

PREVIEW_ Why is Low Carb Important to You

- Answers to Common Questions

Dr. Eenfeldt: Why is low-carb important to you?

Dr. Chatterjee: A diet low in refined and processed carbohydrates is important to me because I found it one of the most effective therapeutic tools with my patients, in nearly 15 years of medical practice.

Dr. Eenfeldt: So, why, I mean, if it is so effective, why don't more people tell their patients to... more doctors tell the patients to do that?

Dr. Chatterjee: Well, I think as doctors as a profession, we have got guidelines and we have a very defensive medicine culture these days, people are scared of litigation, they are being sued and it's much safer for a lot of doctors to follow the guidelines that are given to them.

But I tell you Andreas, a really interesting thing I found, particularly over the last 12 months, because, the great thing about the last few years in the social media and this is empowering people and giving people information, they don't have to wait for the medical establishment anymore, to give them that information, they are getting it from themselves.

And what's really interesting is that I'm meeting a lot of doctors at conferences, who are actually trying this for themselves and are getting a benefit, but they are not doing it with their patients. And it's really interesting for me that.

And I think that's really goes to the heart of some of the problems we got with modern medicine today. A lot of doctors are doing it for themselves, because they see within a week that their waist circumference...

You know, guys, they see their waist circumference starts to go down, you know, within a week, within 10 days. And, you know, who doesn't want that? But, what's striking is, often they won't prescribe that for their patients and I think that's something we really need to look at.