

PREVIEW_ Ron Rosedale - Interview (Miami, FL JAN 2017) 1

Dr. Rosedale: The thinking was very simple that if you ate fat it was just going to plug up your arteries.

Ivor Cummins: Yeah.

Dr. Rosedale: And you get fat because you eat fat, a very kind of kindergarten thinking really, but that was very entrenched in medical thinking. And so, diabetics in particular, run a very low-fat diet, meaning they were on a high carbohydrate diet, meaning they were on foods that turn to sugar and then they were taking medications to try and lower the sugar that they were eating.

I mean it was really stupid, actually. And so, right from the go I decided that was crazy and the only way that you are going to not eat a diet that would turn rapidly into sugar would be high-fat diet, because fat does not turn into sugar.

Whereas obviously none fiber carbohydrates do and even protein in excess does, so, couldn't be a high-protein diet. And so, I gravitated immediately to a high-fat kind of protein... which is necessary, kind of as needed and a very low-carb diet.