



The Accused

Some brave health care professionals who have stood up against the high carb, low fat diet for the health of their patients .

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Why fight for change?

I don't consider myself a soapbox preacher, and I firmly believe that people are able to make their own decisions as to what they are willing to expose themselves to. However, we live in a world of misinformation and fake news. In many cases we receive manipulated information to move a political or economic agenda. Which leaves me with the opinion that the systems which advise or regulate what we are told to eat, may not have our health as the primary outcome goal.

I am very thankful that there are people in this world who take up self sacrificing stances on what they know to be promoting inaccurate or unjust practices. Either professional or civil.

People like Lois Gibbs. This 1970s housewife and mother of two children with rare illnesses, lived in Niagara Falls, New York in a place now called the Love Canal. You may have heard of it... After learning that they lived next to 20,000 tons of toxic chemicals and that no organization existed to address this problem, Gibbs founded the Citizens Clearinghouse for Hazardous Waste, now known as the [Center for Health, Environment, & Justice](#). Thanks to her, more than [800 families were evacuated](#), and the cleanup of the Love Canal began. If it weren't for Gibbs, there would be no U.S. Environmental Protection Agency Superfund to clean toxic sites around the country.

I felt it appropriate to do a post on this topic now, because of the recent milestone decision to drop all charges against Gary Fettke by the AHPRA (Australian Health Practitioner's Regulation Agency). Dr. Fettke is an Orthopedic Surgeon in Australia who had become disillusioned with having to amputate limbs of type 2 diabetic patients, who could easily change their fate by adopting a LCHF (Low Carb, Healthy Fat) diet. Since 2011 Gary has been subjected to bullying and harassment and mobbing behaviour from within the Tasmanian Health System. All for giving healthy dietary recommendations to his patients.

On Oct 18th on his support website <https://isupportgary.com> it was announced... We are very excited, and relieved to be able to share the news that **AHPRA** (the Australian

Health Practitioner's Regulation Agency) **have dropped all charges against Gary** after 4 1/2 years of us insisting that he had done nothing wrong. No incident of patient harm nor patient complaint having been identified. Not only have they cleared Gary's name of any wrong-doing, they have even **apologised in writing!**

This announcement caused quite a stir. Take a look [here](#), [here](#), [here](#) and [here](#) :-)

AHPRA medical board

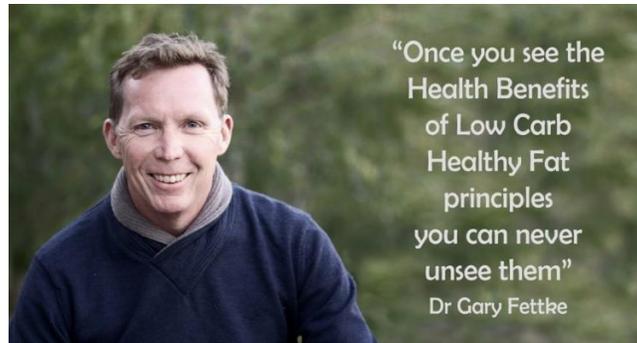
"I would like to take this opportunity to apologise for the errors that were made when dealing with this notification. We recognise that these errors are likely to have compounded any distress that you experienced as a result of being the subject of this investigation. We appreciate your cooperation and engagement through the complaint management process, and the reconsideration of the previous decision."

The National Health Practitioner Ombudsman and Privacy Commissioner has been reviewing [Gary's ruling and investigation process](#) since AHPRA were put on notice during the [Senate Inquiry in 2016](#). His case was referred to the board for reconsideration in June 2018. The outcome was supplied to us yesterday afternoon.

"The Board determined it is not sufficient to simply amend the previous decision. The Board therefore repealed the previous decision in its entirety and proceeded to reconsider the notification afresh. This decision is an exercise of the Board's power to correct errors in decision making under clause 23 of Schedule 7 of the National Law."

Further to all this, the wording of the document clearly implies that there is no harm in Gary, nor any other health professional in Australia, recommending Low Carb Healthy Fat principles...

*"Moreover, no significant risks to public safety have been identified that require a regulatory response under the National Law. In the case of each of the three issues considered, there is **no evidence of any actual harm** and **nor does the Board discern any particular risk to public health and safety moving forward**. For these reasons, the Board has decided to take no further regulatory action."*



Not only has [Gary has been a victim of bullying and harassment](#) in the workplace, punished for raising concerns about Quality Assurance and Patient Safety in regards to menus [sugary drinks and junk food in hospitals](#) and unfairly [targeted for 'Active Defence'](#) by the Cereal Industry (via the Dietitians Association of Australia), but his recommendations around [Low Carbohydrate Healthy Fat principles](#) have been ridiculed and 'claimed to be dangerous' by Associations and Regulatory Bodies with [ties to the Food](#) and [Pharmaceutical Industries!](#)

The continuing misinformation about [carbohydrates and Type 2 Diabetes](#) especially, and the repeated [#fakenews published about the harms of Low Carb Healthy Fat principles](#) have meant that individuals have been [denied access to the latest research](#) and support from health professionals around the world

The fight has not only included Gary but many Doctors and Dieticians around the globe have stood up and been sanctioned for their opinions related to LCHF living.

