

Can You Get Depressed on Low Carb_ PREVIEW

Dr. Eenfeldt: Can you get depressed by eating low-carb?

Dr. Hallberg: Can you get depressed by eating low-carb? I would completely argue that the opposite is true. Most people find that their mood really increases by eating a low carbohydrate high-fat diet.

So, this has been studied very superficially. I really hope that someday we have more evidence of this, so it can really only speak to this anecdotally in my clinic.

But, I would tell you that when patients come in with depression I will often tell them, "I want you to pay attention to those symptoms as you start in on this new lifestyle." Because what we see in many of our patients is that they start to feel better, their well-being improves.

And a lot of times I think what we have to ask is "Is some of our depression just people not feeling well?" And when you don't feel well, that's no fun and people can get depressed by chronically feeling tired all the time.

And when those symptoms can improve, their mood winds up improving as well.