

Thank you for the opportunity to make a submission to the parliamentary enquiry into diabetes in Australia. My responses to your Terms of Reference appear after my lived experience of T2D.

Diabetes is an intolerance to carbohydrates.

It is timely that I have been afforded the opportunity of airing my views, as, after three decades of coping with the debilitating effects of Type 2 Diabetes (T2D), I am happy to declare that I am finally in remission, since early August this year. Until now, my journey has not only been one of sadness, heartbreak, and many challenges, but it has also been one of perseverance, hope, and ultimately, victory!

I am _____, my family is of Sri Lankan and European descent, and we have all been afflicted _____ as far back as I can recall - both my parents, elder sister, elder brother, and I.

I am in my mid-sixties, and I have lived with the disease for the past thirty years. My seventy two year old sister currently has metabolic syndrome (high blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels, cardio vascular disease) along with addiction to sugar & carbohydrates.

My mother succumbed to cardiac arrest at seventy two, triggered by uncontrolled diabetes and related complications, in spite of being in the care of medical professionals, who had absolutely no training in the low-carb/ketogenic lifestyle. She left behind two unfulfilled dreams - seeing her entire family reunited in Australia, and meeting my two younger daughters, whom she adored. My family and I arrived from Sri Lanka, the year after she passed. Hearing of her sudden demise over the phone, was gut-wrenching, because, I was oblivious to the fact that she was so seriously ill, and I was eagerly looking forward to being with her again. Her passing made me aware of the consequences of living with diabetes, and its potential to 'get you' when you least expected it.

Another shock awaited me .. my brother dropped dead at sixty four of cardiac arrest as well, due to uncontrolled diabetes. Unfortunately, he too did not receive the vital care that was needed to abate it. He was also plagued by schizophrenia, and suffered the ill effects of strong drugs and also aggravated his diabetes. I watched him deteriorate, feeling helpless! I am now aware that this malady could be well controlled or even overcome by a low-carb/keto lifestyle.

Dr Chris Palmer (Professor of psychiatry at Harvard Medical School, author of the bestselling book "Brain Energy") explains it well - <https://www.dietdoctor.com/video/podcast/episode-82-ketogenic-diets-and-mental-health>

My mother and brother's passing spurred me on to explore avenues with a view to combating this awful disease, which, I was sure, was eventually going to get me too,! I did not want my loved ones to experience the pain and suffering of losing me, unexpectedly. I wanted to be around to see my 2 little grandsons, grow up. I was determined to conquer it, with the help of health professionals. Alas, the advice I received from them was indeed counterproductive to my efforts, and I was banging my head against a brick wall!

I was first diagnosed with gestational diabetes while pregnant with my youngest daughter, and during this time my blood sugar readings were so erratic, my GP was found it very challenging to prescribe the correct insulin dosage for me, while I continued to consume high carb/low fat food, as instructed by him.

After my daughter was born, I got the devastating news that I had T2D - it felt like a death sentence! It did not deter me from continuing to eat in exactly the way as I had done previously, except for cutting down on my sugar consumption. I was totally oblivious to the fact that carbs actually turn into sugar, and that I was actively contributing towards increasing my blood sugar levels and causing cell damage. I spent hours at the grocery store, studying food labels and buying only low sugar, low fat products, with vegetable/seed oil, without paying any attention to limiting my carbohydrate intake.

I was always 'hangry' - hungry and angry, stressed, depressed, anxious about eating something that would elevate my blood sugar; the stress increased my cortisol levels, aggravating my

diabetes, and increasing my blood pressure. Eg. Feeling hungry and frustrated, just one hour after a meal, I resorted to consuming packets of almonds and puffed corn (believing they were healthy). I continued to consume rice, pasta, so called 'healthy' breads, biscuits made with white flour and vegetable oils, and skim milk. I swapped sugar for artificial sweeteners. I was totally ignorant of the fact that all these foods were keeping me diabetic, and my blood sugar levels kept escalating. The constant finger pricks for blood glucose testing, took a toll on me as well.

