

## Is Low Carb an Extreme Diet\_ PREVIEW

**Dr. Eenfeldt:** Low-carb is often called an extreme diet. What would you say about that?

**Dr. Chatterjee:** First of all, I don't think it's an extreme diet. I think if you are using it as a therapeutic tool for a particular problem, I don't regard it as extreme at all. If you got a problem where you cannot tolerate carbohydrates, you got to take them down. What's extreme about that?

**Dr. Eenfeldt:** Like telling someone with a peanut allergy that it's extreme not to eat peanuts.

**Dr. Chatterjee:** Yeah, exactly. How can a diet, where you're cutting out all of the refined processed foods and increasing helpful, healthy natural foods, be extreme? I really don't feel it is.

Does everyone eat a low-carb diet? In my opinion, possibly not. I don't put everyone on a low-carb diet, necessarily in terms of total carbs, but I do advise all of my patients, pretty much independent of what they come in to see me with.

I talk to them about cutting out processed and refined foods. So we got to remember as humans, we are opportunistic omnivores. We have... you know, our diet has been dictated over a long time by geography and climate.

And we've adapted to all kind of things. And we've also had periods of famine and feast. So we can sort of function in a lot of diverse conditions. What's changed? The food environment has changed.

By and large most people today are having too many refined and processed carbohydrates. Therefore, most people today who I see, could benefit from reducing that. It's that simple.