

Type 1 insulin Optimisation Across All Roots of Health Syllabus

The syllabus for this course is based on the content of a course that Dr Ian Lake has developed for healthcare professionals.

It is our firm belief that with long-term conditions like type 1 diabetes, the person with that condition should have access to the highest level of knowledge so that they can apply what they need in their daily practice. Our aim is to teach you the relevant modules of the healthcare professional's programme to bring you up to clinical standards for knowledge. Believe us when we say it is indeed possible. And not difficult or beyond anyone. Read on.

Because you already have type 1 diabetes, you will be pleasantly surprised to learn that many elements of the dietary part of the course are based on ways of using insulin that you will be familiar with. We will use that knowledge and build on it to tell you how it can be adapted for a ketogenic diet.

In addition, you will learn how insulin is fundamental to energy metabolism. We will use the rest of the course to focus on those roots of health that involve knowledgeable management of insulin.

By the end of this course, your insulin balance sheet will be able to estimate food, physical activity, stress responses and sleep.

You will have ample time for relaxation, informal chat and to enjoy the special atmosphere that is Combe Grove.

This is what we are planning to teach. There might be more than one module for each topic.

Ketogenic diets, the terminology. What defines a keto diet, and how it differs from a conventional diet.

Macronutrient metabolism. How does the body manage fat, carbohydrates, and protein? The problems of over fuelling.

Basic metabolic biochemistry. Cell biology, energy pathways, Insulins' role in energy management.

Synthetic Insulin. How does it differ from natural insulin? How to work with synthetic insulin.

The numbers and equations. A revision of macronutrient counting and insulin estimation which you will have been taught at diagnosis. We will teach you the calculations you need to use insulin confidently. There are only three!

What to eat. Navigation the real world; food labels menus.

How to transition to a ketogenic diet. How to approach transition, speed of transition, special circumstances, and dealing with issues that might arise.

What do your numbers mean? What are normal values for all of those investigations, and what do the tests measure? And why we do them. Kidney function, inflammation, reading a retinal report, heart risk, etc. What are the desirable tests for monitoring type 1 diabetes?

Physical activity; Assessing management of type 1 diabetes for different grades of physical activity.

Practical exercises, fasting, insulin management. We will arrange a morning fasting walk for those who want to.

Mental Health and type 1 diabetes What are the factors in type 1 that increase mental stress? What can we do to reduce this burden?

Sleep. How our bodies prepare for sleep, and how to manage our day to get healthy sleep.