While on the quest to conquer diabetes, without meds, I focused on eating only the so called 'healthy' diet (Standard Aust Diet), and surprisingly, I weighed a meagre 47 kgs and I was starving, depriving myself of good, nutritious food. I was Thin Outside Fat Inside (TOFI). Despite my well intentioned efforts, my blood sugar levels kept spiralling.

I continued my paranoia around food, bordering on orthorexia, and my deteriorating mental health, had a detrimental effect on my family and me - my thirteen year old daughter developed anorexia nervosa, my twenty two year marriage broke down, and I was diagnosed with early breast cancer - when I told friends that I had cancer, they laughed at me, because, they said that I was the healthiest person they knew! I received very aggressive treatment - I had a lumpectomy, and while on chemo, I developed a pulmonary embolism and received treatment, and after chemo I received radiotherapy, during which time I developed pericarditis and ended up at ED. Thank God my treatment was successful, and I am now in remission from cancer as well as T2D!

I am now aware that the artificial sweeteners, sugar and carbs I consumed, not only aggregated my diabetes, but contributed to my cancer diagnosis - just like diabetes cancer is a metabolic disease.

I am now convinced that my unhealthy diet adversely affected most organs of the body. It certainly played a major role in my illnesses and heavily impacted my mental state, starving my brain of nutrients, which are vital to optimum functioning. I suffered brain fog - forgetfulness, lack of concentration, my mind went blank at job interviews, I was unable to perform efficiently at work, giving rise to being belittled and humiliated. This exacerbated my already precarious situation and intensified my anxiety, stress and depression. I pre-empted doom in every situation, I felt terrified and angry at the person I had become, but still clung on to a smidgen of hope deep down in my heart, that reminded me of who I am.

My body and brain were lacking healthy fats - nutrient rich foods, (fatty red meat, fish, butter, lard, coconut oil) which satiate hunger, and are an integral part of a healthy, wholesome human diet, that fuel the body and brain, and **not unhealthy carbs!**

I used to see my bulk billing GP on a regular basis, with various health concerns - she prescribed a tablet for my diabetes, and also increased my statin dosage for my slightly elevated LDL, the so called 'bad cholesterol). Despite my complaints of side effects including severe muscle pain & insatiable hunger, she asked me to continue taking them. She did not ask me to make any dietary changes, and was quite happy that I was sticking to my low fat diet 😊

I also consulted an endocrinologist at my local hospital for osteoporosis, and I was prescribed a tablet containing bisphosphonates, which literally caused my body to shut down. I was later prescribed a bi-annual injection (it had side effects too), which I took until recently. My endo had no clue about the low-carb/keto lifestyle!

While still grappling with all these obstacles, both physical and mental, I had this lingering question - Why is my blood sugar not under control? I was adhering to my doctors' recommendations of continuing to follow the Standard Australian Diet, (SAD), take my meds, and exercise regularly - I was walking for 1 hour a day. I felt frustrated, lethargic and generally unwell.

I turned to Diabetes Australia but did not derive any benefit from them. In fact, I was shocked to know that they promote the SAD, and keep publishing recipes with lots of high carb and sugary ingredients, that are clearly detrimental to diabetics. Here is a quote from Diabetes Australia that appears on their web site -

“There is no such thing as a diabetic diet. People living with diabetes can enjoy the same foods as everybody else.”

This is absolutely untrue and absurd!!! They also advocate grain foods such as breads, cereals, rice and pasta, which is ridiculous!!

<https://www.diabetesaustralia.com.au/living-with-diabetes/healthy-eating/>

The following recipes are clearly deleterious to health in general, especially for diabetics. To illustrate my point, I have included links from their web site, please click on them below to see the unhealthy food recommendations, to keep Australians diabetic for life! I am at a loss to understand why this is happening???

