

Harold

MD, 78 years old, diabetes

I am a 78 year old male diabetic physician and have been on a very low carb diet (under 30 gm/day) since diagnosis 6 years ago. I am not over weight (5'9" and 150 lbs). I had gained about 15 lbs just before diagnosis. I lost that in about one month on Atkins induction diet with exercise.

My lab work improved dramatically (triglycerides 175 to 75) HDL 42 to 84 and cholesterol large fluffy type up a small amount. I probably have LADA and I am very sensitive to insulin. My A1c is under 5. I eat three meals a day and no snacks. I do not get hungry between meals.

I ski over 100 days a year and bike or walk in the summer almost every day. My energy level is very good on a low carb slightly ketogenic diet. I believe the idea that the brain requires large amounts of carbohydrate to function is nonsense.

I think the food pyramid is upside down and the epidemic of diabetes and obesity is directly related to it.

It does not make sense to have diabetics or obese people eat large quantities of carbohydrates when their carb / metabolic pathway is not working properly. I believe the best way to make that pathway become diseased is to eat a lot of carbs as people on the standard American diet do.