



Our group is run by Jane Rose-Land, a nutritionist in Norfolk (her personal website is – www.nutritioninnorfolk.co.uk)

Following Dr David Unwin and Dr Jen Unwin's protocols to provide an enjoyable, easy to follow, low carbohydrate way of eating.

Low Carb Diabetic Group

Did you know that changing the way you eat can send your Diabetes into remission?

You can change your diabetes without increasing your medication and often medication can be reduced, as can all the health risks associated with Diabetes. There is a healthier way forward...Consistently lowered blood sugars, more energy, weight loss (if required) or better weight management (if weight gain is required) and better health are all achievable.

If you would like to express interest, please email – Siobhan.Kavanagh4@nhs.net or let the reception team know. We will then be in contact with you as soon as possible.

Patients from the last group stated that the recipes were useful giving them ideas to look at ingredients in a new way. They stated that they were also encouraged by the weight loss, which has motivated them to carry on after the course. One stated they wish they had this information when first diagnosed and not feeling left to get on with it.

Swaffham and Downham Market venue, time and dates will be confirmed when we engage before the group starts.