

## PREVIEW\_ Ivor Cummins - Interview (PHC 2018) 1

**Kim Gajraj:** Is ketones going down really such a big problem?

**Ivor Cummins:** Yes, then you're into the whole how important is it to stay and sustain ketosis. Now we know that a very keto, very low-carb is very beneficial for people with insulin resistance and diabetes and insulin resistant obesity.

So it is a good idea to try and stay in ketosis for those people but more insulin sensitive overweight people may not get near the benefits of staying in hard ketosis. So again, it depends on the person. I personally would focus on getting into ketosis through meal skipping and fasting.

So myself and Dr. Gerber stay low-carb, we're moderate protein, possibly high-ish protein from the meat, fish eggs and all those things that we eat, grass fed of course and pastured, but we tend to get into ketosis by not doing something, by not eating.

So keep low-carb and then spread out your meal intervals to burn your body fat. And to be honest under those circumstances of a low-carb regime where you're mainly going towards ketosis by fasting and intermittent fasting, I really don't think the data shows that moderate or even significant protein causes a major problem there.

And I wouldn't be quite so worried about protein except for the exception I said about people who have sensitive physiologies. And even then it's more about disease rather than kind of weight loss.