

## PREVIEW\_ Rutherford-Bhardwaj - Interview (Mallorca 2017) 1

**Dr. Helen Rutherford:** Normally when I go on holiday I don't come to a low-carb conference. I'm normally out in the hills and I'll be walking for 30 k or 40 k a day and I'll be doing this thing we call scrambling in the UK, but which everywhere else you'd probably think of as really easy rock climbing, but without a rope.

But in order to get to these scrambles, you have to do long walkings. And I've been on a holiday the year before and I'd had a terrible time, because I'd had to carry this huge backpack that was full of food and every hour I was having to stop and have something to eat and I was eating Jelly Babies, you know, every couple of minutes.

And I really didn't feel very well and didn't actually enjoy the trip too much. So I read Steve Phinney's and Jeff Volek's book on low-carbohydrate performance and I said, "Wow, maybe this could be the answer. "If I didn't have to take my backpack I'd just take the fat I already got on me.

And I'd use that and I'd become a fat burner." So I read more about it and my trip was planned for the summer, so I decided to go on a ketogenic diet and literally within a week I just felt fantastic. So I didn't feel tired anymore, I didn't feel hungry anymore. It was like this is how I was meant to be. I went on my trip, I did a 50 k day on five almonds and a lump of cheese.

And I just went on and on and on, the next day I didn't eat... Normally after that I would have to have a day off before I did the next day. The next day I felt fine and I did a 30 k day the next day. So I had an absolutely fantastic trip, achieved all my goals, came back feeling fabulous, and then I went back to work and I said, "Well, I'm going to keep on doing this because I feel great."

And the brilliant thing about it was that I was going home on time every day from work, because I didn't need to eat during the day, I was eating just once a day in the evening, I was really enjoying my food in the evening, because I was eating it, you know, in a mindful way, enjoying what I was having and I love the food because it's full of oils and creams and all the things that I'd always denied myself.

And the bonus part was that I wasn't staying late finishing off paper work, because I was just so much more efficient. So I decided, "Yeah, this makes sense, makes medical sense. It just feels right, so I started bringing that into my own practice and

suggesting it to one or two patients. And virtually every single patient I suggested it to felt that it was right.