

## **PREVIEW\_ Evelyne Bourdua-Roy - Interview 2 (Breckenridge 2018) 2**

**Dr. Evelyne Bourdua-Roy:** If you've experienced the benefits of the low-carb diet for yourself and for your family and you're like, "I need to offer this to my patients", then my suggestion to you is just do it. Just pick one easy patient, pre-diabetes or just overweight or something like that and just offer it to them.

And you don't have to spend a lot of time with you patients because one thing I found clinically is that I cannot predict who is going to be interested and who's not going to be interested. So if I spend one hour talking about nutrition with each patient that has metabolic syndrome or, you know, diabetes or whatever this is not doable.

**Dr. Andreas Eenfeldt:** Most doctors don't have one hour to spend with every patient, right?

**Dr. Evelyne Bourdua-Roy:** Absolutely.

**Dr. Andreas Eenfeldt:** Maybe no doctor has.

**Dr. Evelyne Bourdua-Roy:** No one has this kind of time especially if the patient in front of you is just politely listening and has no intention of--

**Dr. Andreas Eenfeldt:** So how do you do it?

**Dr. Evelyne Bourdua-Roy:** What I found now is that I give them a little like one minute speech, like for instance, "Your lab results show that you have pre-diabetes and that your lipid panel is not really nice and maybe you have some inflammation in your body and I believe that all of this can be treated through diet, or we can treat it, you know, with medication.

But if I treat you with medication, it's going to be medication everyday and it could be for life. What would you prefer?"

And if they tell me, "I would prefer nutrition" or "I need to think about it", or whatever I give them a pamphlet of information, I direct them to DietDoctor for instance and I say, "Go read a little bit about this and if you're interested book an appointment back with me and then we'll discuss this further".