

PREVIEW_ Q&A with Peter Defty,

Johnathan Edwards and Alessandro Ferretti (SD 2016) 1

Questioner: Has there been any research done for this kind of diet that would benefit cartilage?

Jonathan Edwards: Absolutely. I'll try to keep it short, but in something I actively want to research... I mean if you've seen from slide, after slide, after slide, the inflammatory mediators that are measured inside of our blood are decreasing from anywhere from CRP, IL-6, tumor necrosis factor, you know there's many, that's just on the science side...

Personally I actually destroyed my knee as a professional motocross athlete when I was 19. I had almost a knee replacement with cartilage from my bone from my hip to reconstruct it. So I've always had knee problems.

And once I instituted a more ketogenic approach and some other physical rehabilitation maneuvers, it's all gone away. Just to me personally.

And I've seen it in many of my other patients who have better recovery, better inflammatory markers, anybody who has arthritis, meniscus problems, hip problems, lumbar, I can only say, "Go with a ketogenic diet, a well formulated ketogenic diet." And that's important. That's what I advised my patients.