

**PREVIEW\_ Dr. Jim McCarter –**

**A Year of Self-Tracking in Nutritional Ketosis (Vail 2016)**

When I tell friends that I've given up sugar and starch  
and get 80% of my calories from fat the first question is, "Why?"  
So this is my family - that's my sister next to me in the back row on the right.  
I've joined a venture capital group within a crop protection company  
and my sister had said to me that some of that corn you're growing  
gets turned into high-fructose corn syrup and "Why is that a good thing?"  
So this got me reading about corn syrup  
and while I found that it's no worse than sugar,  
I learned that the health effects of sugar were something that I should be concerned with  
and the more I read, the more concerned I became.  
The average American consumes 150 pounds of sugar annually.  
Together with starch is not just empty calories that negatively impacts biochemistry.  
So I used to have a toast and banana and jelly for breakfast.  
That's 75 g of carbs that spike my blood sugar and spike my insulin,  
which then crashed my blood sugar and made me hungry again  
and it also blocked energy from fast insulin, stops fat mobilization.  
So I've become convinced that carbohydrate overconsumption  
is behind many of the diseases of civilization.  
As this cartoon says, "The high carbohydrate diet I put you on 20 years ago

gave you diabetes, high blood pressure and heart disease. Oops."

So in 2013 I began reducing my carbs and tracking along the way

and in 2014 I went further adopting nutritional ketosis

where most calories come from fat and tracking the outcomes.