I now know that **4 grams of carbs = 1 tsp of sugar**. Please do the math on the recipes below -

<https://www.diabetesaustralia.com.au/recipe/best-chocolate-cupcake/> - 22g of carbs

<https://www.diabetesaustralia.com.au/recipe/mini-hot-cross-buns/> - 29g of carbs

<https://www.diabetesaustralia.com.au/recipe/brown-rice-salad/> - 29.7g of carbs

<https://www.diabetesaustralia.com.au/recipe/apple-and-rhubarb-crumble/> - 32g of carbs

<https://www.diabetesaustralia.com.au/recipe/perfect-pancakes/> - 44.3g of carbs

Ignoring Diabetes Australia, I eagerly started researching online, and I was rewarded with the answer, after thirty years - low-carb/ketogenic diet! I had finally unlocked the key to optimum health and vitality - I watched lots of online videos of eminent professors, health professionals and researchers from around the world, experts in the field of low-carb/keto health.

I continue to be grateful to all of them for their passion, eloquence, and generosity in sharing their knowledge, while simplifying the message. I learnt that it takes around fifteen to twenty years for diabetes to manifest itself.

Most of them had struggled with the ill-effects of insulin resistance, and various metabolic conditions including obesity, and had tried the diet on themselves, with dramatic positive results. They now offer the option of a low-carb/keto diet to their patients, in addition to meds, and often as an alternative to meds, sending some patients into T2D remission, or enabling them to reduce their insulin or tablets.

Armed with this evidence, I boldly stepped into the world of low-carb/keto, and I have not turned back. To better understand this lifestyle, I borrowed books by experts in the field, from my local library, and delved into them, and also bought these for reference - Prof Peter Brukner's "A Fat Lot of Good", Prof Benjamin Bikman's "Why We Get Sick" and Dr Chris Palmer's "Brain Energy".

In Oct 2022, I joined the Defeat Diabetes programme run by Prof Peter Brukner, Dr Paul Mason and Nicole Moore (Accredited Low-carb Dietician)

<https://www.defeatdiabetes.com.au/>

The programme offers valuable information, videos and recipes for a low-carb lifestyle. I contacted Nicole, and she recommended Dr Laureen Lawlor-Smith, low-carb specialist, who works with her at Low-carb Keto Health, Adelaide.

<https://lowcarbketohhealth.com.au/>

I flew from Melbourne to Adelaide for the day and consulted both of them - one of the best decisions I have ever made regarding my health!

With Laureen and Nicole's continued expertise and guidance, I am currently off all my meds, which is a dream come true. During my last Telehealth with Laureen in early August, I was ecstatic, when I heard her say *"You do not have diabetes!"*

I have finally fulfilled my very long quest of conquering diabetes! All the time and effort invested in sourcing information, and putting into practice what I had learnt, had come to fruition. By questioning the current Australian dietary guidelines, and exploring various avenues, I arrived at the truth, and in doing so, I am now reaping the benefits. I feel empowered that my low-carb/keto lifestyle is impacting my well being in a positive way, and it is enabling me to live a life full of vigour and vitality. I feel healthy and energetic, and I am able to enjoy my two active little grandsons much more than I used to, I have mental clarity, and my immune system is strong.

I continue to live a low-carb lifestyle with time restricted eating, with only two high fat/high protein/low-carb meals a day, and I have never felt better. I am also saving heaps of money, which, otherwise would have been spent on unhealthy snacks and medication.

I used to suffer severe acid reflux with acute chest pain, ending up at ED several times, because I feared I was having a heart attack. I also had life threatening asthma attacks during which times I went to ED. All these medical conditions, along with hay fever and other allergies, have completely disappeared, since I started eating real food such as meat high in saturated fat, fish, lots of eggs, cream with coffee etc - low-carb/ketogenic diet. I do not easily catch viruses that are going around, nor have I caught Covid 19 (I have received all vaccinations & boosters). By not ending up at ED, I am saving valuable health resources, dollars and my precious time!

