

PREVIEW_ Antonio Martinez –

The Legal and Political Challenges of Low Carb (SD 2016) 2

Antonio Martinez: Doctors, health professionals... they are not God. They are human beings, they make mistakes and sometimes they operate also with a limited amount of information. So part of our challenge is to get the information, so that they start paying attention.

Because I can tell you personally, my doctor was surprised and happily surprised by my own experience, because when I left the hospital in April 2014, I was on five pharmaceutical drugs. I'm off all of them today.

I am off of my diabetes medication today. I had my annual physical in May 2016 and I'm happy to say that my triglyceride to HDL ratio is 2, my total cholesterol was 175, but the most important thing to me was that triglycerides to HDL ratio, because we know, I know that that means that the cholesterol that my body, my liver is producing is not the atherogenic kind.

And that's my goal right now. Then the fact also that I had an A1c of 5.1, I mean it doesn't get any better than that, I didn't even tell my doctor who wanted me to stay on metformin. I don't need to stay on metformin.

I can simply keep stay in remission and reverse my condition through a ketogenic low-carb high-fat diet.