

Dear Sir or Madam,

I am writing this submission for the Inquiry into the obesity epidemic . I note that submission Number 9 has already made a number of points, each of which I fully endorse and so I will not repeat them here.

I am myself a T2 diabetic. For many years I followed a " Whole Foods Plant Based " diet - i.e. with an emphasis on fresh vegetables, fruit, lean meat & fish and " healthy whole grains". I thus followed a low fat, (and therefore High Carbohydrate diet) . In August 2016 I was diagnosed with T2 diabetes with an Hba1C of 10.3%. I was fortunate that on that same day I also found a randomised control trial (1) which told me:

- a) I could control my severe diabetes with severe carbohydrate restriction
- ,b) that saturated fats were not the enemy and
- c) that losing weight per se was not necessary to recover metabolic health

I duly followed the results of the best performing person in that study (11%) carbs with unlimited saturated fat, what is now characterised as a Low Carb High Fat (LCHF) diet, sometimes I am in the ketogenic range, sometimes not. I do not eat Sugar, Grains, Starchy carbohydrates or anything made with Seed Oils .

I duly recovered my health (Hba1C now 5.3%) I have as a side effect of that also lost substantial weight though I still remain technically obese, all of my health profile markers (across a range of 51 measures) are now at optimal levels -heart, liver, lung, kidneys and lipid profile.

I am one amongst thousands of people who have followed the same process. Their success stories can be found at (2).

As a result of my personal experiences I knew that the results of Virta Health were likely to indicate the very same beneficial effect and sure enough they do. (3)

Contract these results with the truly tiny results of the much vaunted vegetarian whole food plant based approach to diabetes. My own results are 30x better than those reported here (4)

What Went Wrong

During the latter half of the 20th century epidemiology took off dramatically as a means of identifying what is a healthy diet. I believe that all of that research is flawed , not only because it failed to properly categorise foods , but also because its identification of significance led to many erroneous conclusions.

I have already been published on that subject in the British Medical Journal (5) So I will not repeat those comments here.

Instead I would like to posit "why" we could have made this mistake on such a massive scale.

In the early 20th century , industry first developed industrial seed oils . These oils are new, and have increased 1,000 fold since that time .(6)

These oils are uniquely fattening . Indeed when first introduced their advantage was proclaimed to be an " extraordinary ability to put weight on " as much as 10 to 20 lbs easily. "Wateon" was marketed as a product to do precisely that, further details can be found here. (7)

Unfortunately it is now becoming clear that PUFA Om6 specifically from seed oils, is also primary driver of inflammation and hormonal disregulation. (8)

By the time that epidemiology was undertaking its surveys , these seed oils had already spread across the globe, so that studies could never really see any differences between populations that had high or low quantities of them and as such they have never been isolated as a cause of the problem.

During the 1960's there was a great deal of effort undertaken to consider the causes of heart attacks, these focused on saturated fat, largely it now seems because of the tremendous influence of the food industry on research at that time and in particular the focus on making sure that sugar itself was not demonised.

These two things came together in the early 1970's with the first pronouncements in the US that meat - food which has nourished us for generations, was now " bad for us" and saturated fat was thus to be avoided at all costs. Natural foods contain all types of fat, thus it was never sensible to try to single out a specific element of fat in the guidelines . In 1976 the sales of red meat in America fell off a cliff, full fat milk was replaced by skimmed milk. Processed foods were created at the behest of governments wedded to the low fat, low saturated fat thesis. These products which are effectively either vegetable based, or reclaimed animal products, wrapped in refined flours and cooked in seed oils gradually took over our food supply.

Gabor Erdosi elucidates very well in his you tube talk, the effect of refining foods (9) , and of combining carbohydrates and fats in the same product on human metabolism.

