

## PREVIEW\_ Gary Taubes - Presentation (SD2016) 1

**Gary Taubes:** So, the talk is called, "Why we get fat?" it could be called, "Why we get sick?" Because obesity is so closely associated with all these diseases, whatever it is that causes obesity, is almost assuredly at least a cause of everyone on these diseases that causes or exacerbates.

And if you find a way to eat that allows you to easily maintain a healthy weight, could that possibly be an unhealthy diet?" You know, and I would argue with wouldn't, it couldn't, but the LDL issue is interesting.

So, by the 1900's, the theory of obesity, science is basically determined by the technology you have, it determines the questions you can ask. And the questions you can ask determines the answers you get.

So, by the early 1900s a nutritionist was studying energy in and energy out in vitamins... In sugar for instance, if you think about it, why we think sugar is bad, it's supposedly just empty calories.

So, that's empty vitamins and minerals and calories, which is, you know, excess calories, it's 100-year-old science. So, because of this tool, the calorimeter, which some you know, it's been haunting me ever since, researchers were able to demonstrate that the laws of thermodynamics hold for humans as well as animals.

And in 1900s, von Noorden declares caloric imbalance as the cause of obesity. It says, "The ingestion of a quantity of food greater than that required by the body, "leads to an accumulation of fat and to obesity, should keep we it up long enough." Basic hypothesis.

And then, Louis Newburgh comes along, Newburgh is at the University of Michigan, he is a physiologist. Actually interesting thing about Newburgh, in the early 1920s late 19... he was putting his diabetic patients at the University of Michigan on a low carbohydrate high-fat diet.

Then, two articles in Jama, reporting how amazingly effective this diet was, Joslin picks it up, starts putting his patience on this diet and then, insulin is discovered.