

A GPs Perspective on Low Carb High Fat

Dr. Robert Szabo

Dr. Robert Szabo is a Melbourne based General Practitioner with an interest in the use of carbohydrate restriction and therapeutic fasting for weight loss and additional health benefits.

He practices in Balwyn at Modern Medical Clinic and has a dedicated practice for this way of life called 'The Low Carb Clinic'

Rob's personal health journey

A shock diagnosis of Type 2 Diabetes at the age of 37 following an insurance medical. Had no symptoms, wasn't particularly overweight. After a year of experiencing a blood sugar rollercoaster ride, Rob found LCHF and started getting great results. He felt he had to bring this into his practice as a GP and also created a dedicated practice for this through the 'Low Carb Clinic'



During the interview Rob discusses the following:

Modifying medication when implementing low carb

Suggests seeing your medical professional before or soon after starting low carb so that adjustments can be made accordingly - low carb can be extremely powerful!

Understanding your GPs perspective when it comes to low carb

This is a learning process for EVERYONE, doctors included

Cholesterol, LCHF and statins

Statins - understanding how this drug works. It is not just a cholesterol-lowering agent but has strong anti-inflammatory properties too

"Lowering your cholesterol through a low fat diet has NO impact on your risk of having a heart attack"

"Other medications, not statins, lower cholesterol but again NO impact on risk"

Statins have been shown to impact risk AND they lower cholesterol! Could this be through their anti-inflammatory mechanism?

At the end of the day, the key is decreasing risk which is not necessarily related to lowering cholesterol. It is important to consider the entire picture of risk, not just cholesterol in isolation.

Thyroid issues?

Non-specific symptoms such as fatigue, insomnia, increased weight, depression therefore a blood test is essential. Mostly these blood tests are normal.

Yes, often there is a hormonal issue but often it is not the thyroid hormone but rather insulin!

Inflammation and its relationship to chronic injury, recovery and gut symptoms

"What we eat is what we're made of!" LCHF = less damaging omega-6 fats and more anti-inflammatory omega-3 fats. The results of this are reduced inflammation (reduced CRP)

Surprising case studies

- The positive impact of LCHF on chronic pain, chronic fatigue and fibromyalgia
- Optimising health - taking health to another level