Other LCHF pioneers who have sacrificed

[Dr Annika Dahlqvist](#) (Sweden)



Dr Annika Dahlqvist, MD – the first LCHF pioneer

She ate low fat, high fiber food according to the dietary guidelines and she became fatter and sicker. She was yo-yo dieting all the time, she had fibromyalgia, her knees hurt and her stomach was in distress. When she was 55 years old she felt that her life was over.

Through research she realized the value in eating LCHF and adopted the diet personally with exceptional results.

According to Dr. Dahlqvist's website ([Ref.](#)) ... She tried the low carb, high fat diet on her patients with fantastic result; they lost weight, felt much better and could stop taking some drugs. She was very inspired by this and started to write articles, have presentations and she blogged about the LCHF lifestyle to spread the message "if you are obese, and/or have diabetes type 2 you should eat LCHF – real natural food".

She had a lot of opponents and in 2005 two dietitians reported her to the Swedish National Board of Health and Welfare. The answer took two years but in January 2008 the answer came:

"...low carb diets can today be seen as compatible with scientific evidence and best practice for weight reduction for patients with overweight or diabetes type 2, as a number of studies have shown effect in the short term and no evidence of harm has emerged..."

The Food Revolution had started! Dr Dahlqvist continues to promote the LCHF lifestyle, and that statin drugs often do more harm than good, for example on her blog <http://annikadahqvist.com/>. She wants to "save humanity" and she has already saved thousands of lives, but antagonists like Big Food and Big Pharma provide hard opposition.

[Professor Tim Noakes](#) (South Africa)



The Start of a Revolution

After coming across research which denounced current international dietary guidelines as fallacy, Prof Noakes started researching the effects of carbohydrates, proteins and fats on the human race.

After his research convinced him that a high fat, low carb diet is the healthiest option for many, Prof Noakes founded The Noakes Foundation in 2012.

After being left frustrated by a decline in his personal health, Prof Noakes has made it his mission to reverse this global trend. The Noakes Foundation is the catalyst for this change. It seeks to reveal what genuine healthy nutrition looks like and, in doing so, make a difference in the lives of millions of people.

In February 2014 Claire Julsing-Strydom, President of the Association for Dietetics in South Africa (ADSA), reported Noakes to the Health Professions Council of South Africa (HPCSA) for advising a mother on Twitter that she should wean her child onto low-carbohydrate high-fat foods, which he described as real foods. "By implication I was saying that the child should not be weaned onto the traditional high sugar, high carbohydrate processed cereals."^[18] In response to the complaint, the Professional Conduct Committee of the HPCSA, chaired by Advocate Joan Adams, set up a hearing into the allegation of unprofessional conduct against Noakes. The first session of the hearing took place from 23 to 30 November 2015. Noakes was cleared of misconduct on 21 April 2017.^{[25][26]}

The HPSCA filed an appeal on 2nd day of August 2017. ^[27] 8 June 2018 the appeal was dismissed in a unanimous ruling.^[28]

Jennifer Elliott (New Zealand dietitian)



FoodMed.net ([Ref.](#)) ... In 2014, Jennifer Elliott was quietly minding her own professional business. She had worked for Southern New South Wales Local Health District (LHD) for over 25 years. She also worked for Medicare Local for 10 years with unblemished service.

For more than 10 years, Elliott had recommended carbohydrate restriction to patients with type 2 diabetes (T2D) and insulin resistance (IR) with excellent results.

Out the blue in July, a DAA dietitian lodged a complaint against Elliott with the LHD. The dietitian alleged that Elliott gave low-carb advice to a patient that was “not evidence-based”. She later expanded the complaint to include a letter from the patient, who DAA described as “a disgruntled former patient”.

In late 2014, Elliott’s workplaces and DAA investigated the complaint. Elliott was confident all would vindicate her. After all, she did ongoing research into safe, effective diets for T2D. She had published a peer-reviewed paper in October 2014 on [facts and fallacies behind the diet-heart hypothesis](#) that saturated fat causes heart disease. As well, none of Elliott’s patients had ever complained. On the contrary, workplace Client Surveys showed overwhelming appreciation for her service. She also closely followed the latest guidelines from the American Diabetes Association, as is recommended practice for Australian dietitians.

In early 2015, Elliott received a directive from Southern New South Wales LHD that “nutritional advice to clients must not include a low-carbohydrate diet”. It also issued a memo to dietitians in the area instructing them to follow DAA guidelines from its “nutrition manual”

In May 2015, Elliott was stunned when DAA summarily expelled her for reasons that are still unclear. DAA added her name to its website list of expelled dietitians. Thereafter, her employers terminated her employment.

... That was just a snap shot of some of the pioneers and hero's who have been sanctioned for promoting LCHF dietary practices.

It is my hope and belief that the vindication and subsequent apology by *AHPRA medical board*, to Dr. Mark Fettke, will positively impact cases like Jennifer Elliott's.

We may be entering a new era of healthy, dietary recommendations, championed by the sacrifices of those who have stood up for a LCHF diet as a much healthier option than what has been pushed by governments and organizations throughout the world for far too long.

Living Aligned Health Coach Service

Thank you for taking the time read this post. If you find any of the information valuable and would like to find out more information regarding the benefits a health coach can provide, or if you are interested in setting up a consultation. Contact Vern Gorman at livingalignedhc@gmail.com or through the website www.livingalignedhealthcoach.com

