

## PREVIEW\_ Sarah Hallberg - Interview (San Diego 2017) 2

**Dr. Sarah Hallberg:** The thing is, as far as getting into trouble, we have to think about it this way... We put patients on medications all the time and you read the PI associated with these medications. How many problems do we run into with even, you know, the most basic Tylenol, right?

**Dr. Andreas Eenfeldt:** The list of complications is long, yeah.

**Dr. Sarah Hallberg:** Here our goal is to get patients off those medications and have them eating whole foods. So it's really hard to imagine that a physician instructing their patients to eat a whole food-based diet with the goal of better glycemic control and removing medications while there's evidence to support this is going to get themselves into trouble.

**Dr. Andreas Eenfeldt:** Do you know of anybody in the US, where we are, who has got into trouble for this?

**Dr. Sarah Hallberg:** I don't.

**Dr. Andreas Eenfeldt:** And they are quite a few, I guess.

**Dr. Sarah Hallberg:** Yes, and more and more every day I think. Physician who are saying, "I'm so tired..."

**Dr. Andreas Eenfeldt:** Probably thousands of doctors, right?

**Dr. Sarah Hallberg:** Yeah. "...Tired of seeing my patients get worse." And that's one of the big drivers for me. I can remember my days in primary care where I can say what I felt more than anything was that I was a legal drug dealer.

Because that's all I did all day. It was, "Here, you're worse. You're worse again." And now I am in this completely different area of my career where I'm taking people off of medications, I'm de-prescribing instead of prescribing. And definitely the title of legal drug dealer is gone from my repertoire.