

EP 14

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T1D Education Platform - John Pemberton

John Pemberton — Diabetes Dietitian & Creator of The Glucose Never Lies



John Pemberton, a dietitian with type 1 diabetes, on turning seven years of education guides into Grace, an AI advisor built to take people 80% of the way and stop there.

80%

of the way is what he lets AI do [25:33](#)

1,000

papers a week screened; five get in [29:44](#)

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glucose monitors in Europe pass his data test [45:56](#)

£50

for work that first cost him £2,000 [54:47](#)

KEY TAKEAWAYS

1 AI for 80%, a person for the rest

Grace educates and refuses to prescribe. It keeps no memory of its users, on purpose: it cannot know them. [38:16](#)

2 Start from the consensus

Its base layer is the ISPAD, ADA and EASD guidelines. Seven years of his own plain-language guides sit on top. [19:20](#)

3 Three levers, not fifteen

For exercise, most of the risk is in three things: your glucose, which way it is moving, and the insulin still active. [24:17](#)

4 Every answer carries a grade

Recommendations run from A, for replicated randomized trials, to D, for expert opinion, so readers know what to lean on. [35:45](#)

5 Structure decides the cost

Reorganising a flat knowledge base into a wiki with retrieval cut a £2,000 bill to about £50. [54:38](#)

“Take the 80% and be grateful and then go and do the 20% with a human being.”

John Pemberton · [41:20](#)

CHAPTERS



0:00	Intro	1 min	37:04	Why Grace will not prescribe	7 min
0:33	A dietitian who became a patient	8 min	44:28	Taking money from industry	5 min
9:00	The story so far	2 min	49:57	What it cost to build	9 min
10:48	Type 1 and type 2 explained	4 min	58:31	How it pays for itself	5 min
14:46	Where good evidence comes from	7 min	1:03:44	Agents for companies	7 min
21:51	Three filters from Nassim Taleb	8 min	1:11:04	The next ten years	9 min
29:28	Five papers a week	2 min	1:19:48	What AI cannot do	5 min
31:00	Grading evidence from A to D	6 min	1:24:26	When Grace launches	4 min

TERMS EXPLAINED

Type 1 diabetes

An autoimmune condition in which the body destroys the cells that make insulin.

Diabetic ketoacidosis

Acid building up in the blood when the body burns fat for lack of insulin.

Hybrid closed loop

An insulin pump that adjusts its own dose from the sensor's readings.

Insulin resistance

Cells responding poorly to insulin: the usual start of type 2 diabetes.

Continuous glucose monitor

A worn sensor that reads glucose every few minutes.

Time in range

The share of the day that glucose stays within its target range.

MENTIONED IN THIS EPISODE

ISPAD guidelines

ADA Standards of Care

Skin in the Game

Listen, watch or download the transcript: aarsentyev.com/podcast/ep14-john-pemberton

Each time opens the video at that moment. Hosted by Arseniy Arsenyev. A summary of a conversation, not medical advice.