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Functional Medicine

TWEET GM #25

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Title

Created

REPLACING FAT BASHING BY SUGAR-CARB BASHING

We have just posted QUOTE GM #25 today, which you will hopefully read. Once again, it shows how high-glycemic-load diets are hugely detrimental. However, it seems that nothing will ever put an end to fat bashing mania.

I am sooo fed-up to hear the patients eager to dismiss my suggestions to replace their favourite rice cake snack (perhaps worst 'food' ever invented by humans) by teaspoons of nut butter or seed butter. They are horrified and they typically answer: *"but nuts and seeds are very fattening, doctor"*.

Oh dear, I just can't stand that anymore. These poor patients show such an enthusiasm when criminal dieticians recommend starting the day with *"fresh orange juice"* before *"granola that will fill you with a lot of energy"*.

Folks, let me tell you: please never refer me someone who presents such dreadful views about what they think is healthy diet! My patience is over.