

PREVIEW_ Dr. Rangan Chatterjee –

Low Carb Slow Carb and the Microbiome (Vail 2016) 2

Dr. Chatterjee: I taught my patients about MAC's, about increasing their intake of MAC's. I didn't mean Big Macs, I'm talking about these kind of MAC's. Microbiota-Accessible Carbohydrates, that's the term in the literature.

These are the carbohydrates that are resistant to host digestion and actually feed your gut bugs. So I say, "I want you to increase the amount of MAC's, but it's these kind of MAC's" - so I give them a list.

Again I am a doctor who... I'm interested in clinical results. I use the science, I use the research to guide me, but it does not dictate me. Because medicine is more complex than that for me. It's about reading the patient in front of you, seeing where they are at, seeing what they want to do. And seeing how you can help them.