

## PREVIEW\_ Bourdua-Roy - Interview (Breckenridge 2018) 1

**Dr. Evelyne Bourdua-Roy:** I started treating patients with metabolic syndrome, pre-diabetes, diabetes and weight problem obesity with low-carb or the keto diet and that was my main goal and I expected those people's metabolic problems to improve.

What I didn't expect is their pain to improve. So first time I got a patient back saying, "I lost a bit of weight and I feel great. But my pain has gone down, way down, doctor." I thought, "That's cool."

Second patient, third patient, dozens of patients, one after the other, saying, "My pain is improved, my pain is reduced, or my pain is gone." I thought, "Hmm, very interesting. There is something there."