

## PREVIEW\_ Gary Taubes - Q&A (San Diego 2017) 1

**Questioner woman:** Other than good science what do you believe is the greatest barrier we're facing in changing... the world?

**Gary Taubes:** Well, bad science is the barrier of it. Good science is the solution.

**Questioner woman:** Once we have that good science, what do we do?

**Gary Taubes:** You just keep it a day at a time, I mean my role model was, you know, Don Quixote. Just... go after the windmill.

It's not going to change much, but that's what you keep doing. I mean everywhere you go, it's like if we can convince people that saturated fat isn't killing them and if we convince medical research organizations to lift the caps on that, which is exceedingly difficult to do, then you're still left with now the environmental issues and the rise of the vegan vegetarian movement and I respect their ethical and moral arguments, but I think the bad science is exaggerated there.

So it's sort of... it's just a constant struggle on every step along the way. And then to remind yourself that 15 years ago when I first started this there were maybe five physicians in America who were prescribing low-carb diets, like Eric Westman and four other people.

And even Eric was nervous about it. And now there's probably thousands. And it's a tiny relative increase, like maybe from 0.00001% to 1% of all physicians, but it's a huge absolute increase and, you know, last year this meeting was 300 people, this year is 600 people.

So it's a sort of a constant reminder to see that we are slowly winning, even though sometimes it feels like one step forward two steps back.