

PREVIEW_ FOOD AS MEDICINE (trailer)

Dr. Gerber: Today we're at my office in Littleton Colorado where we use food as medicine every day to treat and prevent chronic disease.

Jeffrey Pedelty: I went from being a vegetarian, a low-fat vegetarian to pick your word, I am low-carb high-fat.

Dr. Gerber: And it's now 17 years that I've been working with my patients, I like to call myself their personal health coach.

Robert Sparks: I've always been very good with what I thought was the appropriate thing. So the diet was a low-fat diet for many, many years.

Joanne Carroll: I can't eat the way I used to. It just takes a couple of bites and I'm satisfied.

Dr. Gerber: I was 20 kg, 40 pounds heavier than I am now and then I started to look at the literature and particularly the metabolic syndrome... and a light bulb went off in my head and at that point I said, "We got it wrong"