You will have seen numerous charts showing the rapid growth in obesity following the introduction of low fat guidelines. But look carefully at what happened to childhood obesity , a massive increase in 1976 almost from the moment that parents were advised that red meat and saturated fat was to be avoided and replaced with vegetable oils and carbohydrates. I know this happened I was there at the time. (10), (11)

Children today, via " approved heart healthy products" are basically being fed the equivalent of the rat chow specifically used by scientists to create obesity . Low in saturated fat, low or no protein, high in carbohydrate and cooked in inflammatory seed oils. (12)

Governments, including the Australian government have made this problem worse. The promotion of Breakfast clubs sponsored by Kelloggs , ensures that children are fed an early breakfast low in protein, high in carbohydrates which will likely set them up for a day of roller coaster blood sugars / insulin and increasing hunger, all assuaged by yet more carbohydrates and insufficient protein (13)

The carbohydrate/ insulin model of obesity is explained By Dr Ludwig here (14)

Governments continue to view Obesity as a contributor to other diseases. I do not think this is correct.

Obesity is a RESULT of hormonal disregulation. That disregulation was set in train by the growth in seed oils combined with refined carbohydrates which caused the growth in obesity over the 20th century and exploded when governments then focused on increasing the supply of carbohydrates , vilified saturated fats and set in train the growth of refined carbohydrate heavy products cooked in seed oils.

There is ample evidence that modern chronic disease of all kinds, including obesity, many cancers, heart disease, stroke, fatty liver disease, kidney malfunctions, and Alzheimer's (15) are ALL a result of this gigantic misstep taken with the best of intentions but with dire results.

Action

I support all of the action point set out in submission Number 9. However I also believe that as a matter of urgency all governments worldwide need to reconsider the role of seed oils in the human diet.

I am particularly concerned that with the continued vilification of saturated fat, and the increasing emphasis on removing sugar, taste needs to be created from something. At present it is all too likely that unless the effect of these seed oils are understood and if the above is confirmed and taken from the food supply, then the present course of action with even more of these seed oils included in foods to replace sugar will be calamitous to human health .

Amanda Atkins

References

(1) <https://nutritionandmetabolism.biomedcentral.com/articles/10.1186/1743-7075-6-21>

(2) <https://www.diabetes.co.uk/forum/category/success-stories-and-testimonials.43/>

- (3) <https://www.virtahealth.com/research> (Ketogenic diets impact on both diabetes and other health markers)
- (4) <https://www.sciencedirect.com/science/article/pii/S0261561418302206> (Vegetarianism minimal impact on diabetes.)
- (5) <https://www.bmj.com/content/360/bmj.k822/rapid-responses> (Amanda Atkins on epidemiology)
- (6) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3076650/> (Om 3 Om 6 consumption 20th century)
- (7) <http://www.lchf-rd.com/2018/06/26/evidence-that-refined-carbohydrate-with-vegetable-oils-cause-weight-gain/> (Joy Y Kiddie Rd on Nutrition)
- (8) <http://yelling-stop.blogspot.com/2018/06/whats-worsecarbs-or-seed-oils.html> (Tucker Goodrich)
- (9) <https://www.youtube.com/watch?v=8rcfvRGZsDs> (Gabor Erdosi Molecular Biologist) on starch and processed food)
- (10) <https://www.bariatric-surgery-source.com/child-obesity-statistics.html>
- (11) http://inventorspot.com/articles/geographical_obesity_trends_where_fat_kids_live_41328
- (12) https://www.amazon.com.au/Gerber-Graduates-Crunchies-1-48-Ounce-Canisters/dp/B00YEJ2X08/ref=sr_1_1?ie=UTF8&qid=1530611778&sr=8-1&keywords=gerbers+crunchies
(an example of obsogenic food equivalent to obsogenic rat chow)
- (13) https://www.kelloggs.com.au/en_AU/open-for-breakfast/break-fasts-for-better-days.html
(starting the day with too much carbohydrate)
- (14) <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2686146> David Ludwig on carbohydrate/ insulin model
- (15) <https://www.drperlmutter.com/eating-fat-fighting-alzheimers/>