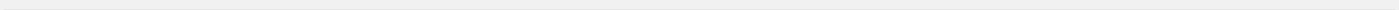


# #WholeNZ

Reversing Type 2  
Diabetes with  
#WholeFood





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**Reversing Type 2  
Diabetes with  
#WholeFood**



# GREETINGS FROM THE FRONT LINE

GET TO KNOW THE PASSIONATE MINDS BEHIND OUR RESEARCH

Kia ora, and welcome to our first #WholeNZ newsletter. Thank you for joining our collective and being part of the journey to help improve healthcare in NZ's primary care setting. We all have a common interest in lifestyle medicine especially advocating for a whole food diet in terms of reversing Type 2 diabetes.

Before you scroll through our content, I want to outline and update on our four key goals of #WholeNZ identified at the #WholeNZ hui in February 2024.

## 1. Build a network of like-minded professionals who want to help.

We have a good base of personnel- and you are part of it. Now you can officially read about and join the collective on our website: <https://www.wholenz.org/the-collective>

**Action:** Please spread the word to others you think may be interested.

## 2. Develop an online presence

Our website is growing and developing. [www.wholenz.org](http://www.wholenz.org). Check out our progress. We feature events (past and upcoming), resources, and details about our Reverse Type 2 Diabetes research in primary care.

**Action:** To develop our social media presence as a #WholeNZ collective. If you have ideas or want to help, please get in touch. [wholenz@aut.ac.nz](mailto:wholenz@aut.ac.nz)

## 3. Resources

We are building a resource hub on our website, with accessible resources for health practitioners and community, from recipes to published research and everything inbetween. <https://www.wholenz.org/resources>

**Action:** If you have examples of good resources to profile on the hub, please get in touch [wholenz@aut.ac.nz](mailto:wholenz@aut.ac.nz)

## 4. Agency collaborations

Collaboration with diabetes / dietetic -related national bodies is important. Ultimately, our goal is for the national nutrition guidelines for T2D to at least acknowledge therapeutic carbohydrate reduction as a valuable dietary approach, like other countries are doing.

**Action:** Timing, strategy and connections are everything; suffice to say, this is a work in progress.



#WholeNZ



# GREETINGS FROM THE FRONT LINE

GET TO KNOW THE PASSIONATE MINDS BEHIND OUR RESEARCH

Finally, I want to introduce you to our #WholeNZ team. Our founders include a group of AUT academics: myself, (A / Prof Caryn Zinn); Prof Grant Schofield and Dr Catherine Crofts, and NZ clinicians Dr Lily Fraser, Dr Glen Davies, Dr Marcus Hawkins and Dr Olivia Currie (with Dr David Unwin, renown UK GP, as adviser). This team is driving a 3-year HRC-funded AUT research project aiming at Reversing Type 2 Diabetes in primary care using a three-pronged approach:

- 1. A whole food dietary approach targeting reducing overall glycaemic load**
- 2. A health-coach approach for behaviour change to help sustain patient outcomes**
- 3. Culturally responsive support initiatives tailored to the local needs of the community**

On behalf of the #WholeNZ team, I hope that you enjoy our first newsletter.

*Caryn*



#WholeNZ



# MEET THE TEAM



## **CARYN ZINN**

**Dietitian, AUT Co-director of SPRINZ, HRC Reversing T2D research project lead**

AUT Associate Professor Caryn Zinn, nutrition academic and Registered Dietitian is the lead investigator for the HRC funded three year implementation science research project aiming at changing the way healthcare is delivered to people with prediabetes and T2D in primary care in NZ.



## **GRANT SCHOFIELD**

**AUT Professor of Public Health and Director of the Human Potential Centre, PREKURE Chief Science Officer**

Professor Grant Schofield, Professor of Public Health at AUT and Director of the University's Human Potential Centre, is an experienced scholar and forward-thinking leader in the field of health. With an extensive career that spans academia, government advisory roles, co-authoring best-selling books, and his current position as Chief Science Officer for the prevention-focused, social enterprise, PREKURE.



## **MARCUS HAWKINS**

**Solo General Practitioner**

Dr Marcus Hawkins is a solo GP at Botany Doctor Medical Practice, Auckland; and a Royal NZ College of GPs Fellow (RNZCGPF). His GP clinic was awarded the top performing practice (Gold) at the East Health Trust Clinic Excellence Awards in 2014 and he was the winner of the Best Practice Procure Quality Awards in 2011.



