What I think is sad is that we give people this really horrific advice
to "eat less and move more"
and then when they fail, we blame them for it.
And that's basically you're blaming the victim.
Because here's this poor fellow, or poorly lady, who's victimized
because they're suffering from obesity, from type 2 diabetes.
You give them really bad advice, which you know is going to fail...
Because we've all done it, it fails every single time,
and then when the weight goes back, you say, "You should have listened to me better.
You should have had more willpower, you shouldn't have eaten that bagel."
Or whatever it is you tell people. Right?
That's really the saddest part of all, that doesn't make any sense.
How can like 40% - 50% of the population be so morally bankrupt
that they let this happen to them?
Is it not more logical that the advice that we gave was just really crappy?
That seems to me much more sensible.
So we're going to explain why this sort of discrepancy exists.
So in order to do that, you have to understand what happens when you eat.