

VIDEO_ Intro to women's questions series

Kim Gajraj: At Diet Doctor we are often asked low-carb questions that relate specifically to women. We decided to put some of these questions to low-carb and keto experts from various different backgrounds. In this video series you can find out their views on some of your top questions about low-carb and women's health.

Hanna Boëthius: Hanna Boëthius, Co-founder of the Low-carb Universe.

Dr. Zoe Harcombe: Dr. Zoe Harcombe, that's PhD Dr., not medical doctor. As my friends say that's the intelligent doctor rather than the useful doctor, so I'm useless in a crisis.

Claire McDonnell Liu: Hello I'm Claire McDonnell Liu, I am a nutrition adviser at leafie.org.

Bitte Kempe Björkman: Bitte Kempe Björkman, co-founder of the Low-carb Universe.

Dr. Trudy Deakin: I'm Dr. Trudy Deakin, I am chief executive of a charity in the UK called X-PERT Health.

Dr. Katharine Morrison: Hello, I am Dr. Katharine Morrison and I am a GP at Ballochmyle Medical Group in Ayrshire in Scotland.

Dr. Jan Unwin: I am Dr. Jan Unwin and I am a clinical psychologist.

Daisy Brackenhall: I'm Daisy Brackenhall and I've got a keto women podcast, but just avid fan of low-carb and keto.

Dr. Joanne McCormack: My name is Dr. Joanne McCormack, I'm a family doctor from Warrington Cheshire. Is that enough?