

## Preview Tom Naughton-South Africa (1080p)

**Dr. Eenfeldt:** Is weight loss just a question of calories in and calories out? Or is there a more useful, better explanation? We're going to hear more about that in this interview. I'm Andreas Eenfeldt from DietDoctor.com and I'm here with Tom Naughton. Thank you for being here.

**Tom Naughton:** Thank you for having me.

**Dr. Eenfeldt:** So you are a standup comedian, but you are also a writer and producer of a movie called "Fat Head" that is about how to lose weight eating fast food.

**Tom Naughton:** Yeah, "Fat Head" covers a few topics, but one of the big topics is by the way an awful lot of what you've been told about health and diet nutrition is wrong.

**Dr. Eenfeldt:** As I recall, you discovered this while producing the movie, because you were sort of--

**Tom Naughton:** Yeah, while researching it because I-- part of "Fat Head" kind of the first half is a reply to supersize me. Here's why supersize me despite being an entertaining film, which it is by the way is full of nonsense, so I decided I was going to do a fast food diet and lose weight instead of gain weight, because as someone who spent a lot of his life overweight, I was kind of a serial dieter and I knew it was possible to lose weight while eating fast food because I've done it before.

Not exclusively fast food, but being a single guy I'd eaten fast food and lost weight, so I decided I'll eat nothing but fast food for 28 days and I'll lose weight. But I wanted to know what are the health effects going to be. So I start going online and doing all this research. It's great about living in the Internet age, you don't have to go to a library. You go like this, you've got the research in front of you. And I started finding all these sort of alternative ideas about diet and health.

At first I was thinking, "What kind of nonsense is this?" But I'd follow the link, I'd follow another link and another link and I would end up at an academic paper, a well done academic paper. And so I'm thinking, "Something's not right here." I kept researching, the more I read, really kind of the matter I got. Because I am thinking "We've been pretty much lied to for 30 or 40 years about what's healthy and what isn't."

Moving back to calories, I mean isn't weight loss just a matter of calories in and out? Well, it's a hard one for people to understand, because it is about calories, but it also isn't about calories.

**Dr. Eenfeldt:** So it's more complicated, huh?

**Tom Naughton:** It's complicated. It's a tough one to explaining to people. Here is an analogy I like to use. When kids are growing taller, they are consuming more calories than they burn. They have to. You have to have extra calories go into what I call your body's building and repair fund to grow taller. Therefore they have to consume more calories than they burn. Now do they get taller because they're eating more? If I kept eating and eating would I end up being a very tall man like you?

**Dr. Eenfeldt:** I'm six foot seven.

**Tom Naughton:** Well, obviously it's because you ate too much.

**Dr. Eenfeldt:** Did I eat more than I--?

**Tom Naughton:** That must've been it. It's kind of the same type of analogy--

**Dr. Eenfeldt:** So it's because I didn't exercise enough?

**Tom Naughton:** It's you didn't exercise enough and you clearly ate too much and you ended up as what we call in America "over tall". So you are over tall. And had you had the good sense to eat a little less, you could've been a nice comfortable height like me. It's really kind of the same thing with gaining weight.

**Dr. Eenfeldt:** So if I exercised all the time, I would've been really short?

**Tom Naughton:** You would have been shorter, because you would've burned off those calories. Pardon me?

**Dr. Eenfeldt:** If I exercised enough, I would've been a midget?

**Tom Naughton:** If you had exercised too much, you'd be running around-- you'd be approximately this tall.

**Dr. Eenfeldt:** I don't think that's likely, actually.

**Tom Naughton:** No, and I also don't think you would've had the manly deep voice. You would have been running around kind of going, "Hello, I'm Dr. Eenfeldt." It's almost that ridiculous to say that people get fat just because they consume more calories.