

PREVIEW_ Maria Emmerich - Interview (Breckenridge 2017) 1

Maria Emmerich: Well, I grew up overweight as a child and then in high school I always was an athlete, I was really good at everything. However the diet advice that I was given never worked for me.

The 7 to 11 grains just failed me, I was sick, I had depression, I didn't feel good and I decided to study nutrition when I went to college and exercise physiology so I kind of tie those two together.

And just working with people throughout the years, low-carb turned into more ketogenic type of lifestyle. Some people don't really think that there's a difference, but I do believe that there is. And just making people get well...

I still love food, I will always love food... And so just getting into the kitchen especially with my kids and finding out the foods that they love and the flavors that they love and we just explore with food and it's super fun, I just love it.