

Developing the Hybrid Diet

I (Patrick) have been writing, teaching and helping people lose weight and reverse diseases with the slow carb/low GL diet for over twenty years. I've written *The Low GL Diet Bible*, *The Low GL Cookbook* and many other books that explain how to balance your blood sugar for steady energy, easy weight loss and disease reversal by stopping the conversion of excess glucose into fat.

I (Jerome) have spent the last five years knee deep in the science, the research and the politics behind ketogenic, high fat/low carb diets, and have seen the extraordinary results they are achieving against diabetes, cancer and brain diseases – from Alzheimer's to epilepsy.

Together, we will explain why mainstream medicine and government guidelines to tackle the obesity epidemic have got it so spectacularly wrong by demonising fat and glorifying carbs. We will also show you how and why both approaches – high fat and slow carb – work in simple, practical ways. And we will explain why *alternating* between the two diets does more for your health than relying on just one.

Back in the 1990s, having established the Institute for Optimum Nutrition in 1984, I (Patrick) explored, researched and wrote about what constitutes 'optimum nutrition'. I concluded that weight control and diabetes prevention were all about stabilising blood sugar levels. My approach involved eating fewer carbs overall, and switching to foods with a low glycemic index (GI) and a low glycemic load (low GL): what we call 'slow carbs'. This meant that refined foods and sugar were out, but most other foods – eaten in the right quantities and combinations – were in. As I've seen thousands of clients achieve excellent results over the years, I must admit I've been rather sceptical about the 'need' to go to the extreme of eliminating almost all carbs in order to trigger ketosis. However, as you will see later in this book, there are plenty of persuasive reasons to follow the ketogenic diet. In addition to being useful for weight loss, it can aid recovery from cancer, epilepsy and dementia. Furthermore, people who are heavily addicted to carbs often find it easier to avoid them completely by going down the ketogenic route rather than trying to cut down. Others choose this diet because they love meat and dairy products (although our high fat approach advises against making these foods staples). Most of all, though, there is convincing evidence that we should switch periodically between slow carbs and high fat, as we explain in Part 3.

I never bought into the low fat mantra, because I felt that the anti-fat science never stacked up. Instead, I have always recommended eggs and encouraged the consumption of healthy fats.

However, I was equally never convinced that grains – which supply more than half of the world's energy requirements and half of its protein – were the devil in disguise. The first civilisations thrived because of their cultivation of grain, and I saw no compelling reason to return to a hunter-gatherer existence, as some 'paleo' dieters suggest we should. The old-school low fat, high carb, calorie-controlled diet – which was based on the idea that calories in (food) minus calories out (exercise) determines your weight – ignored the vast complexity of what happens in the interim, and it has proved utterly ineffectual at halting the global rise in obesity. Both a high fat and a slow carb approach work *with* your body's metabolism and reduce hunger; by contrast, low fat diets fight *against* your body, making you not only hungry but slothful and tired.