## **LILY FRASER**

**Clinical Director & General Practitioner**

Dr Lily Fraser is the Clinical Director and GP at two clinics, Turuki Healthcare in Auckland where she is the Clinical Lead for the Māngere Locality, as well as Te Kāika, a kaupapa Māori organisation in Dunedin. She is a Royal NZ College of GPs Fellow (RNZCGPF) and has a Diploma in Child Health. She won the GP of the year runner-up in the Primary Health Care Awards, in 2021. Dr Fraser is a named investigator on our Reverse Type 2 Diabetes NZ HRC research project.

# MEET THE TEAM



**OLIVIA CURRIE**  
**Lifestyle medicine & Family Doctor**

Dr Olivia Currie is a lifestyle medicine and family doctor at RealHealthy Me, and Health and Sport Central in Canterbury. She is a Royal NZ College of GPs Fellow (RNZCGPF), and has a Post Graduate Diploma in Child Health and General Practice. Dr Currie is the Clinical Lead for the Lead Programme at Pegasus Health and a Senior Clinical Lecturer with the Department of General Practice at the University of Otago. Dr Currie is a named investigator on our Reverse Type 2 Diabetes NZ HRC research project



**GLEN DAVIES**  
**General Practitioner of the year**

Dr Glen Davies is a GP at Reversal NZ, Taupō and is a Board member of the Australian Society of Lifestyle Medicine (ASLM), Faculty member of PreKure, and founder of RT2D Taupō. Dr Davies won the PHO Pinnacle Health awarded “programme of the year” in 2019, and was the GP of the year winner in Primary Health Care Awards in 2021. Dr Davies is a named investigator on our Reverse Type 2 Diabetes NZ HRC research project.



**CATHERINE CROFTS**  
**AUT Senior Lecturer, Co-Director of BioDesign Lab & Registered Pharmacist**

Dr Catherine Crofts is an AUT Senior Lecturer, and is the Co-Director of the BioDesign Lab (AUT), and a NZ Registered Pharmacist. Dr Crofts is an Emerging researcher in the field of hyperinsulinaemia and autonomic dysfunction with a focus on early diagnosis and management using lifestyle strategies. Dr Crofts is a named investigator on our Reverse Type 2 Diabetes NZ HRC research project.

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Meet the team here <https://www.wholenz.org/meet-the-team> and read more about the research <https://www.wholenz.org/research-project> To join, please make contact [wholeNZ@aut.ac.nz](mailto:wholeNZ@aut.ac.nz)

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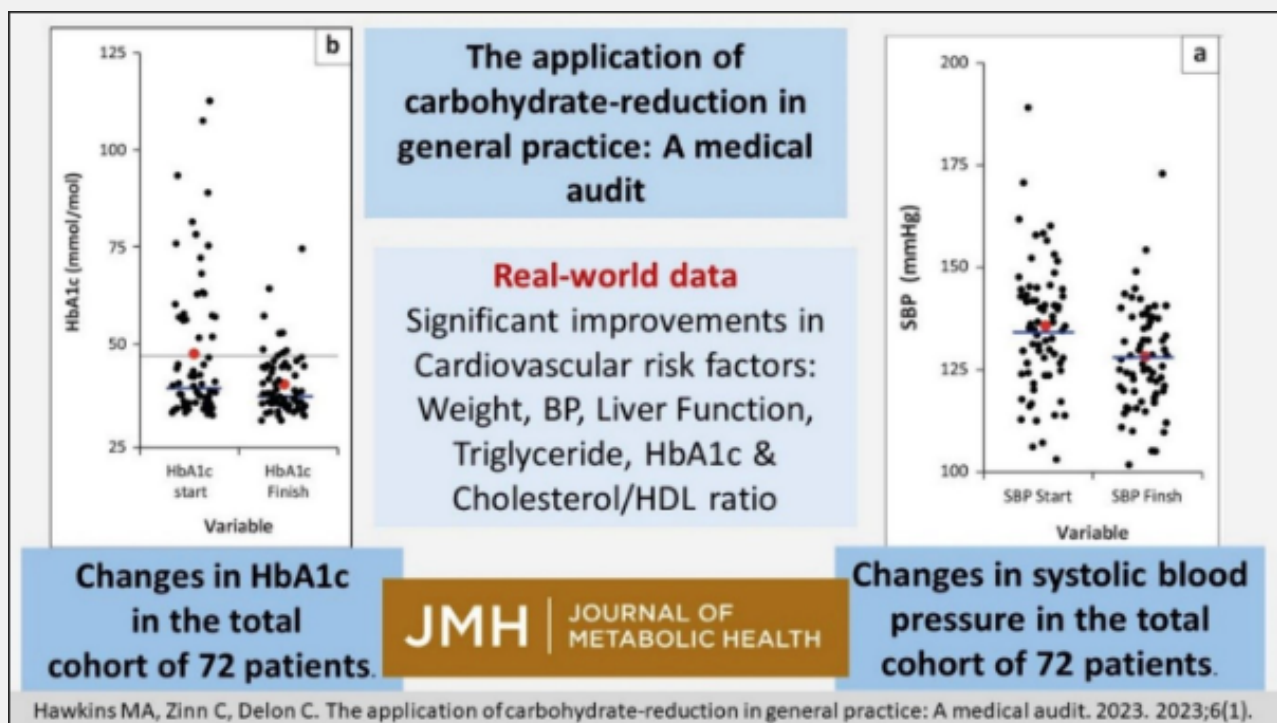
# CUTTING EDGE RESEARCH INSIGHTS

