

Fuelling your Future Conference - Speaker Biographies 04 November 2026

Dr Ian Lake

Dr Ian Lake is a clinician, author, and long-term person living with Type 1 diabetes. Diagnosed in 1995, he spent years navigating the unpredictability familiar to so many with Type 1 before devoting a decade to researching insulin biology and the lifestyle factors that influence insulin sensitivity and metabolic stability.

His work focuses on understanding insulin as a master hormone, shaped not just by food but by sleep, stress, circadian rhythm, movement, and environment. This research led him to a guiding principle now central to his teaching: use as much insulin as necessary, but as little as possible.

Ian has spoken at international conferences on metabolic health and ketogenic therapies and has appeared on multiple podcasts discussing Type 1 diabetes, insulin metabolism, and lifestyle-based approaches to improving metabolic wellbeing. He contributes to clinical dialogue through initiatives such as ZeroFive100, exploring the intersection of insulin use, exercise, and adaptation.

His new book, *Shifting Gears*, blends scientific explanation with a 1,000-mile cycling journey, offering a fresh, accessible way to understand how Type 1 diabetes fits into the wider workings of the human body.

Dr David Cavan

Dr David Cavan has been a Consultant Endocrinologist in Dorset since 1996. In addition to his work at the Bournemouth and Poole diabetes centres, he spent three years as the Director of Policy at the International Diabetes Federation, and in recent years has helped set up diabetes management programmes and trained health professionals internationally. For many years he has advised therapeutic carbohydrate reduction to help people to manage and reverse type 2 diabetes, prediabetes and obesity. He has also written several books for people with diabetes.

His first book 'Reverse your diabetes' was published in 2014 and his most recent book, 'A guide to weight loss injections' was published in January 2026 to support people using these medications for obesity.

Dr David Oliver

Dr David Oliver is a GP partner at Freshwell Health Centre in Essex and co-founder of the Freshwell Low Carb Project, a GP-led initiative delivering free, structured education to support weight loss and metabolic health.

Developed within NHS primary care, the Freshwell approach focuses on low carbohydrate dietary interventions for patients with obesity, prediabetes and type 2 diabetes. The programme is QISMET-accredited for weight management,

prediabetes and type 2 diabetes, providing assurance of quality for healthcare professionals.

What began as a practice-based initiative has evolved into a freely available, nationally accessible programme, with digital resources including two apps, a website and structured education materials. It has been successfully embedded within Primary Care Network delivery, supported by Health and Wellbeing Coaches, and is designed to be scalable, inclusive and aligned with NHS care pathways.

Dr Oliver's work focuses on translating evidence into actionable, pragmatic, real-world solutions that improve patient outcomes while reducing pressure on primary care.

Mark Hancock

Mark Hancock is a Health and Wellbeing Coach specialising in metabolic health, working within primary care to support individuals with type 2 diabetes, pre-diabetes, and insulin resistance.

He delivers structured low carbohydrate group programmes designed to help patients improve glycaemic control, reduce reliance on medication, and build sustainable lifestyle habits. Through a combination of education, peer support, and ongoing guidance, his work focuses on addressing the root causes of metabolic disease rather than simply managing symptoms.

Mark has seen first-hand the impact that this approach can have in real clinical settings, with patients achieving significant improvements in HbA1c, weight, and overall wellbeing.

He is particularly interested in how group-based interventions can be used within GP practices to deliver effective, scalable lifestyle support, and is passionate about helping healthcare teams offer patients a realistic pathway to better metabolic health.

His work is contributing to a growing shift in how metabolic health is understood and managed within primary care.

Helen Gowers

Helen is a registered nutritionist, and director of Embrace Nutrition. She is passionate about raising awareness of metabolic health and empowering individuals to optimise their health trajectory. She initially trained as a dietitian, but pursued careers in IT then teaching, always retaining an interest in diet and health. In 2020, having witnessed the devastation of type 2 diabetes with her dad and inspired by the discovery that the condition could be reversed using diet alone, she completed an MSc in Human Nutrition with the aim of returning to the field.

She is vice-chair of the Scientific Advisory Committee for the charity Public Health Collaboration and was director of The Lifestyle Club (TLC) from June 2021 to March 2025, overseeing its development and rollout to over 100 GP surgeries. TLC is a

structured education coaching programme supporting adults with type 2 diabetes to improve blood glucose control using the low carbohydrate diet. Results of a TLC research study with the University of Surrey published in BMJ Nutrition this year demonstrated 23% remission rate with 46% of participants HbA1c in the normal range at 6-months.

Embrace Nutrition launched its Health Accelerator programme Sept 2026 following a pilot with 150 employees. The programme combines a 6-week course on all aspects of metabolic health, blood tests, a continuous glucose monitor trial and weekly coaching sessions. The pilot confirmed that employers who invest in metabolic health education and support see exponential improvements in mental and physical resilience of their workforce.

Sam Feltham

Sam Feltham has been in the health and fitness industry for over a decade. Starting out as a party coordinator at a sports centre he worked his way up to study at the European Institute of Fitness and qualified as a Master Personal Trainer. After 5 years of running a fitness boot camp business with a successful podcast, Sam shifted his focus to improving public health by setting up and directing the registered charity, Public Health Collaboration (Charity no. 1171887). Whose mission is to empower people to achieve good metabolic health through sustainable lifestyle changes.