

PREVIEW_ Joanne McCormack - Interview (Manchester 2017) 1

Dr. McCormack: When you're on a ketogenic diet you do feel much more energetic and you do feel your mind is clearer. And it feels normal, it doesn't feel strange and that's what I did for about four months. And then I realized it was very useful for obese people and the diabetic people to know about this and so in practice initially I would say, "As a matter of interest how do you feel about losing weight? Would you like to lose weight?"

And they would say, "Oh, yes, but I have tried everything doctor." And I'd say, "Are you interested in something a bit different?"

And at that stage I didn't know that the guidance was actually supportive in encouraging us to have individualized plans, but actually this is what I was doing. So I'd say there are respected doctors around the world who know about obesity and you can look them up online and they recommend this way of eating that is called ketogenic diet or a low carb diet and it's not really a diet, it's way of life.

And I'd say, "I do it myself." And I actually got too thin on the diet and so people would think sometimes, "What do you know because you're a thin person?" And I would say, "Well actually I used to be about two stone overweight.

And I find this a very easy way to eat and it released me from guilt about food. I would be able to have cream on my strawberries and not worry about it, I would be able to have a couple of eggs in the morning, maybe some bacon and tomatoes and think that was a nice meal and just go and forget about food until maybe even beyond lunchtime, maybe after four o'clock in the afternoon before I get hungry. And my patients really like the idea of this, not all of them.

Some of them weren't ready for a change, but the ones who were ready for a change, they thought, "Well it might as well as not." And they would try it and a lot of them would do very well and I would encourage them to tell the families about this as well and then strangers would come up to me and say, "I'm following your diet, doctor."

And I might say, "I'm glad you are, but it's not a diet and it's not really mine, but I'm glad you're doing it, because it will be doing you good."