring story of how he was close to quitting as an overworked GP until he started supporting patients in type 2 diabetes remission with therapeutic nutrition.

4. Deprescribing resources

If a patient is embarking on dietary changes to attempt diabetes remission, their prescription drugs, especially insulin and glucose-lowering drugs will need to be closely monitored. These two resources can help:

- [Adapting Medication for Type 2 Diabetes to a Low Carbohydrate Diet](#): This 2021 review article in *Frontiers of Nutrition* supports clinicians in understanding the clinical evidence, basic science and pharmacology to allow safe medication management when patients with type 2 diabetes alter their diet.
- [Medication Deprescribing in Type 2 Diabetes Remission](#): These slides provide an overview of type 2 diabetes remission including the state-of-the science, insulin resistance and the mechanism behind remission, and best practices for deprescribing medications as the patient's metabolic health improves.

5. Webinar: Team-based care & type 2 diabetes remission

In October 2023, [UBC Health held a 90-minute webinar](#) about the vital role of team-based care in achieving type 2 diabetes remission. The presentation described how several professions fulfill collaborative roles to support patients in their pursuit of type 2 diabetes remission. Learn about how health professionals in two of these practices help patients to achieve shared, measurable goals and outcomes. Speakers include Dr. Brendan Byrnes MD; Jess Pirnak, RD; Dr. Jasdeep Saluja MD; Mark Daniel Hughes, RCC, and Sean McKelvey BSc (Pharm).

6. Remission Possible website & patient stories

This free Canadian website [diabetesremission.ca](#) (created by the IPTN and the IHSTS) has numerous resources for patients and health professionals including a downloadable e-booklet, patient handouts, a summary of research evidence and remission testimonials from patients. [Individuals' stories of remission](#) are particularly inspiring and educational, with practical tips and real-world results.

7. 2023 Systematic Review and Meta-analysis

This 2023 systematic review and meta-analysis of randomized controlled trials – reflecting the strongest, most robust type of evidence – found that very-low-carb diets outperformed all other diets for improving blood sugar control in people with type 2 diabetes. [Effect of dietary approaches on glycemic control in patients with type 2 diabetes: A systematic review with network meta-analysis of randomized trials](#)