I take comfort in the knowledge that, despite suffering with the unpredictability of T2D and enduring all the insidious effects it has had on me, I followed my heart, defying conventional advice and guidelines, and relentlessly pursued the path to living free of diabetes.

Instead of just accepting medications as the only way to control T2D, I urge people to pluck up the courage to challenge 'standard advice' by their doctors, and start a conversation with them about exploring the low-carb lifestyle first, as an option. In the process, you might actually teach your doc a thing or two!

By adopting the low-carb lifestyle you could aspire to living a healthy life, free from the shackles of diabetes, and its complications. You could also save tax payers billions of dollars, which are currently spent on managing diabetes, and allied illnesses such as heart disease and obesity, not forgetting loss of income and productivity.

We maybe born with the diabetic gene, but it is up to us to activate it, the choice is ours. As Dr Paul Mason's aptly puts it, *"We can be loaded with the bullet, but it is up to us to pull the trigger!"*

The following resources assisted me on my journey to remission -

Australia

1. **Defeat Diabetes** - <https://www.defeatdiabetes.com.au/>
2. **Prof Peter Brukner** OAM, MBBS, FACSP, FACSM, FASMF, FFSEM - <https://www.fatlotofgood.com.au/resources-1>
3. **Prof Peter Brukner** OAM, MBBS, FACSP, FACSM, FASMF, FFSEM - <https://www.youtube.com/watch?v=gVKHWTBbNwE>
4. **Dr Paul Mason** Fellowship trained Sports and Exercise Medicine Physician with degrees in Medicine, Physiotherapy and Occupational Health - <https://www.drpaulmason.com.au/>

5. **Dr Paul Mason** Fellowship trained Sports and Exercise Medicine Physician with degrees in Medicine, Physiotherapy and Occupational Health - <https://www.youtube.com/@DrPaulMason>
6. **Dr Lauren Lawlor-Smith** Low-carb Doctor BMBS FRACGP - <https://www.youtube.com/watch?v=OzdJnjN06Ro>
7. **Nicole Moore** Accredited Low-carb Dietician - <https://www.youtube.com/watch?v=pp8QL06BCzY>
8. **Low-carb Keto Health** - <https://lowcarbketohhealth.com.au/>
9. **Dr Gary Fettke** Orthopaedic Surgeon - <https://www.youtube.com/watch?v=e2g-OW-NZcY>
10. **I support Gary** - <https://isupportgary.com/>
11. **Dr James Muecke** Eye Surgeon - <https://www.youtube.com/watch?v=OHaaHD5heFQ>
12. **Dr Deepa Mahananda** MBBS & **Dr Alex Petrushevski** MBBS - <https://www.youtube.com/watch?v=8u2tJLjP2gA>
13. **Low-carb Down Under** - <https://lowcarbdownunder.com.au/>
14. **Easy Diet Diary app** - <https://apps.apple.com/au/app/easy-diet-diary/id436104108>

Overseas

1. **Dr David Unwin** MD - <https://www.youtube.com/watch?v=ZD-rA1K7TFE>
2. **Dr Ben Bickman** PhD - <https://www.youtube.com/watch?v=4Znk8SZTCN8>
3. **Dr Mark Hyman** - The 3 Foods I Eat Everyday To LOSE WEIGHT & Lower Blood Sugar - <https://www.youtube.com/watch?v=dao1fPCUzuM>
4. **Dr. Eric Westman** MD - 'Evidence-based vs. Internet-based Keto' - <https://www.youtube.com/watch?v=zeQZJD5QHB8>
5. **Prof. Tim Noakes** - <https://www.youtube.com/watch?v=n-wjEnsEXI0>
6. **Dr Chris Palmer** MD - <https://www.chrispalmermd.com/>
7. **Dr Chris Palmer** MD - <https://brainenergy.com>
8. **Dr Chris Palmer** MD - <https://brainenergy.com/movement/>
9. **Dr Chris Palmer** MD - <https://www.dietdoctor.com/video/podcast/episode-82-ketogenic-diets-and-mental-health>
10. **Dr. Martin Picard** PhD (Associate Professor of Behavioral Medicine (in Psychiatry and Neurology) - Mitochondria - The Key To Disease and Mental Health - <https://www.youtube.com/watch?v=3dhmMcj17w>
11. **Dr Georgia Ede** (Harvard-trained psychiatrist specializing in nutrition science, train metabolism, and mental health) - Treating Mental Illness with Keto - <https://www.youtube.com/watch?v=RGv2AulGRSg>

