



Centre for
Remote Health

Taking back control of health

Belinda Fettke

Who should attend

This seminar is designed for anyone interested in taking back control of their health.

Seminar Outline

- Discussion on the 'evolution of plant-based dietary and health guidelines'.
- The harms of sugar and processed foods in our diet.
- Busting myths on Type 2 Diabetes and cholesterol.
- Empowering people to consider the health benefits of low carbohydrate diets.

Seminar

Tuesday 27 August 2019

6:00pm - 7:00pm

Centre for Remote Health
Cnr Simpson & Skinner Streets
Alice Springs Northern Territory
Lecture Room 1 & 2

To register email:
crh.seminars@flinders.edu.au

BIOGRAPHY



Belinda Fettke

I am the proud wife of Dr Gary Fettke and a former Registered Nurse. I became a supporter of Low Carbohydrate, Healthy Fat (LCHF) principles after seeing the health benefits Gary was able to achieve for himself and his patients.

Following Gary's 'star chamber' investigation by the AHPRA Medical Board of Tasmania for 2 1/2 years, and the life-long, non-appellable ruling they handed down in November 2016, I have taken a more central role supporting Gary, advocating LCHF through social media platforms and challenging the role of Vested Interests and Ideology in the shaping of our dietary and health guidelines. Gary never stopped advocating real food and was finally exonerated from all 'trumped-up' charges in September 2018, receiving a full written apology from the Medical Board of Australia.

Until Low Carb is acknowledged in the dietary guidelines as a safe option for those who choose it, especially in the prevention and management of Type 2 diabetes, Gary and I will continue to be outspoken advocates of the science behind LCHF and challenge the influencers of the dietary guidelines.

Please note there is no charge for this seminar but places are limited. RSVP is necessary.

The views, opinions, methodologies, practices or information expressed by guest speakers and those providing comments are theirs alone, and do not necessarily reflect those of the Centre for Remote Health.