

A Fat Lot Of Good! Dr. Peter Brukner

Dr Peter Brukner is a world-renowned Australian sports medicine clinician and researcher. Until recently the team doctor for the Australian cricket team, he has held similar positions at Liverpool FC, Melbourne and Collingwood AFL clubs, the Socceroos and with the national Olympic athletics team.

A professor of sports medicine at La Trobe University, Peter is also the author of several books, including Clinical Sports Medicine and Food for Sport, and a founder of the SugarByHalf public health campaign. He lectures on health all over the world and appears regularly in the media, including Fox Footy TV, SEN Radio, ABC Radio and The Age

Peter's personal journey to LCHF

At the age of 60, Peter recognised that despite following a 'healthy' diet and exercising regularly his weight had steadily crept up. He was now borderline obese and needed to make a change...

and so began an experiment... on himself. For 3 months Peter followed strict LCHF - these were his results:

- Stopped getting hungry
- Lost 1kg every week for 3 months. A total of 13kg weight loss
- Was actually enjoying his food
- Noticed an improved exercise capacity after about 6 weeks
- Was more alert
- Slept better (stopped snoring)
- Improved bloods - fatty liver resolved

And is now a passionate supporter and advocate for LCHF

SugarByHalf

The average Australian has 14 teaspoons of added sugar per day (and teenagers even more!)

The World Health Organisation (WHO) recommends 6 teaspoons per day

This simple reduction of sugar by half, would have dramatic implications on the health of our nation - so simple!

- Awareness of 'hidden' sugars
- Peter's view on sugar tax and the impact this tax has had in the UK

Exercise and LCHF

What we should be aware of:

There are large individual variations - TIME and trial and error are required

Moderate intensity exercise - most people have no problems on minimal carbs

High intensity and intermittent high intensity (AFL, basketball) - there are various strategies to try BUT LCHF should always be the underlying diet

Finally, listen to Peter chat about a few standout patients who have adopted this way of life

