

PREVIEW_ Chris Pattinson - Interview (Manchester 2017) 2

Chris Pattinson: My sister is a nutritionist in Canada and she's always talked about the paleo way. So we always thought we were eating clean. We cut out the grains, we just ate real food, plenty of fruit and vegetables.

Though obviously we were up on the carbs. Now I've got a bit of experience with diabetes. My father went blind with it, my grandmother got it. She got her leg amputated. So I know it's not nice. And Heather didn't want to go on drugs.

She didn't want metformin or all the rest of it later in life with insulin... And I'd seen Dr. Chatterjee on the TV reversed diabetes with a low-carb diet in the program where he goes live with the people. And I thought, "I can do that."

Well, I got two things. I got the low-carb to try to treat the diabetes, but I've also got low-fat as well, to treat the heart disease, or so I thought.