

# Australia's Health Revolution

Article on the AICC(WA) Annual Healthcare Event featuring Dr Michael Mosley, British Doctor, trusted Medical Journalist, famed producer and TV Presenter. The event was hosted on 25 August 2022 at the Hyatt Regency, and also featured Professor Fiona Wood AM FRCS FRACS and Ms Calypso Haggett, CEO, The Fast 800.



Dr Michael Mosley

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Calypso Haggett, CEO of Fast 800 introduced the keynote speaker Dr Michael Mosley outlining her longstanding personal and professional association, describing Dr Mosley and his wife as the most generous and welcoming people she knows. She also described them as “the most down to earth power couple you will come across”

Dr Mosley is best known as a leading television and internet personality supporting weight loss. He has presented a number of SBS documentary series including the highly renowned [Australia's Health Revolution](#).

Dr Mosley shared his experience of discovering he had Type 2 Diabetes in 2012, which was the catalyst for his intermittent fasting and rapid weight loss. He proved that the effects can be naturally reversed, and has evolved a number of dietary and lifestyle programs to support this.

In addition to intermittent fasting, Dr Mosley discussed the Brain-derived Neurotrophic Factor (BDNF) stimulated by exercise that alters the bloodflow and encourages growth of new brain cells. The onset of dementia can also be slowed.

The person who most changed Dr Mosley's life was Professor Barry Marshall, Co Director of the Marshall Centre at the University of Western Australia. He described the Ulcer wars experience where Professor Marshall self-tested and cured his condition. Dr Mosley has replicated self-experimentation through his own clinical trials on a number of occasions. “I have made a number of documentaries which feature self-experimentation, but the one which really changed my life was called Eat, Fast and Live Longer.”

At least 420 million people worldwide have type 2 diabetes. The type 2 diabetes epidemic doubles the risk of heart disease and dementia, and also increases the risk of amputation. Dr Mosley estimated the health costs in Australia exceed \$15 billion per annum.

Being able to reverse diabetes without medication was a revolutionary approach when first posed. However the Fast 800 Program has now assisted over 100,000 people to lose weight and improve their quality of life. Dr Mosley noted that when it comes to losing weight it is a myth that slow is better than fast. However, the Fast 800 approach also moves from rapid weight loss to the 5:2 diet, and then to sustainable lifestyle practices. There were lots of success stories demonstrated.

Dr Mosley shared his tips for a healthy life:

- Eat a Mediterranean diet
- Keep to a healthy weight
- Undertake strength exercises most mornings
- Undertake High Intensity Training 3 times a week
- Meditate
- Floss

Through Q&A facilitated by Dr Fiona Wood, Dr Mosley discussed topics including public health policy, and the impact of Covid. He concluded that it was a combination of weight loss, active movement, management of stress, and good sleep habits that all worked together to deliver wellbeing.



**From L to R – Mr Steve Arnott, Chief Executive Officer, Perron Institute, Mr Simon Millman MLA, Member for Mount Lawley, Government of Western Australia, Mr John Cluer, Chief Executive, Australia-Israel Chamber of Commerce (WA), Dr Jessica Kierath, Professor Fiona Wood AM, FRCS, FRACS, Director, Burns Service of Western Australia (BSWA), Mr Stuart Crockett, Managing Director, Alosca Technologies and Mr Gino Marinucci, Director, Health & Medical Life Sciences, Government of Western Australia**