

## PREVIEW\_ Zoe Harcombe - Presentation 2 (BRECK 2017) 1

**Dr. Harcombe:** Now who in the audience tweets? I tweet, yeah. Can anyone who tweets believe that this started with a Tweet? Because it did and it was 3rd of February 2014 so over three years have passed.

And some poor woman called @pippaleenstra... and we can only assume she is innocent in all of this... she threw out a Tweet to Prof. Noakes and Sally Ann Creed, who is the co-author of Real Meal Revolution, and she said, "Hey, guys, is low-carb high-fat okay for breastfeeding mums? I'm a bit worried about the wind with cauliflower and the rest of it for babies."

So the Prof. didn't spot it right away, bear in mind he's got about 80,000 followers. And he didn't spot it straight away, but then on 5th of February he very kindly replied as he tries to do, what a dear man, and he said, "The baby doesn't eat the dairy and the cauliflower, just the very healthy high-fat breast milk."

And these several words that I've highlighted, if I had a buck for every time these came up in that trial, I could retire now. "Key is to wean baby onto low carb high fat." And that became the essence of everything.