

## PREVIEW\_ Gary Taubes - Presentation (San Diego 2017) 1

**Gary Taubes:** This what science is. You see something in laboratory, you see something in your experiment, you see something in nature. It tends to contradict your assumptions about how the universe works or should work, your belief system and you want to explain that.

So all of science is about explaining what we see in effect, coming up with the cause, coming up with something that is necessary and sufficient to explain the phenomenon that we're thinking about. And in this case, we haven't observed the effect we want to explain. Okay?

So, it's not what diet works best, it's got nothing to do with that for the moment. The effect is this, "Worldwide epidemics of obesity and diabetes "and related chronic diseases that follow a nutrition transition from traditional diets and lifestyles to western diets."

So, all around the world no matter what the population is, whether it's, you know, Inuits, weather it's Native American, weather it's South Pacific islanders, whether it's Caucasian populations, European populations, African populations, everywhere in the world, when a population transitions from their natural diet to a Western diet, you see eventually these explosive epidemics of obesity and diabetes.