

PREVIEW_ Dr. Peter Brukner –

He Questioned His Own Beliefs (Vail 2016)

We couldn't have gotten this wrong for 30 years.

I mean this is a such a fundamental thing in the Western society,

that we're low-fat, low-fat, low-fat, you know

and saturated fat was bad and we had all changed our eating habits and so on.

And I kept thinking, "This couldn't be right."

It was just mind-boggling and it's quite disturbed me

and I felt a mixture of anger

and I would think about all the people I've told to have carbs and so on.

So I then subsequently read a lot of other books and papers

and I dived into literature and I read everything I could.

And the more I read, the more I looked at it and I thought, "This is incredible!"

And so I thought it was time to do some science

and I decided to do an experiment.

Most scientists and researchers know that N=1 studies are pretty useless.

Absolutely useless.

The only exception is when the one is yourself.

So I decided to do an N=1 experiment on myself.

So, let me paint the picture, I was 60, just turned 60.

I had steadily put on weight gradually probably for 30 years,

maybe a half kilogram per year.

So I was about 93 kg, 15 kg more than I should have been.

My BMI was just over 30 so I was technically speaking obese.

So my kids were starting to sort of poke me in the stomach, saying, "Come on, dad, do something about that."

And I was like, "Well, hang on."

I'm eating a low-fat diet, and eating everything I'm supposed to be eating, you know, lots of bread and cereals and pasta and grains and so on and doing exercise and so on and yet I kept putting on weight.