

Everything in Moderation_ PREVIEW

Dr. Eenfeldt: So we're often told that you should eat everything in moderation.

Dr. Hallberg: What would you say about that? Arsenic in moderation? Is that what you should do? I mean let's face it, I mean people are intolerant of carbohydrates and so that line of reasoning is crazy.

If someone has lactose intolerance, do we say, "It's okay in moderation"? No, because they are miserable when they eat it. And why is it any different for carbohydrates? I mean the fact of the matter is that might be true if human beings had to have carbohydrates to function.

But the fact of the matter is, and the big secret... Because when I tell people this, they are always surprised, is... We don't need carbohydrates, I mean human beings do not have to have them to function.

So if you are intolerant to them, why...? Why would we go back to the argument that you have to eat them in moderation? That doesn't make any sense.