

## **PREVIEW\_ Jake Kushner - Presentation (Breckenridge 2018) 2**

**Dr. Jake Kushner:** So what do you eat if you're on a diet like this? Well, you can eat some meat and some fat and some vegetables. This is a picture taken by my friend Marshall who is a young man who has type 1 diabetes.

He is in his early 30s, he eats a very exciting and rich and varied diet and he feels great and as you can see most of his calories are coming from fat and his glucose control if he's really careful is spectacular, just amazing.

And Marshall called me up and he said, "Jake for most of my life I thought I was going to die from type 1 diabetes." And he said, "Now I actually think there's a chance that I could live." I thought, "Wow, we got to figure this out. It's so cool."

So I showed you this glucose tracing from an 18-year-old who's had type 1 diabetes for more than 10 years and look what happens on low-carb. Isn't that awesome? It's just amazing.