

PREVIEW_ Joanne McCormack - Interview (Manchester 2017) 2

Dr. McCormack: Our fat protects us from harm. It changes our glucose in our bloodstream into fat. And not everybody's got the ability or the same ability to convert glucose into fat. And sometimes it's not a good thing to have that inability because turning glucose into fat protects us.

Obviously if we get too fat then we get strain on our joints and we can have inflammation in our bodies and we can develop diabetes. But not everybody develops that at the same time. So I wanted to make the point that our fat is useful for us.

It is a warning sign, a bit like having the canaries that they used to take down in the mine and the canary died and it's a warning sign if the canary is dead. You don't die from being fat initially, but once you start getting fat, that's a sign you've got something called insulin resistance. And it's a sign you should eat differently.

And that's what I say to people now that I've got into the way of talking about it. I say, "Your body is different than other bodies. Your body doesn't respond to the Eatwell Guide or the Eatwell Plate and your body would benefit from eating differently."

And are you interested in that? If you are busy or you don't have time here's my card, here is my website, you can read about it later. Maybe you're not going to do it this month or even this year, but you just keep that and think about it, because whenever you reach the point that you can change, well give it a go."