

VIDEO_ Low carb for doctors with Dr. David Unwin (Part 3)

Dr. David Unwin: It's also interesting to think for a bit about other situations when the low-carb approach can really pay some handsome dividends. This is around weight loss. So thinking about the patients I see in an average surgery, so many of them will come in with painful knees, painful hips, painful feet and I've seen weight loss really helped that group of people.

So those were the orthopedic ones. And then we've got breathing. I think for many years I ignored the elephant in the room with breathless patients. So whether you're breathless because of heart failure or you're breathless because of asthma or for whatever reason.

If you're weighing 20 stone, if you're very heavy, weight loss is great for breathing. So I'm seeing people on a regular basis now. They are talking about how they are breathing better. So they are another group that this approach can be so helpful.

How about endocrine polycystic ovarian disease? I've got one lady, she had no periods for 15 to 20 years and those restarted when she lost four stone using the low-carb approach. I've also had some cases with eczema, quite a few young people who had very serious eczema.

And for them giving up bread particularly seems to have helped their eczema. I've got other cases of psoriasis. So you see, the low-carb approach sometimes with weight loss, can have advantages to quite a wide variety of patients that you see everyday.

Interestingly one of the commonest things I find low-carb helps with, is young women who complain of abdominal bloating. For so many years I had nothing to suggest for this group of patients. But I find that low-carb helps remarkably quickly and it's certainly not going to harm them, so it's worth a try.