

PREVIEW 1_ Interview with Trudi Deakin (PHC London 2018)

Kim Gajraj: For people who are at home maybe they have insulin resistance or diabetes, if they're not part of your program how could they experiment to find the right diet for them?

Dr. Trudi Deakin: We know that diabetes is a carbohydrate intolerance condition. So there's going to be some high insulin levels we call hyperinsulinaemia and some level of insulin resistance. So having some form of carbohydrate restriction is good.

And what we don't know is the level that one should go to. So they're experimenting at home, then they may wish to start off with a low carbohydrate diet of less than 130 g of carbohydrate a day.

Try it out making sure that they keep their salt and their hydration up so that they don't suffer the symptoms of what we call low-carb flu. And see if that works for them... Am I achieving my health goals from this level of carbohydrate restriction? What are my health goals?

Is it my weight? Is it my waist? Is it my blood lipid levels? Is it my level of glycemic control? What's important to me? So they will monitor whether that level of carb restriction works for them.

If they're not getting the desired impact from that less than 130 g a day, they may choose to go stricter and go on a very low-carb diet, more keto diet, which is less than 50 g of carbohydrate a day and see whether that works better for them.