

PREVIEW_ Dr. Rangan Chatterjee –

What's It Like Being a Low-Carb Doctor on TV_ (Vail 2016)

First of all it's quite an unnatural environment
as a doctor to be in someone's house.

You know I'm actually going through their cupboards.

I mean I'm seeing, you know, their innermost sort of secrets.

You know, what is that cheat draw, what have they got actually.

And it was staggering.

What was it like to go through their kitchen and clean it up?

On one hand I was really happy and excited,

because I thought, you know, "I really feel I can help you.

But I need to show you what you need to be putting in the kitchen here.

But on the other hand I felt quite bad actually

because in one of the families I have probably removed

70% or 80% of what was in their kitchen.

-So it was like empty after you?

-So it was like empty, yeah.

And on a human level I felt quite bad about that,

because I'm not the kind of doctor who wants to tell people

what they should do and what they shouldn't do.

I don't want to lecture to people.

People come to me for help and my job is to educate them.

They ask me for help so I really hope--

and I generally don't feel that I lecture them.

I educate them and I find if you spend time educating them, they get it.

So both these families with obesity and diabetes have those kinds of problems, they did quite well, right?

I mean the results were fantastic, absolutely fantastic.

There was a 36 old lady that had a brand-new diagnosis of type 2 diabetes and her weight was 276 pounds at the start.

And her average blood sugar marker, what we call HPA 1C, was 7.3.

Now I am sure a lot of your viewers know, but above 6.5 is diagnostic of type 2 diabetes.

So quite a bit more than normal.

Absolutely, quite a bit more than normal.

And within almost 4.5, 5 weeks

she lost 30 pounds, what she was delighted with--

-In a few weeks!

-Just in a few weeks.

-That's pretty fast, huh?

-Yeah, very fast.

And her HPA 1C, the blood sugar marker, which is actually a three-month average, so we only checked her after five weeks, so not even enough time for her to really come down and had come down from 7.3 to 5.8.

Wow!

I mean in the UK our guidelines are - above 6.5 is type 2 diabetes.

6 to 6.5 is pre-diabetes in the UK.

-So she's healthy again.

-Yeah.

By a big margin.

By a big margin.

And by the time the show actually came on air, she had lost more,
and actually I spoke to her recently and she's almost lost 100 pounds.

And she feels great, this is the more important thing for me.

She feels great, she's got...

You know, she feels she's got her life back, she is empowered,
she goes out walking, she cycles.

This is not a fad diet, this is not something
that is just a quick "four, five weeks you can lose weight",
because frankly you can lose weight on many kind of diets in four weeks.

This is sustainable long-term.