

## PREVIEW\_ Ali Irshad Al Lawati - Interview (Mallorca 2017) 2

**Dr. Ali Irshad Al Lawati:** So back when I was 15 years old I used to go and sit with my grandfather in the evening and just sit with his friends. And one of his friends was this grumpy old man, like always grumpy, always complaining about his diabetes... He was overweight.

I remember the driver, his driver, dropping him right next to the gate, he comes walking in with a cane, you know, very slowly, and then just collapses on the chair and then starts complaining of all the problems he had.

And then for perhaps five months I didn't go to sit with him and his friends and then after five months I go back and then we're all sitting there waiting for this guy and I look at the gate and there he goes marching in wearing trainers and he just looked different.

He'd lost like 10 kg, he looked 10 years younger and he was smiling. And he marches in, sits down and my jaw literally drops. And then I'm poking my grandfather to ask him, "What did he do?" Because I was chubby, I was so round, if you pushed me, I'd roll like a barrel.

So my grandfather eventually asked him and he got him this little piece of paper that said low carbohydrate diet in Arabic. It read low-carb diet. So I looked at it, I read it and at the age of 15 where I was brought up knowing or been told that fats were bad, it said, "Eat fat to lose weight".

And this is what this guy was doing. So I called my grandfather immediately, "This guy is killing himself. What's he doing?"