

Does the Brain Need Carbohydrates_ PREVIEW

Dr. Eenfeldt: The brain needs carbohydrates, otherwise it's not going to work. Is it true?

Dr. Hallberg: Well, if you're eating carbohydrates, the brain needs carbohydrates. But if you're not eating carbohydrates, the brain is happy.

And I think a lot of evidence would actually support "happier" to be using ketones as fuel. And I think that one of the best examples is just the anecdotal comments that we get from our patients all the time. "Gosh, I feel clearer."

I think that's the word people use more than anything. "I have more clarity. I feel like I'm concentrating better, I'm sleeping better." And I really think that what that is, is the brain using ketones and relying on those for energy source.

So, again, that old idea that our brain has to have glucose, is only true in the context of a high carbohydrate diet. In the context of a low carbohydrate diet, we function fantastically on ketones.