

PREVIEW_ Rodrigo Polesso - Interview (FL FEB 2017) 1

Rodrigo Polesso: So low-carb was to me the key that unlocked my lifestyle and pretty much the first thing that made sense biologically, even if you think about it evolution wise, it makes a lot of sense.

So for me when I discovered low-carb and the whole story behind nutrition and how everything turned to be, like all the meats and everything, by reading Gary Taubes' work for example, so I discovered that there are so many things wrong. I mean how come people don't know that?

So that pushed me every day to sharing more and more. For me I think low-carb was one of the big milestones.

Dr. Eenfeldt: And when you tried it yourself, what happened for you?

Rodrigo Polesso: I really lost weight quite fast and the thing is not feeling hungry or feeling down, but the opposite like more energetic and with ease.

And I usually say to people... when they are looking for weight loss, they expect to suffer somehow, right? Either they need to exercise a lot or starve maybe.

Dr. Eenfeldt: So you didn't suffer?

Rodrigo Polesso: No, not at all, because I trusted the science as well. I believed in what I was doing and I tried it and I got the results. And still sustain the results as well, it's a very flexible lifestyle I think.