

Preview_ Dr. Sarah Hallberg - LCHF and LDL (VAIL 2016) 2

Dr. Hallberg: Okay, so, case closed. Right? What have I just presented you? All these things that sound great. Case is closed, LDL-P doesn't matter, because everything else is better. Right? Not so fast, because I think we've been down this road before. Right?

And I think we all as a community have highly criticized this road justifiably. Let's go back and draw a parallel. Low-fat. How could it be wrong? Right? Come on! You cut the fat out of your diet; you're going to cut the fat out of you. It's going to be perfect.

We all are going to be healthy and happy because of it. The road of unintended consequences. We have to be asking, "Is there any chance we do the same thing?" I don't know, I don't know the answer. And for most people I would say "Absolutely not."

Because we just saw that everything is better. Everything is better. But, what about those poor guys, what about those one whose LDL P went up, whose small dense even went up and stayed up? Is there any unintended consequence there? We have to be asking these questions.