12. **Dr Georgia Ede** (Harvard-trained psychiatrist specializing in nutrition science, train metabolism, and mental health) - <https://www.diagnosisdiet.com/>
13. **Dr Robert Lustig MD, MSL** - <https://www.youtube.com/watch?v=dBnniua6-oM>
14. **Dr Ken Berry MD** - <https://www.youtube.com/watch?v=LslbJUOLIH0>
15. **Dr Ken Berry MD** - <https://www.youtube.com/watch?v=15aiff4ou1k>
16. **Diet Doctor** - <https://www.dietdoctor.com>
17. **Gary Taubes** (Investigative food and science journalist, author) -
'The Case for Keto' - <https://www.youtube.com/watch?v=mTPFyJLil6k>
18. **Nina Teicholz** Science journalist, author, speaker, researcher -
'Dietary Guidelines & Scientific Evidence' - <https://www.youtube.com/watch?v=fJEHiQKqfZM>
19. **Metabolic Mind** - <https://www.metabolicmind.org/>

Books

1. **Prof Peter Brukner** - *"A Fat Lot of Good"*
2. **Prof Ben Bikman** - *"Why We Get Sick"*
3. **Dr Chris Palmer** - *"Brain Energy"*
4. **Dr Ken Berry** - *"Lies My Doctor Told Me"*
5. **Dr Robert Lustig** -
"Metabolical: The truth about processed food and how it poisons people and the planet"
6. **Gary Taubes** - *"The Case for Keto"*
7. **Nina Teicholz** - *"A Big Fat Lie"*

My responses to your Terms of Reference -

1. **The causes of diabetes (type 1, type 2 and gestational) in Australia, including risk factors such as genetics, family history, age, physical inactivity, other medical conditions and medications used -**

While genetics and family history do play a part, lifestyle and promotion of a healthy diet, including good quality high fat/low-carb diet, can dramatically influence healing, and in some cases, is all that is needed to achieve Diabetes remission. Dietary guidelines to reflect low-carb/keto diet is imperative.

Statins cause insatiable hunger, and leads to unhealthy snacking/eating, which could in turn cause diabetes.

Low-carb/keto lifestyle is truly the elixir of life!

