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Dr. Christian Selig: There are these opinion leaders as there are worldwide, they're also in Germany, people from the German Society of Cardiology, people from the German Diabetes Association, from the German Society of Nutrition and most of them are strictly opposed to low-carb diets.

And it's almost impossible because it's a shift in paradigm and it would require for someone who heard 30 years of low-fat, let's call it indoctrination, and researched on that. You have to think about so many things again and again in different fields that it's impossible for them to jump over the shadow and take a closer look.

They think it's a complete fringe movement. So it's a tough one, but it also depends a little bit on age. When I talk to medical students, some at least know that there is something wrong. They may not have figured it all out, they may not know about insulin resistance, they may even not know about low-carb or anything, but they know there is something rotten.

Because it's quite obvious, if you look at nature, how many animals without human intervention gets sick... almost none. They either have an infectious disease or trauma and that's it.

Otherwise they die of old age. What is wrong with humans? And many people in the medical field are beginning to realize that humans are not broken by default.