DIVE INTO THE LATEST FINDINGS AND BREAKTHROUGHS

## THE APPLICATION OF CARBOHYDRATE- REDUCTION IN A GENERAL PRACTICE: A MEDICAL AUDIT

**Authors: Hawkins, Zinn, Delon**

Summary: The application of carbohydrate-reduction in general practice, describes an audit of therapeutic carbohydrate reduction in an Auckland general practice. Improvements were seen in all the following conditions – prediabetes, type 2 diabetes, high blood pressure, non-alcoholic fatty liver disease, polycystic ovarian syndrome and migraine. Of significance is the fact that these results align with published literature. This supports further work involving any health professional with an interest in health coaching for the management of conditions that are the result of insulin resistance, such as prediabetes & and type 2 diabetes.



Conclusion: Effective management of prediabetes using therapeutic carbohydrate reduction might represent the biggest 'bang for buck' with a potential reduction in weight and prevention of diseases related to insulin resistance.

Reference: <https://doi.org/10.4102/jmh.v6i1.86>

# CUTTING EDGE RESEARCH INSIGHTS

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### **Caryn's Commentary:**

The significance of this study lies not only in the improvements observed but in the publication of these results in a peer reviewed journal. Publishing patient outcomes is a critical component in the progression of medical science. By systematically monitoring and evaluating patient outcomes by undertaking rigorous clinical audits, healthcare providers can demonstrate the efficacy of their practice (in this case therapeutic carbohydrate reduction) in a tangible and validated manner. This is crucial because it not only helps in refining patient care strategies but also contributes to the broader scientific community by providing evidence-based approaches to managing conditions associated with insulin resistance. Documenting these findings in a formal publication not only validates the practitioner's success but also sets the stage for future research and practice guidelines, benefiting the wider medical community and ultimately the patients. I look forward to more of these audit-based published papers reflecting real-world outcomes.





# WAHINE TAKES CONTROL

A SUCCESS STORY

## WAHINE TAKES CONTROL OF HER HEALTH AND EMBRACES MOTHERHOOD

This is the story of a remarkable wahine (woman) who, through dedication, cultural connection, and a supportive healthcare team, achieved significant health improvements and prepared for a healthy pregnancy.

### Facing Challenges Head-On

Diagnosed with type 2 diabetes (T2D), our patient, a 31-year-Māori woman, knew she needed to make changes. Prior to engaging with a lifestyle health coach, she openly admitted her T2D management had lapsed. However, a strong desire for a positive change fuelled her commitment. She wasn't alone in this journey; her partner joined her, creating a strong whanau (family) support system.

