

PREVIEW_ Ken Berry - Interview 1 (LCC 2018) 1

Dr. Andreas Eenfeldt: So what's the biggest thing that is holding us back from that happening, from the diabetes epidemic curve starting to bend downwards?

Dr. Ken Berry: So many doctors and other experts are giving bad information and so many people think they actually know what a human being should eat, but in reality they don't know at all and what they're eating every day is making them sicker and sicker.

And so it's partly that, just the wrong information that is still being given by many doctors and nutritionists and dietitians, but it's also just the inertia of the old way of thinking. It takes a while for that sort of thing to die down and for the echo of the lie to just stop echoing through the community from family member to family member. "Oh, you shouldn't eat bacon. It's bad for you." and "You should eat more whole-wheat."

And we think these truisms are actually good and useful meaningful advice, but they're really not, they're really backwards. And as more and more people discover this I hope that that echo of the lie will just die down and go away and then I hope that more and more doctors will have their feet held to the fire and stop giving terrible nutrition advice.