

My Journey with T2 Diabetes By Bevan Bruse

WITH SINCERE THANKS TO JAMES MUECKE, RACHELLE MARTIN AND THE SUPPORT OF MY WIFE JILL BRUSE AND THE BRUSE FAMILY.

My journey is an interesting journey that actually bought me from being a T2 diabetic, insulin dependent diabetic and on three other tablets to now being free of tablets and insulin and I have a better health and life.

On the 22nd of March 2021 I attended James Meucke's surgery, Adelaide Eye & Retina Centre, where I had been having, for numerous years, eye injections to keep my sight right.

James Meucke suggested to me that I should consider a diet plan that may eliminate diabetes from my life.

My first reaction was that I had been insulin dependent for five years and on the tablets for about 10 years and it just seemed to get progressively worse and I was at a weight of 90kgs, which was an overweight person for my height and age.

22nd of March 2021 was just a week before Easter. James, he said he would send me an email telling me who I could speak to and a little about what his suggestion was.

James emailed me on the Thursday, just before Easter, and I ran out and booked in to Rachelle Martin at Unley Park Specialist Centre as she was the recommendation from James to speak to about getting on the Keto diet to assist me to eliminate some of the diabetes tablets that I was on, through getting on to the right food and weight loss.

James was very keen for me to do this and spoke to me on a couple of occasions about it during that period. Easter break I read the books about Keto and my wife Jill did a lot of research about it and decided we would both go on Keto diet plan, Jill did it for me, she is not overweight but just wanted me to do something POSITIVE ABOUT MY HEALTH. We started this before going to Rachelle Martin and I happened to lose 10kgs before I saw to her as it is very difficult to get into her as she is busy, as you can imagine James has been recommending her to many patients and she now has quite a portfolio of diabetes patients.

On attending Rachelle Martins practice I realised that I was probably only partly on Keto, not full on Keto and I did need to adjust most of my thinking, but I had also managed to pull 10kgs off so I was quite proud of myself. My Diabetes sugar levels had decreased some what and I was feeling good.

The journey with Rachelle Martins continued for quite a few months and I just dropped more weight and my sugar readings fell to a good level of around 5.6 and I know that I had been up as high as 12 at certain times prior to this.

MY WHOLE LIFE CHANGED FOR THE BETTER. I HAD HOPE FOR A GREAT FUTURE.

I certainly believe that the answer TO DIABETES IS KETO and I have no hesitation in stating that weight loss, the right food, the right drinks, really is not all that hard once you start. IT IS THE RIGHT WAY TO ELIMINATE DIABETES and in return A BETTER LIFE.

I did go through some low periods where I felt that I needed to give up, in fact I did actually drop as low as 64.5kgs and that was obviously really too low, people were coming up to me and saying that what did I have wrong with me, many people when I had mentioned that I had been diabetic but now off all insulin and tablets had said well "ISN'T EVERYBODY DIABETIC" that made me think what can I do about this.

That seems to be a pretty common comment from many people and I strongly believe that we need to get this word out to the diabetes public that there is another way, it is not just another tablet, it is not just another insulin needle, it is just get the right diet plan and stick to it. Not everybody can do this I know as I speak to many who just think it is too hard. So, I say you can bring the horse to the water but you cannot make him or her drink it. BUT WE CAN TRY.

I am told 10% of the world has some form of diabetes so I guess if this was helpful it would be great.

LETS GIVE HOPE TO THE PEOPLE WHO NEED HOPE AND A GOOD LIFE.

I attended numerous doctors during my period of being with diabetes, and not to mention any particular names but the specialist that I was seeing really did not want to see me again, did not want to know what I was doing, had no intentions

of really wanting to talk about it. My own GP could not believe what I was doing and said I should just listen to the doctors; I know he now believes that this diet plan worked.

I also now suffer from some long term situations that have occurred from diabetes which I can not really get to be much better than they are which is a real shame, these are kidney problems and minor blood pressure problems, but these problems I am hoping to be able to work with the medical team that I am dealing with now to try and stop some of the damage that has been done if possible.

THERE IS A LIGHT AT THE END OF THE TUNNEL WITH REGARD TO GETTING OFF OF DIABETES MEDICATION, I APPROVED IT, I KNOW IT IS RIGHT AND I KNOW I FEEL BETTER FOR IT.

I JUST WISHED I KNEW ABOUT THIS EARLIER.

I probably have been told by doctors over the years prior to taking on the Keto plan "to lose some weight", but it was not just losing weight it was eating the right food, not to just lose weight but to do less sugar intake. Etc etc

I BELIEVE IN THE KETO DIET PLAN, I know that we all get on these things and we do not always stick to them fully and I have done exactly that as well there are sometimes when I fall off the perch so to speak and just do some other things, because we all need an outlet, but it is actually a life plan pattern that we can go back to or use in accordance with how we feel about life at that point in time.

There is no doubt in my mind that there is a need for the public to know about not having to be on any medication for diabetes, it just needs to use the right food intake and get the right instructions from the right people (Rachelle Martin, Unley Park Specialist Centre)

I NOW ONLY HAVE EYE INJECTIONS EVERY 6 MONTHS. INSTEAD OF EVERY 4-6 WEEKS.

THIS ALSO PROVES THAT MY JOURNEY HAS BEEN WORTH WHILE.

I am ashamed to say that the diabetic society did not want to know about me when I went to see them, they thought that I was just a person that would take their job away if I got off of insulin and I got off of every other thing that I was buying from them. I had a conversation with one of the staff members and they felt that they would not have a job, if it was not for people with diabetes, I thought that was a poor way of handling this but I understand it because everybody needs a job. However, it is my job now to tell the public as much as I possibly can about this cure.

LIFE IS MORE THAN GOOD NOW. I AM AN OLDER PERSON STILL WORKING IN OUR FAMILY REAL ESTATE BUSINESS (BRUSE REAL ESTATE). I DO LOVE LIFE AND HAVE A WIFE JILL, 2 CHILDREN THEON AND SAFFRON, MY DAUGHTER IN LAW YUMIKO AND 3 AMAZING GRANDCHILDREN AVELINE, HIRO AND SOLA.

YES, A VERY BIG THANKS to James Muecke, without his amazing care and input into my life I would be not able to write this journey letter.

Bevan Bruse,