

## Isn't Weight Loss All About Calories\_ PREVIEW

**Dr. Eenfeldt:** Isn't weight loss all about calories?

**Dr. Brukner:** Well, so they've tried to convince us for the last 30 years. But calories in, calories out has been the philosophy of the 30 years.

But, you know, you're going to tell me that 100 cal from a piece of salmon is exactly the same as 100 cal from candy, or chocolate, or ice cream... I mean that doesn't make any sense at all, does it? So I mean calories in, calories out has been disproved.

I mean there are calories from differences that have markedly different effects. And until we get rid of this whole calories in... It's been a disaster this calories in, calories out. I mean look at the effect.

Since we have adopted that philosophy we have worldwide epidemics of obesity, diabetes, fatty liver and so on... It's been a disaster and the sooner we forget about it... It's sort of an attractive concept, you know, what you bring in, what you take out... But unfortunately it doesn't work.