



BRITISH SOCIETY FOR ECOLOGICAL MEDICINE

Friday 10th November 2017

The Hallam Conference Centre, London W1W 6JJ

Reversing Obesity and Type II Diabetes: Failing with Diet, Succeeding with Fasting

The BSEM presents a Seminar Day comprising:

A morning of 'Inconvenient Truths': the evidence for how and why the dietary guidelines for reversing obesity, type II diabetes and cardiovascular disease fail, and an exposé of the true culprit(s).

An afternoon of Fasting: how and why it works for reversing just about everything!

Dr Jason Fung
Founder, Intensive Dietary Management Clinic

Dr Abbi Lulsegged BSc, MB,BS, FRCP
Kings College Hospital

Dr Shideh Pouria MB BS BSc MRCP (UK) PhD
Grace Medical

Dr John McLaren Howard DSc, FACN
Acumen Lab

Gilian Crowther ND/NT mBANT
Academy of Nutritional Medicine

Dr Helmut Roniger FRCP
Royal London Hospital for Integrated Medicine

Dr Rachel Nicoll PhD
Umea University

For more information please visit the BSEM website:

www.bsem.org.uk

Or contact our admin team on: info@bsem.org.uk or call 07864637723

REVERSING OBESITY AND TYPE II DIABETES: FAILING WITH DIET, SUCCEEDING WITH FASTING

PROGRAMME

Friday 10 November 2017

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| 0830-0900 | Registration, tea, coffee | |
| 0900-0905 | Welcome | Dr Damien Downing, BSEM President |
| | Chair: | Dr Shideh Pouria, BSEM Vice-President |
| | A morning of 'Inconvenient Truths': The controversies over the dietary guidelines for preventing and managing cardiometabolic disease, the research linking insulin resistance in its pathogenesis and the underlying mechanisms of effect. | |
| 0905-0915 | Introduction and outline of the day | Dr Rachel Nicoll |
| 0915-1005 | Obesity and insulin resistance: | Dr Rachel Nicoll, Researcher, Umea University, Sweden |
| 1005-1045 | Type II diabetes: | Dr Abbi Lulsegged, Consultant in Endocrinology, General Medicine and Diabetes, Kings College Hospital, London |
| 1045-1100 | Questions | |
| 1100-1130 | Tea/coffee break | |
| 1130-1205 | Cardiovascular disease: | Dr Rachel Nicoll, Researcher, Umea University, Sweden |
| 1205-1245 | Raised intracellular calcium in obesity and type II diabetes: Causes, effects and treatment. Laboratory evidence and clinical correlates: | Dr John McLaren Howard, Acumen Lab, Tiverton, Devon |
| 1245-1300 | Questions | |

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| 1300-1400 | Lunch | |
| | Chair: | Dr Damien Downing, BSEM President |
| | An afternoon on Fasting to Reverse Cardiometabolic Disease: what fasting is, how it works, why it works and the other conditions it may help. | |
| 1400-1425 | Reversing insulin resistance, obesity and type II diabetes and other conditions with fasting: how and why it works: | Dr Rachel Nicoll, Researcher, Umea University, Sweden |
| 1425-1450 | Clinical impact of fasting | Dr Shideh Pouria, Grace Medical, Belgravia and Visiting Research Fellow, Kings College, London |
| 1450-1515 | Fasting: a physician/patient's journey | Dr Helmut Roniger, Consultant Physician, Royal London Hospital for Integrated Medicine |
| 1515-1530 | Questions | |
| 1530-1600 | Tea/coffee break | |
| 1600-1630 | The ketogenic diet: practicalities for weight loss maintenance after fasting | Gilian Crowther, Director of Research, Academy of Nutritional Medicine |
| 1630-1730 | Questions and panel discussion | Dr Jason Fung, Founder of the Intensive Dietary Management Program and Consultant Nephrologist, Scarborough General Hospital, Toronto, Canada (joining by Skype) |



Dr Jason Fung

His book ‘The Obesity Code’ was the inspiration for this event.

Joining from Canada for a Question & Answer session

Dr. Jason Fung earned his medical degree at the University of Toronto, where he also completed his internal medicine residency before heading to the University of California, Los Angeles, for his fellowship in nephrology. He currently practices as a kidney specialist in Toronto and is the site chief of medicine at Scarborough General Hospital, as well as the scientific editor of the *Journal of Insulin Resistance*. He founded the Intensive Dietary Management Programme to provide a unique treatment regimen for type II diabetes and obesity; rather than focusing on medications, his clinic promotes dietary changes that are simple yet effective.

