

## PREVIEW\_ Interview with Benjamin Bikman (Breckenridge 2018) 1

**Dr. Benjamin Bikman:** In someone eating a standard American diet, which is of course carb heavy, there is a massive increase in insulin where insulin goes up several times over baseline, even when eating a pure carbohydrate source. Adding protein to that then sends it even further, so it is amplifying the inherent insulinogenic capacity of the carbohydrate.

In contrast in the instance of a low-carb fed individual because we need to have the liver making glucose via gluconeogenesis, we can't afford to have insulin spiking so high, because that would absolutely clamp down on gluconeogenesis and thus as the evidence suggests in humans, we in fact don't see that expected rise that we do see in insulin with the carb-fed individual, we see no such effect in the low-carb fed person to the point that there is in fact no response.

It ends up being fairly neutral with regard to the endocrine response. Which a lot of people don't appreciate. We look at the textbook version saying these amino acids are insulinogenic and yet that's in this overwhelmingly common situation of a carbohydrate fed state and that didn't consider the low-carb fed state.