### A Collaborative Approach

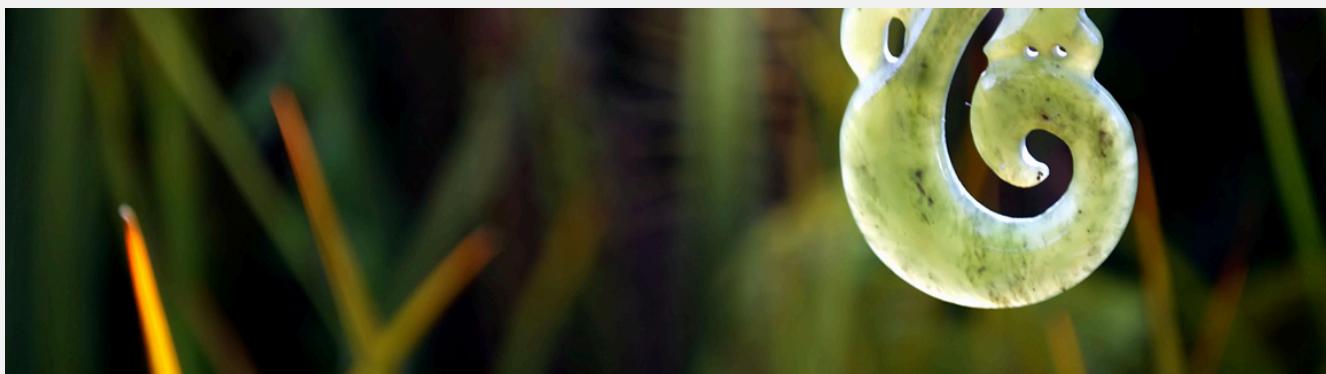
A comprehensive approach addressed various aspects of her health. She embraced:

- 1:1 Lifestyle Health Coaching: Provided guidance and support for sustainable lifestyle changes.
- Low Carb Cooking Classes: Practical skills for healthy Wholefood meal preparation.
- Low Carb Healthy Whanau Facebook Group Support: A virtual community for encouragement and shared experiences.
- GP Follow ups: Regular monitoring and medication adjustments.

### The Results Speak for Themselves

The dedication paid off! From December 2023 to March 2024, her health transformed:

- Blood pressure significantly improved (164/109 down to 131/94).
- HbA1c, a key indicator of blood sugar control, dropped dramatically (107 mmol/mol to a much healthier 41 mmol/mol). That's a massive 66mmol/mol reduction.



# WAHINE TAKES CONTROL

## A SUCCESS STORY

### More Than Numbers: Preparing for Whanaungatanga (Family Creation)

Beyond these impressive numbers, her goals extended to whanaungatanga.

#### She desired to:

- Reverse T2D
- Reconnect with whānau
- Improve exercise and nutrition
- Reduce medications
- Manage stress
- Prepare for a healthy pregnancy

With the support system in place, a comprehensive plan for pregnancy management was established. The low-carb approach and ongoing health coaching significantly improved her nutrition. Regular blood sugar monitoring ensured optimal control. Overall well-being significantly improved.

### Facing Pregnancy with Confidence

This journey wasn't without challenges. Birthing centre rejections, communication hurdles, and financial limitations highlighted the need for a holistic approach. Turuki healthcare's collaborative efforts, open communication, and addressing emotional and logistical concerns were crucial.

### A Bright Future Beckons

As her due date (April 29th, 2024) approached, she remained committed to her well-being. Whānau feedback confirmed her dedication. She prioritised minimising carb intake and maximising rest. This wahine story exemplifies the power of a supportive healthcare team, cultural connection, and unwavering self-belief. She embraces motherhood with a renewed sense of wholeness, inspiring us all.





# IN THE LOOP...

STAY UPDATED WITH THE LATEST NEWS AND EVENTS

## #WholeNZ Charitable Trust

The February #WholeNZ Hui was inspirational and identified the priorities for success. It is clear that having a strong and co-ordinated group to shape and implement our agenda is key. Dr David Unwin gave us a clear plan, based on his success in changing diabetes management in the UK.

One of these priorities was to set up a Charitable Trust, which can have a variety of uses, but especially be the gatekeeper of accessible resources and direct the donated funds towards relevant activities which align with our key goals.

Great news, we now have the WholeNZ Charitable Trust up and running. And now we will seek input from you on making sure we hold and provide the right resources that will enable all NZ'ers to improve their health in conjunction with clinicians and coaches.

