

PREVIEW_ Jason Fung - Interview (Breckenridge 2017) 2

Dr. Fung: If you give a volunteer an extra 1000 calories a day of candy and pop they will develop fatty liver. So they will gain 2% weight gain, but a 27% rise in liver mass.

Dr. Eenfeldt: So they gain some weight but mostly fat in the liver. It's nasty, huh?

Dr. Fung: It's nasty. Because the fatty liver then causes insulin resistance, which then in the long-term will raise insulin levels over and over again.

Dr. Eenfeldt: So it's much more of a long-term problem than gaining the same amount of weight around your waist.

Dr. Fung: Exactly, because again you can barely measure that effect of that 1000 calories a day. So again human experiment, they overfed somebody 1000 calories of sugar basically. So it was like two cans of Coke and a bag of candy and something else. So it sounds like a lot, but it's actually not a lot of sugar.

Dr. Eenfeldt: Lots of people do that, right?

Dr. Fung: Lots of people, especially adolescents. So in only four or five weeks they developed fatty liver. That's insane, right?

Dr. Eenfeldt: So that's what kids do these days, huh? They develop fatty liver all over the place.

Dr. Fung: But the good news is that when they went back to their usual diet again the body weight dropped, but only like 3% I think, but the liver fat fell right away.

Dr. Eenfeldt: So it's reversible.

Dr. Fung: It's reversible.