

PREVIEW_ Dr. Ted Naiman - Finding a Low-Carb Doctor (LCC 2016)

About 20 years ago I graduated from medical school
and I had the same maybe one hour on nutrition that most doctors get,
at least in United States,
and I was working as an intern in South Carolina.

And at the time South Carolina was the number one state in the United States
for anything bad you can think of - obesity, type 2 diabetes,
all sorts of cardiovascular diseases, heart attacks, strokes
and we were the worst state in the US for all of this stuff.

So I had tons of pathology there, lots of sick people,
lots of obese people, lots of diabetes.

And I was just used to everyone having bad outcomes.

People were having amputations,
people were dropping dead of heart attacks, people were dying
and we were told that obese people just had poor genetics
and we should sort of feel sorry for them
and we shouldn't take it personally if our patients had a bad outcome,
because that was just--

Not your fault.

It wasn't our fault, that was just their luck in life.

So we all had this sort of detached sense of pity

for these poor diabetics who had poor genetics,
and that's just what happened to them,
their parents were overweight and diabetic and they were too.
And so there it was a fresh-faced intern
and I was treating all these diabetics with just horrible A1c's
and horrible outcomes and horrible blood sugars
and just surrounded by heart attacks and strokes and obesity and suffering
and anything bad associated with diabetes you can think of.

And one day I had a patient come in
who was doing really well.

And he had lost 30 pounds, his A1c was normal, he felt great.

-What was wrong with him?

-I was just blown away...

I'm so used to everyone higher and higher blood sugar, higher and higher weight,
higher and higher triglycerides, sick and dying,
nephropathy, neuropathy, retinopathy...

But this guy, he lost 30 pounds and he told me, "Hey, I feel great!"

A black swan!

All of his numbers looked great and I said, "What did you do?"

"You have to tell me how you did this, I just have to know.

What happened?"