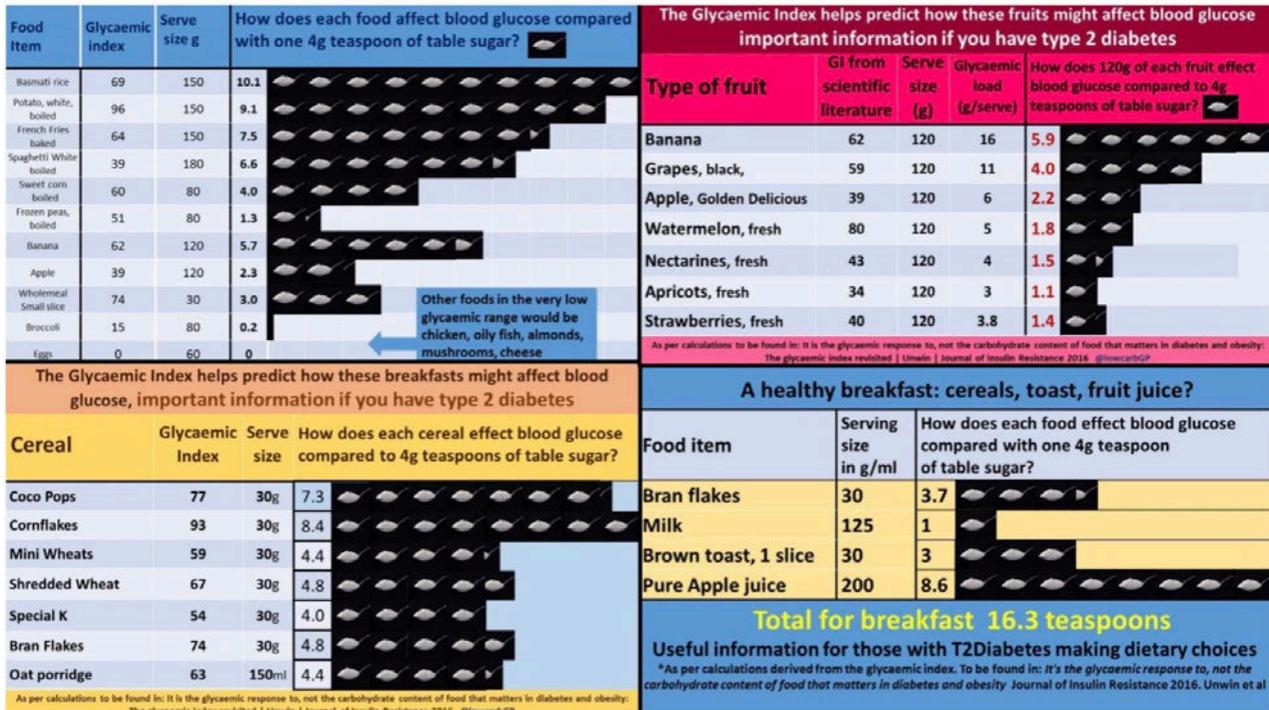
2. **New evidence-based advances in the prevention, diagnosis and management of diabetes, in Australia and internationally**

Low-carb/keto lifestyle has be proven to be very effective in managing and treating diabetes,

worldwide, and I am living proof!

Carb addiction is real, and it can't be reiterated enough - widespread education has to take place, amidst the plethora of temptation out there, alluring people to yield, unfortunately, to the detriment of their health and wellbeing! Causing undue stress, vulnerability and suffering. It is immoral!!!

Graph by Dr David Unwin -



3. The broader impacts of diabetes on Australia's health system and economy

Diabetes dramatically impacts health whether it is in the form of obesity, heart disease, blindness or other complications - it is a silent killer, and is a heavy burden on the economy.

Urgent need to change the Aust dietary guidelines and nationwide awareness of the severe dangers of eating/drinking high carb and sugar, and how it can drastically impact one's health and quality of life. Choosing to consume that sugary cookie, sugary drink or that carb heavy meal, can literally be the difference between life and death!

High carb/sugary diets lead to insulin resistance, which can significantly affect mental health as well, and this too can have a dramatic impact on economy and health systems.

Sugar and carbs are everywhere, and one has to exercise a great deal of will power, to resist them - it is very sad, because lots of people are addicted, and are unable to stop themselves from making wrong food choices, on their own - they need affordable psychological help and also subsidised access to low-carb dieticians, to help them.

Addressing this issue would save the govt billions of dollars spent on diabetes and allied illnesses etc and productivity.

4. Any interrelated health issues between diabetes and obesity in Australia, including the relationship between type 2 and gestational diabetes and obesity, the causes of obesity and the evidence-base in the prevention, diagnosis and management of obesity;

We live in a society that turns to sugar and carbs, as a source of tranquility, from the daily stresses of life. In fact these foods have the totally opposite effect, making us fatter and sicker,

and leading to serious ill health and suffering.

High carb, low fat, seed oils are known to cause inflammation in the body and also increase the storage of fat, causing obesity. Processed food contains all these ingredients, especially fast food, which, consumed often, can lead to devastating health problems, including gestational diabetes, diabetes and obesity.

