

## **PREVIEW\_ Gary Fettke - The Doctor Who Couldn't Be Silenced (BRECK 2017) 3**

**Dr. Fettke:** Every single person who reduces their carbohydrate intake and they have diabetes, has an improvement in their outcome. Every single one. I know there aren't like 100% outcomes, but every single person who adopts this concept, whether or not it's a little bit or a significant amount, gets an improvement.

Now they get a little bit of improvement or they get a lot of improvement. And when they recognize it, they are empowered. And it's sustainable and it's a beautiful thing about it.

So once you see the results of low carbohydrate management in diabetes, which is a low hanging fruit, once you see the results of it, you can't ignore them. And so therefore even though I've theoretically been silenced, I've never really been silenced, I mean I can't shut up.