



<https://lowcarbfreshwell.com/>

Dear Clinician

Re: Support for your patient taking part in the Freshwell Low Carb Programme

We appreciate your help in providing support and monitoring whilst your patient makes dietary and lifestyle changes to improve their health on the Freshwell Low Carb programme.

You will likely be aware that the dietary guidance on the programme differs from a standard low-fat approach. The Freshwell Low Carb Programme emphasises natural fats in place of refined carbs and processed foods.

The programme has seen participants achieve significant improvements in lipid profiles and other markers through a low carb approach focused on real, unprocessed foods. See also:

[What predicts drug-free type 2 diabetes remission? Insights from an 8-year general practice service evaluation of a lower carbohydrate diet with weight loss | BMJ Nutrition, Prevention & Health](#)

For patients who have chosen to take part in the programme, we hope you can respect their decision to adopt a different approach that has improved outcomes for many. It can be very confusing for patients to be advised to reduce their saturated fat and red meat intake whilst trying to follow a low carb approach, and this in turn may hamper their possible success. If you or your patient have concerns about potential impacts of natural fats to their lipid profile, we suggest considering a repeat lipid test after 12 weeks on the diet to see results first-hand.

Please feel free to contact us at kim.andrews@nhs.net, davidoliver1@nhs.net or <https://lowcarbfreshwell.com/contact/> if you have any queries about your patient following a low carbohydrate eating plan.

For more general information see: [Professionals - Freshwell Low Carb Project \(lowcarbfreshwell.com\)](#) (note that the Colne Valley PCN also offers a pharmacy led deprescribing service for patients with type 2 diabetes alongside the Freshwell Low Carb Programme).

Yours Sincerely

Two handwritten signatures in black ink. The first signature is "Andrews" and the second is "Oliver".

Dr Kim Andrews and Dr David Oliver
Freshwell Low Carb Project
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