Our children need to be educated, and it has to start in early childhood, so that they can be equipped to make healthy choices. Parents need to educate themselves too, and have to be given information, so that they could provide nutritious food for their children, instead of feeding them food made with toxic ingredients. Here is an example -

<https://www.woolworths.com.au/shop/productdetails/689922/arnott-s-tiny-teddy-chocolate-multipack-biscuits>



Ingredients

Wheat Flour, Sugar, Vegetable Oil (Contains Soy), Chocolate (3.5%), Cocoa Powder, Honey, Vegetable Fibre, Salt, Emulsifier (Soy Lecithin), Golden Syrup, Baking Powder, Food Colour (Caramel I), Natural Flavour.

Energy	460.00kJ	1840.00kJ
Protein	1.70g	6.80g
Fat, Total	3.40g	13.40g
– Saturated	1.60g	6.50g
Carbohydrate	17.60g	70.30g
– Sugars	6.30g	25.30g
Dietary Fibre	1.20g	4.90g
Sodium	74.00mg	298.00mg

I know for sure that the ingredients are harmful to a child's health. Whenever I babysit my four year old grandson twice a week, he brings along a 'snack' - the above, and loves eating them, because they are 'cute little teddies'. I endeavour to tell him that it is not healthy to eat them, but I cannot expect to understand, after all he is just four. My heart breaks each time I see him tuck into the biscuits, but I am helpless. I have warned his mother (my eldest daughter) of the dangers of offering these foods to her kids, to no avail - unfortunately, she is addicted to sugar and carbs, and she is passing it on to her sons. She used to go into a rage whenever I broach the subject, so I have stopped, because I do not want our relationship to suffer - this is just one example of how high carb addiction, can snowball!

The govt needs to ban ads targeting innocent children, foods that seemingly appear 'harmless' alluring kids to gravitate towards them. Busy mothers, (including my daughter) pack them in school/kinder lunch boxes too. Most forms of 'biscuits' contain machine/lubricating oil (vegetable oil), (which were never intended for human consumption) have to be banned!! Vegetables do not have oil!

I would like to take comfort in the knowledge that my suffering of 30 years has not been in vain, if I see change in my lifetime, and I be a voice for change - saving innocent kids from this assault. It the birthright of every child to be brought up on good, wholesome food, to enable them to grow up healthy and happy, free from all mental and physical ailments, especially later in life.

While I admit we do not live in a perfect world, and we are not in control of everything that happens to us, here is a golden opportunity to actively change the food pyramid and provide vital education and limit the temptation of junk/processed food and provide real food, which should be easily accessible to the busy mum, trying to do the right thing by her child.

Please see Dr Peter Brukner's "A Fat Lot of Good" for real food guide - <https://www.fatlotofgood.com.au/resources-1>

It is a crisis that is in urgent need of attention - I am a nana crying out .. our kids are being poisoned on a daily basis, and the stage is being set for them to have metabolic dysfunction as they grow older, causing huge burden to tax payers. I am pleading with you to take heed and act NOW!!! Right now, I am this lone voice, swimming against the current!!

Giving kids the opportunity to choose between a toy or whatever else there is, when rewarding them, instead of just handing them a bag of lollies or chocolates laden with sugar and carbs, or giving them a Maccas voucher, would be a good way to get the message through to their developing minds.

I was impressed recently when my local librarian offered my grandson the choice of a chocolate or a cute little bookmark and a beautiful glittery star sticker - I commended her for offering these options. Libraries are a good source of educating people and children on healthy, low sugar/low-carb food.

Educating the general public on the harmful effects on consuming these ultra-processed foods, unhealthy foods, is the key to preventing, as well as controlling these conditions. GPs, should be given updated training on nutrition - most of them currently do not have a clue about the merits of low-carb eating. **If my doctor had educated me on the harmful effects of high carb/low fat foods while I had gestational diabetes, I strongly believe I would not have developed T2D, and been a burden on the health system, for so many years.**

Fairly recently, when I told my current GP that I am on a high fat diet, low-carb diet, she said '*I don't know about that,* .'. Educating GPs on the low-carb/keto lifestyle is of paramount importance, so that they can in turn pass on this vital information to their patients, while supporting and guiding them, and help them to navigate their medication around this diet, if necessary.

