

## PREVIEW\_ Eric Sodicoff - Interview (FL FEB 2017) 1

**Dr. Sodicoff:** So a lot of people come in to me, they were seeing another doctor before and maybe it's the first time, so they're not exactly sure how is that... I was like, "Listen, we can get you off of a lot of your medicines and it's going to start the day one that you start this diet."

A lot of people want to like dip their toe into it and I don't exactly know how to handle their meds when they're going like, "Well, I'll think about it. Maybe I'll do it, I'm not sure." When you're going to start low-carb from some other approach, I got to know as a doctor day one that you're doing it and what day you're going to do it so we can start adjusting your medicines appropriately right as you do it.

**Dr. Eenfeldt:** This is for the blood sugar medications, right--?

**Dr. Sodicoff:** Especially for blood pressure medicines.

**Dr. Eenfeldt:** --if you're a diabetic, or something else too?

**Dr. Sodicoff:** Well, the antihypertensives, like I said those will come down... Usually that's a little bit slower, not like the sugar, but maybe in two weeks you might start having like the keto flu and you might start feeling a little oozy and if you aren't like a whole bunch of blood pressure medicine, those are going to have to get cut down as well.