

PREVIEW_ Jen Unwin - Interview (PHC 2018) 1

Kim Gajraj: There are some times when people will be following a low-carb diet and they might stray from the path and they really might have a big binge and eat lots of carbohydrates and sugar. And I wanted your advice on if that happens to somebody what are your top tips for them for how do they get back onto the right track as quickly and easily as possible?

Dr. Jen Unwin: It's almost inevitable, the environment we live in, and also as you say, some people don't struggle with it now so they don't understand it, and in the nicest possible way at work or at a family party or any kind of situation people will often say, "Just one won't hurt" or...

Or somebody has made you something personally and it's quite hard to have the... it's quite difficult socially to then say, "Thank you for that lovely cake, but I'll have to..." You'd have to be quite confident to do that so yeah, people are going to fall off the wagon. And the hardest time for people in our low-carb group has often been Christmas.

And they were sometimes spectacularly... we had one or two people who kind of disappear for six months or so, but usually will come back. So we definitely have a no-fault culture, so as I say you don't learn to ride a bike without falling off.

So you will fail and that's absolutely fine that the thing is, "How am I feeling right now?", noticing and trying to remember that I'm guessing that when they were sugar free they would have been, everybody says that, the mental clarity and the sense of control, you feel so much better. And just trying to get right back on the horses as soon as you can.