

## **PREVIEW\_ Adam Kosloff - Mainstreaming the Low Carb Revolution (SD 2016) 1**

**Adam Kosloff:** There is this something like 70 clinical trials, we're not going to go through them, but suggest that this diet is very effective for all sorts of metabolic conditions, and yet it is considered verboten. I spoke with a dietitian earlier today who was effectively fired for even counseling this is a potential option.

So again we're trying to figure out science. Like trying to replace the policy and try to reform it. And the typical ways in a functioning field would be to do experiments, to publish research, to engage the public in debate...

And yet nutrition is so far from being a functioning field and so intensely and deeply pathological, that we can have these studies and they can be completely ignored. In the midst of a diabetes and obesity epidemic. So if we could kind of take those 70 studies...

Take the low-carb diet, turn it into a pill and it will be worth like \$1 trillion. Do you think there's good enough evidence for statins and heart disease than there is for low-carb and some of these metabolic diseases?