During the course of treating thousands of patients, it became clear to Dr. Fung that the epidemic of type II diabetes and obesity was getting worse. The prevailing dietary recommendations to reduce dietary fat and calories were clearly ineffective. In 2016, Dr. Fung’s first book, *The Obesity Code*, was published, which explores the underlying hormonal imbalance that leads to obesity and recommend effective strategies that address the root causes of weight gain. His second book ‘*The Complete Guide to Fasting*’ was also published in 2016, offering a practical guide to all matters related to fasting, including fasting regimens, what to expect, how to deal with problems, and simple remedies.



**Dr Abbi Lulsegged BSc, MB.BS,
FRCP**

**Why the standard dietary approach
for management of Type II diabetes
does not work: An Endocrinologist's
view.**

A review of the epidemiology of type II diabetes, the current dietary and pharmacological guidelines and the problems frequently encountered with these solutions. This will be followed by a consideration of the pathophysiology of diabetes from a "meds do not work long term" perspective. We shall then look at the definition of type II diabetes reversal and practical points to be aware of, together with potential pitfalls, especially for patients taking insulin. Case reports will illustrate the problems.

Dr. Abbi Lulsegged is a Consultant in Endocrinology, General Medicine and Diabetes. He has an interest in Functional Medicine. His NHS base is at Kings College Hospital. He qualified from Guys and St Thomas Hospitals before undertaking specialist training at the Royal Free, University College Hospital, and Guys and St Thomas' Hospitals. He has been awarded clinical excellence points and appointed Fellow of the Royal College of Physicians, London, in recognition of his service to his field. He has also appeared on radio, Television and featured in the National Press to discuss various topics.



**Dr Shideh Pouria MBBS, BSc, MRCP,
(UK) PhD CMT**

Clinical Impact of Fasting

- Case histories of patients treated with fasting
- Impact on their microbiome and biochemistry through laboratory testing

Dr Pouria qualified in 1991 from King's College School of Medicine, London and has worked in numerous clinical and academic posts within the National Health Service, UK. Most recently she held a consultant post in Renal Medicine at Guy's Hospital. She has extensive experience in general and specialist medicine as well as in medical research in the field of glycobiology of IgA. It was through her PhD project in mucosal immunology that she became interested in the role of environmental factors in health and disease. She embarked on her training with the British Society for Ecological Medicine in 2006, and was the Medical Director at the Burghwood Clinic for Allergy, Environmental and Nutritional Medicine until she joined Grace Medical, Belgravia in November 2012. She holds a visiting research Fellowship at Kings College, is the vice-president of the British Society for Ecological Medicine, and is on the scientific advisory board for the Allergy Research Foundation. She is the author of a number of peer reviewed papers and has written chapters in books on nutritional medicine.



Dr John McLaren Howard DSc, FACN

Raised intracellular calcium in obesity and type II diabetes: Causes, effects and treatment. Laboratory evidence and clinical correlates.

A case history to set the scene.

The laboratory investigation of interactions between clinical parameters and increases in intracellular Ca^{2+} . Includes new lab techniques.

i/c Ca^{2+} as messenger for a number of cell functions with both negative and positive effects on health.

i/c Ca^{2+} increases: Apoptosis or potential malignancy?

A 'detective story' where clues lead to a minor phospholipid that plays a surprisingly major role in the connection between i/c Ca^{2+} increases and a clutch of clinical problems.

Test results that illustrate these connections and link the laboratory findings with practical treatments.

Exclusion diets, allergy/sensitivity treatments and fasting in relation to i/c Ca^{2+} levels: The laboratory perspective as it interacts with clinical practice.

After three years in analytical research, John McLaren-Howard spent 19 years as a clinical biochemist at the London Clinic. In 1984 he assisted Dr Stephen Davies in the formation of Biolab Medical Unit and served as its Laboratory Director until 2007. John then formed Acumen Medical laboratory and continued to develop clinical lab tests, especially for ATP-related parameters in chronic fatigue patients and epigenetic changes in a spectrum of diseases. He is author/co-author of more than 30 papers and continues his research as an independent medical scientist.



