

PREVIEW_ Ted Naiman - Interview (LCC 2018) 1

Dr. Andreas Eenfeldt: Some other arguments that people make for a lower protein diet is, of course, to get the ketones up a little bit higher, if that's something you're interested in, but also that potentially...

I mean we don't know, but potentially it could lead to increased longevity. That's what's Dr. Rosedale believes. That potentially it could slow down or make cancer less likely. What do you think about that?

Dr. Ted Naiman: First of all I want people to know that you will probably be in ketosis even on the highest protein diet you can stand. We have some very high-protein diets where people in these studies were in continual ketosis even at 30% protein.

We have a lot of studies that show that the amount of protein you eat doesn't really have a big influence on ketone levels as long as your carbohydrates are very low. So I don't think that ketosis is a reason for restricting protein.

Now as far as the longevity data, what I haven't seen is anything to suggest that protein restriction is useful in an apex predator like Homo sapiens. So we are tertiary or quaternary predators.

We are at the very, very highest level of the food chain and I haven't seen any sort of carnivore or predator data that would suggest that protein restriction is good for lifespan. I mean I think that we have some evidence in lower animals.

I do think that there's some evidence to support protein restriction, but we definitely don't have human data at all to support that and we really don't in predators like Homo sapiens.