Our next step will be to keep the website relevant and live so it can be a public resource for widespread use and also to identify the most effective ways to get stakeholders involved in helping the Trust succeed and ensuring we have the funds to help accelerate health improvements for all individuals and communities across Aotearoa.

**Dr Glen Davies**

## #WholeNZ Event Highlights

Check out the event recap of the #WholeNZ hui below



# IN THE LOOP...

STAY UPDATED WITH THE LATEST NEWS AND EVENTS

## Training spotlight: Canterbury

Canterbury Training- We will be delivering our first information / training sessions for our research project on reversing T2D in Christchurch on Tuesday, June 4th, with two informative sessions. First, the health coaches and practice nurses' session will take place during the day. Then, that evening, we present to doctors, nurse practitioners and nurse prescribers. For more information about this event and our research project please visit the link: <https://www.wholenz.org/research-project>

## Training spotlight: Prevention is Cure - On Tour: Tauranga

Wednesday 29th May, Tauranga

Join PREKURE for an exclusive evening featuring world-leading thought leaders spearheading the preventative healthcare revolution. Come and connect with the future of medicine community for an entertaining and eye-opening seminar and discover...

- - The very latest evidence-based science and practice in preventative lifestyle medicine.
- - Practical tools to empower better health outcomes.
- - The power of professional health coaching in practice.

[Register here](#)

## Across the ditch: News from our Aussie neighbours

Read about what our Aussie neighbours are up to in this article titled 'Diabetes Australia kicks off partnership with Defeat Diabetes'

<https://www.diabetesaustralia.com.au/mediarelease/diabetes-australia-partnership-defeat-diabetes/>

This is inspirational; and it is our duty to catch up and seek and pursue these collaborations in Aotearoa, New Zealand.



## Smoked Fish Pie

*This recipe will soon be a family favourite. Although there's quite a bit of prep, you can break this up by making the cauliflower mash earlier when you have more time. Or make the whole dish on a day that is less busy. We like to serve this with a side salad (pages 158–187 of the What The Fat Recipe Book).*

Serves	5–6	Per serve	
Prep time	25 minutes	Carbs	9.8 g
Cook time	1 hour	Protein	47.1 g
Difficulty	●●●	Fat	37.6 g
		Energy	571 Cal

### INGREDIENTS

#### For the mash:

1 cauliflower, cut into florets (or use a bag of cauli pearls)  
3 tbsp butter  
1 egg yolk

#### For the filling:

1 leek  
600g smoked fish (e.g. kahawai)  
1 tbsp oil or butter  
1 tsp cornflour  
2 tsp Dijon mustard  
1 cup chicken stock  
2 cups frozen peas  
1 cup sour cream  
¼ cup chopped soft herbs (parsley, chives and dill are perfect)

#### To finish: 2 cups grated cheese

### METHOD

Pre-heat the oven to 200°C fan (220°C regular). Have a baking dish (about 25 cm x 25 cm) ready.

Bring a very small amount of water to the boil in a large frying pan. Add a pinch of salt and the cauliflower florets, cover and steam for 8–10 minutes until tender. (If using cauli pearls, follow the instructions on the packet.) Drain off any water and transfer the cauliflower to a food processor or blender. Add the butter and egg and blend until smooth. Season to taste with salt and freshly ground black pepper.

While the cauliflower cooks, prepare the filling. Thinly slice the leek, wash it thoroughly and drain well. Cut the fish into bite-sized pieces.

Heat the oil or butter in a large frying pan over a medium-high heat. Add the leek and cook for 3–4 minutes, stirring occasionally, until soft. Add the fish, cornflour, mustard and stock, stir well to mix and bring up to the boil. Simmer for 1 minute until the cornflour has thickened the sauce slightly.

Add the peas, sour cream and herbs to the pan and stir through. Transfer to the baking dish and smooth out evenly.

When the cauli mash is ready, carefully spoon it on top of the filling, starting from the edges and working your way into the centre. Sprinkle a generous amount of cheese over the top of the pie and bake for 10–12 minutes, until the cheese is nice and golden.

If serving with a salad, make that now.

To serve, scoop generous spoonfuls into bowls and serve straight away, along with your side salad if you wish.







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#WholeNZ

# Reversing Type 2 Diabetes with #WholeFood

Thank you for joining us, we hope you enjoyed our first newsletter.



#WholeNZ

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