It has to be reiterated that high carb foods turn into sugar, and along with seed oils, and are stored in the body as fat, which leads to obesity and heart disease.

In the past, I kept hearing time and time again, from health care professionals, that diabetes is a progressive disease, and that it can only be 'managed' with meds, and more meds as time went on, and that eventually I would succumb to it, really scary! Well, I am living proof that this information is absolutely incorrect, and if I have achieved remission, it is possible for most people, saving the govt valuable dollars, that could be utilised places that urgently need them.

This documentary from the German Public Broadcaster explains the worldwide obesity problem, the cause and the solution - <https://www.youtube.com/watch?v=Db0TyNu-FLk>

5. The effectiveness of current Australian Government policies and programs to prevent, diagnose and manage diabetes

Sadly, current Aust govt policies and programs to prevent, diagnose and manage diabetes are ineffective.

As mentioned before, there should be a nationwide campaign, warning people about the very real dangers of junk food, seed oils, high carb and sugary foods, which are addictive. It is very difficult for carb and sugar addicts to resist the temptation of consuming these products - help should be afforded to them in a tangible way to educate them, especially psychological help, so that they would be armed with the knowledge that these seemingly harmless choices, could have detrimental effects on their health.

I can see this happening right in front of my eyes - my sister is addicted to carbs and sugar. She is the sole carer of her aged husband with Parkinsons' and her 'excuse' for turning to these deadly foods is, that she is 'stressed' and they are comfort foods. She is intelligent, and is well aware of her actions, but cannot stop herself, nevertheless. As a result, she has three blocked arteries and recently had stents put in, but this has not deterred her from her addictive behaviour! I am sure there are lots of people out there who can relate to this. I have tried warning her of the consequences of her actions, to no avail!

The key to a healthy and happy Australia is awareness and education about nutritional food and dangers of junk/ultra processed food - providing the public with all the information, and giving them the opportunity to choose between a living a healthy life or one riddled with ill health.

My three adult daughters do not approve of my low-carb lifestyle - they say it is weird and bordering on a cult! Our family gatherings are strained, as they are **still** eating the Standard Aust Diet (SAD)!!!! I hopeful that govt authorities implement the necessary changes soon, so that the benefits of a low-carb lifestyle will become the norm, and that it will trickle down to the young, as well as the not so young, and hopefully, they will adopt, enabling them to enjoy good physical and mental health.

Junk food, ultra processed food, ingredients in food packing that do not sound like food at all are not fit for human consumption, yet they are readily available in groceries stores etc. Money that is saved on unhealthy snacks and junk food can be spent on real food with real ingredients.

Currently, low-carb food options at restaurants and cafes are limited, so I am compelled to eat mostly home cooked meals. Even if they do offer them, prices are inflated. They should be encouraged to offer wholesome, low-carb food, at affordable prices, thus enabling customers to make healthier choices, without blowing up their budget.

It is indeed regrettable, that Diabetes Australia continues to provide misinformation on their web site, which is dangerous and damaging, to say the least. They recommend foods that hinder, rather than help manage diabetes. They promote sugar and high carb foods, which are well known, among the experts in low-carb/keto, to be detrimental to diabetics, and could also lead to pre-diabetes.

Please refer to link below -
<https://www.diabetesaustralia.com.au/living-with-diabetes/healthy-eating/> and links on page.

A sugar tax should be seriously considered as soon as possible, to stop Australians getting fatter and unhealthier!

After all the time and effort I have put into this submission, it is my fervent hope that my voice would be heard, and that positive changes would be implemented in my lifetime, impacting future generations.