

## PREVIEW\_ Ali Irshad Al Lawati - Interview (Mallorca 2017) 1

**Dr. Ali Irshad Al Lawati:** After this I entered medical school and it was actually a struggle for medical school to introduce this to my colleagues, my professors, but it was interesting that they actually listened. They were very much against it, they didn't think it was the right thing to do, but they listened.

And they gave me a chance to explain it to them. And eventually more and more people started following low-carb when I was in college and I graduated and I was an intern, I had to do one year of internship. And then when I did that I had to rotate in different hospitals in the country in Oman.

And so every hospital I'd go to, I'd present something about this, I'd introduce it to more and more people. And later I started my residency training and after two years through residency training I was allowed to start this at the National Endocrine Center in Oman.

So I wrote the protocols, you know, there were doctors, nurses, dietitians were on board and it was brilliant. And then I left there and then started another thing at the Royal Hospital where I'm working right now, and I started a lifestyle medicine clinic following the first steps of Dr. Westman.

Through my training, as you mentioned, I went in and did three weeks with Dr. Westman and a month with Dr. Bernstein, and so I've fine-tuned my way of doing low-carb and I've even fine-tuned my way of treating my own diabetes.