Dr Rachel Nicoll PhD, MSc, Dip ION

A morning of 'inconvenient truths': why the current nutritional guidelines for obesity and cardiovascular disease fail

Reversing insulin resistance, obesity and type II diabetes with fasting

Obesity: Missing the true cause

- Obesity: The orthodox philosophy underlying the treatment programmes, their invalid assumptions and the succession of studies showing their failure to prevent or reverse obesity
- The real culprits - the hormones involved in obesity development: evidence and mechanisms
- Reversing insulin resistance: why healthy eating doesn't work
- Other contributory factors to obesity: environmental toxins and the microbiome

Controversies over the dietary guidelines for preventing cardiovascular disease

- Cardiovascular disease and the dietary recommendations: where it all went wrong
- Why nothing has changed: unmasking the unpublished studies

Reversing insulin resistance, obesity and type II diabetes with fasting

- How fasting reverses insulin resistance and hence obesity and type II diabetes
- The effect of fasting on other body systems
- Likely mechanisms of action

Rachel Nicoll came to nutritional and environmental medicine after suffering mercury poisoning which had chronic health consequences. She is an ION graduate, completed the MSc in Nutritional Medicine at Surrey University and obtained a PhD from Umea University, Sweden. At the same time she is attempting to bring the cause of environmental and nutritional medicine more into public and academic consciousness and lectures for various schools of nutrition, while also working as a researcher and writer. Rachel is on the committee of the British Society for Ecological Medicine and organised their March 2014 conference on Electromagnetic Radiation and Health.



**Gilian Crowther MA (Oxon),
mBANT, mNNA, CHNC reg**

**The ketogenic diet: practicalities for
weight loss maintenance**

A ketogenic diet can prevent the boomerang back to weight gain that our body's set-point programming is otherwise liable to trigger after a period of weight reduction, and is the eating pattern which Dr Jason Fung suggests. But what are the appropriate ratios of fats, protein and carbohydrates? What are the right high-quality fats and proteins, and how do you calculate net carbs while retaining sufficient valuable fibre? This talk will suggest quick and easy ketogenic diet plans, including pescetarian and vegetarian options. Handouts and booklists/website pointers will make this a session with highly practical takeaways.

Gilian Crowther is a Naturopath and registered Nutritional Therapist who studied complementary therapy in Germany for many years before completing her training in the UK. She works with the Academy of Nutritional Medicine (AONM), a network of doctors and complementary therapists with a clinic in London. Alongside seeing patients at the clinic, she holds training courses and seminars for the Academy of Nutritional Medicine, and on Cell Symbiosis Therapy, a mitochondrial approach that originated in Germany. Gilian also holds the position of Director of Research at AONM, and within this role she continuously pursues research into related topics with affiliated specialists. Gilian is also on the committee of the British Society for Ecological Medicine



**Dr Helmut Roniger FRCP, FACP,
FFHom, DiplAcup**

**Fasting: A Physician / Patient's
Journey**

After a brief introduction about the history, rationale (biology, indications, contraindications) and therapeutic and health economic implications of fasting Dr Roniger will talk about his personal journey, patient experiences and the literature on practicalities of fasting with particular focus on type II diabetes. He will talk about typical pitfalls, potential complications and the most important factors to improve compliance; its main challenge. He will finish with a vision for a spa-based system for chronic diseases in the UK and the wider world to better and feasibly support patients to introduce such a challenging but potentially very effective, even curative, life style intervention successfully into their therapeutic journeys.

Dr Helmut Roniger received his first medical degree from the University of Vienna in 1987. After completing a course in anthroposophical medicine in Switzerland, he moved to Cape Town to finish 3 years of practical training to register and work as a GP in 1991 and again in 1997, specialising in internal medicine. During this time, he studied traditional Chinese medicine with a focus on acupuncture in Austria and China, as well as homeopathy, Ayurveda and yoga in India. He also has more than 20 years' experience with meditation and has trained in hypnosis, neurolinguistic programming and coaching.

Dr Helmut Roniger has been working as consultant physician at the Royal London Hospital for Integrated Medicine, part of University College Hospital, London, since September 2001, dealing with very complex chronic conditions, offering an integrated holistic treatment pathway on the NHS. He believes that our best chance to beat the exploding chronic disease pandemic lies in a better understanding of how to stimulate our natural self-healing faculties, acquired through billions of years of painstaking evolution: positive collaborative mind states, fasting and the stimulation of fever when appropriate. He has many years' experience with many kinds of fasting from dry fasting for 32 hours to water fasting for up to two week