

Video Low carb for doctors (part 16)

Dr. David Unwin: So here we are, the final part and congratulations if you've borne with me for so long. It's very humbling that you can be interested to listen to me for so many episodes. I hope very much that you found them useful. I really hope that this starts a low-carb journey for you that is as good as my own.

The low-carb approach has I think saved my career. I'm loving medicine now. Every day I am thanked by people who have made a difference to their lives. Is ironic really that they should thank me at all, because the majority of people have helped themselves and I think this is a form of medicine which is truly collaborative with our patients where they actually do so much of the work.

And because of that we don't leave our patients addicted to us, because they can leave us and go on and do this all by themselves and get wonderful results with very little need of ongoing doctor's supervision. So it's an irony really that we'll be starting with patients addicted to carbs and leaving them not addicted to carbs and not addicted to us either.

People who can go on, carrying for themselves independently and also leaving you as a more cheerful, fulfilled doctor thinking back to why we all became doctors at the beginning. I think most of us started in medicine hoping to help people, hoping to make a difference. And I know that after 25 years I was so disappointed in my ability to make a real difference.

All I seemed to be doing was prescribing, particularly the repeat prescribing and I felt divorced from the patients, separated. And now I feel I'm working with patients and it feels exactly what I'd hope to do right at the beginning. It's a shame for me that I wasted 25 years finding my way to help patients.

And the idea of doing these talks was that some of you might find a quicker route, rather than wasting 25 years as I did. So if you have found this useful I'm so grateful. Thank you.