

Are-There-Potential-Dangers-with-a-Low-Carb-Diet_-PREVIEW

Dr. Eenfeldt: What would you say are the potential dangers of low-carb? Is there anything to be, you know, concerned about when you start a low-carb diet?

Dr. Chatterjee: I think if you are on any medication you got to be quite careful. For example, in type 2 diabetes, people often take certain kinds of drugs that can drop your blood sugar. So, I think if you are on a lot of diabetic drugs, it may be worth getting advice, talking to a doctor or sort of someone who can help you with your nutrition to help you through that.

So, I think that can be something to be aware of. I don't say necessarily dangerous, but I always warn people... Warn is probably a little bit too harsh.. I always let people know, day three to day six you can feel bad, you can get what I would call withdrawal symptoms.

And I think it's important to tell people that, Because, if you don't tell people that and they start to feel bad, they can often think, "Oh, the diet is not working." or, you know, "This is not for me.", but I think if you tell them, "You may feel bad for a few days, but it will pass--"

Dr. Eenfeldt: You give them any specific advice to reduce those problems?

Dr. Chatterjee: I think, being aware of it first of all is helpful, number two, I say drink lots of water and then, another thing I do, is I try and draw an analogy for them with something that they can understand.

So, I say "Look, let's say you are an alcoholic "and you knew alcohol wasn't suiting you and you realized that you had to stop." You recognize that when you quit, you are going to have some withdrawal symptoms. For sure.

Now, the mechanism may not be the same, but what I'm interested in, is connecting with patients, they understand and they get that analogy, so they are like "Okay, yeah, I'm probably having too much junk, "too much refined processed carbohydrates for a long period of time, so I may get some withdrawal from that." And I think even just knowing that, is really helpful.