

PREVIEW_ Andreas Eenfeldt -

A Global Food Revolution (SD 2016)

Dr. Eenfeldt: He wrote on his Facebook page... he got tired of struggling with his weight... and he wrote on his Facebook page, "Can you lose 20 pounds in 10 weeks? Is it possible?" And a friend answered him that is possible with a low-carb high-fat diet.

And he decided, "Yeah, I'm going to give it a try." And he did something not so common. He took a picture of himself in his underwear before and after and he put it into his computer to calculate what he'd look like in between.

So like a morph between those images. Let's have a look at it. This is Ronnie while he is eating all he needs to not be hungry and still losing weight. So check it out from the side. It's pretty cool, right? Lost 70 pounds in nine months.

And he actually did lose 20 pounds in the first 10 weeks, so his friend was right. Of course most of you know that low-carb is not always this simple for people. It's not always this effective, but to a lot of people it can be.

And at least they should get the opportunity to try it to see if it works this well. And it's not just about weight. Let's talk about something perhaps even more important for a little while, which is diabetes. And you know diabetes is you have too much sugar in your blood.

So where does the sugar in the blood come from? It comes of course from the food that we eat. From the carbohydrates that we eat. Which is something to keep in mind when you consider this statistic... In 1985 we had 30 million type 2 diabetics in the world.

Today there are 415... So 13 times more... 14 times more in just one generation. It's insane and it's just getting worse every single year. So the projection for not very far from now is, you know, way past half a billion people.

And this is not only going to result in tons of suffering, it's also going to break the healthcare systems of the developing world.