

## PREVIEW\_ Georgia Ede - Interview (FL JAN 2017) 3

**Dr. Georgia Ede:** So for myself personally I found that the ketogenic diet is the only diet that works to help me control my appetite, my weight, my mood is better, my concentration is better, my energy is better.

So it really is, and I've tried many diets over the years personally... Low carbohydrate diets, low glycemic index diets, low calorie diets, low-fat diets. So as a woman going through various stages of life, one by one each of those diets stopped the older I got.

So even low-carb high-fat stopped working for me when I was in my early 40s. So it seems that my metabolism was changing, slowing down and I had to become more and more strict as time went on, so just lowering carbohydrate at a certain point was no longer good enough.

So I discovered ketogenic diets are specifically limiting protein, not just carbohydrate through a lecture I heard by Dr. Rosedale at the Ancestral Health Symposium in 2012 and that was when I first thought, "I wonder if protein is part of the problem here." So for me it was the key to me, that made the difference for me.