

Jeffry Gerber - Why Low Carb and Other Common Questions (Vail 2016) 2

Dr. Gerber: Eating everything in moderation has just grown old and it just irks me when people come in and talk to me about it.

Dr. Eenfeldt: You get annoyed, huh?

Dr. Gerber: It's just... what is moderation? And Ivor Cummins, my engineering problem solving friend, jokes about the perfect balanced diet, where it's 33 and a 1/3% fat protein and carbohydrate. And that came from nowhere, that's, I guess what a balanced diet is. And so, we're looking for the right diet.