

## PREVIEW\_ Franziska Spritzler - Interview (Mallorca 2017) 1

**Franziska Spritzler:** Well, I had one gentleman who had pre-diabetes for a couple of years and he tried other diets and he had very high blood pressure. So he had high blood sugar, he was overweight, he had high blood pressure and he was on three blood pressure medications and two diabetes medications.

And he started working with me on a low-carb diet. And it was a kind of a more moderate approach. It wasn't ketogenic, it was more like about 50g or carbs per day and he lost 20 pounds and he was able to reduce his blood pressure medications. Two of them he eliminated altogether and one of them he cut down to minimal dosage and cut off all of his diabetes medications.

And felt great, no longer needed a snack around the clock and he said this was a diet he felt he could stick with long-term. Any other diet he'd ever done in the past was very short-term and he gained weight back. That was I think four years ago and he has managed to keep the weight off, keep his blood sugar levels normalized even though he is now four years older, I believe he is close to 60 years old.

So he's in much better shape than he was through, you know, most of his 40s and 50s. So that's a really special one.