

Preview - Dr. Ron Rosedale - Protein Intake

25 years ago there were a handful or less of people who were recommending low carbohydrate.

And the impetus for that really was to lose weight.

And it was found that a low carbohydrate diet was very good for weight loss.

The other handful of people, other than myself, were, as I say, looking to lose weight, or looking to affect weight loss and a high-protein diet worked very well, plus fat was really vilified at that time and it's still vilified.

But if you can imagine a quarter of a century ago, fat was the Darth Vader of health.

And so nobody would even attempt to think of eating a high-fat diet.

Except me.

Because I was not dealing with weight loss, I didn't really care at all about weight loss.

I wanted to treat diabetics and heart disease patients.

And I knew that protein was very good at turning into sugar and the diabetics' one of the major problems was gluconeogenesis, where they turned protein into sugar, so I could not see the point of feeding a diabetic a lot of protein

and certainly I didn't see the point of feeding a diabetic sugar and then giving them medications to get rid of that sugar.

That made no sense whatsoever.

Which is still being done.

So what's left?

I mean there's not a whole lot of choices here. Right?

So I went into a high-fat diet.

And worked very well for diabetes, cardiovascular disease...

And diabetes in my studies, and my background was the biology of aging, was really a model for accelerating aging.

So I knew I was onto something.

And the only thing that I think I've changed over the years has been just how important it is to restrict protein.

In the book that I put out maybe a decade ago, a little over, the only nutrient I had people count was protein.

So I knew it was important, but I would have to say that today

I would say it perhaps is more important to restrict protein than it is to restrict carbohydrates.

And I know that's a new statement.

But I told you I wanted to confuse you a little bit.

And I will hopefully be able to give a few reasons why in the next 20 minutes or so.

