

Jeffry Gerber - Why Low Carb and Other Common Questions (Vail 2016) 1

Dr. Gerber: Well, I've been interested in low-carb diets for over 16 years now and I really started with patients coming in to me and just realizing that we weren't making progress in terms of treating and preventing some of the chronic diseases that we see in our office, such as diabetes, weight issues, heart disease and the likes.

And so, we're kind of looking for answers. In our healthcare system we talked about how important prevention was and it really seemed that the definition of prevention was to put people on the right medications, to perhaps screen for disease, but not necessarily giving us tools to prevent it.