

PREVIEW_ Dave Feldman - Interview (Breckenridge 2017) 1

Dave Feldman: I actually started on a ketogenic diet back in April 2015 and I did so to dodge type 2 diabetes which is very prevalent on my dad's side of the family. I had seven months of bliss, absolutely loved it, everything felt great, so many things improved and then I had a fateful dark day at the end of November of 2015 when I got my first cholesterol score and found that it exploded.

I'd gone up to 329 in total cholesterol and my LDL likewise had skyrocketed. Well when that happened I got a bit depressed and I was averaging around 20 g - 25 g of fat a day and I decided to go and have like one more test in a couple of weeks just as kind of a second opinion.

In the meantime I started learning everything I could about the whole cholesterol system and the more I did the more it looked like something I see everyday. It's actually like a distributed object network. In fact I jokingly say the human body's been doing cloud computing long before we were.

Dr. Eenfeldt: I'm sure you know what that thing is that you just said, but I'm not sure I understood it. What is that, "distributed--"?

Dave Feldman: Object network.

Dr. Eenfeldt: Yeah, what is that?

Dave Feldman: So a good way of thinking of it is...