

NoteGPT: Exclusive Interview with Dr Michael Mosley on the benefits of intermittent fasting.

00:00:00

okay so for most people plugged into the world of nutrition the name Dr Michael Mosley is well known uh before entering medicine he studied philosophy politics and economics at new College Oxford after a short time in Psychiatry began working for the BBC going on to produce a number of different science programs including *Blood and Guts*, *The human face*, *10 things you need to know about losing weight* amongst many others uh he is perhaps best well known for popularizing the 5:2 diet based on his friend Dr Volta

00:00:25

Longo's research in 2013 he published *The Fast Diet* and in 2019 a book called *The Fast 800* our discussion today will be wide ranging but will be structured around his recent books about weight loss Dr Mosley thank you very much for joining us pleasure yeah I guess we can start with um uh your own personal Journey uh your journey towards Health has been a really interesting one at one point you were diagnosed with type two diabetes there there must have been some dark moments there and justifiable

00:00:52

concerns about the pathway forward uh I know this will resonate with many of our viewers um can you talk a little about how you managed to turn things around sure so it was actually um in 2012 and I went to see my GP um about something unrelated um she said let's do a blood test we haven't sort of looked at that for a while um she did that and then she rang me up later to say look um your blood sugars are really actually very high had repeat test and she said look I'm afraid you're a type two di you

00:01:21

have type two diabetes and um I think you should start on medication we'll start on met Forin um see how that goes and that's sort of standard approach and and I wasn't Keen because my father had developed diabetes at around the same age I'm now 64 so uh This was um about eight years ago so I was in my sort of um mid-50s and about the same age my dad had developed type two diabetes and he had followed all the sort of medical advice but his his diabetes got worse and worse more and more medication and he ended up

00:01:54

dying at the age of 74 of complications including heart failure and early sides of

dementia so I thought that's not really a road I want to go down yes and uh I persuaded the BBC to let me make a documentary called *Eat, fast, live longer* uh in which I would see if I could cure myself of type 2 diabetes which was regarded at the time as an impossible dream uh and I was going to do it through something called intermittent fasting so I went off to the US and I spoke to a lot of leading researchers like Vol longer at the University of

00:02:25

Southern California and Professor Mark Matson at National Institute on aging and and uh I tried different forms of intermittent fasting and settled on what I call the 5:2 method where I cut my calories two days a week and came back and I did that for eight weeks while they were editing the film and at the end of that time my blood sugars I lost about 9 kilos and my blood sugars returned to normal where they have stayed ever since so I the program went out in August 2012 and I later read a book called The

00:02:57

Fast time and that really kind of triggered huge amount of interest in the whole area of intermittent fasting which previously had been seen as something strictly for the hippies you know it was kind of woo woo stuff uh but I was actually bringing uh serious science into it and in that book actually I read about 5:2 but I also wrote about alternative day fasting and also something which has become hugely popular which is Tim restricted eating where the idea is um sometime known as um 16:8 or 14:10 uh where you cut the hours Within

00:03:30

which you eat and I basically laid out the science where it was at that time and um I sort of assumed you know you write these books you make these programs you go on and do something else so I assume that would be over and done with but actually it just triggered a vast vast interest uh in the subject and uh I was also curious as to why I'd managed to reverse my diabetes as I said it was regard as impossible um so what had happened and that led me on to doing other things including writing uh the

00:04:00

800 uh which is about rapid weight loss uh but which I'm told is been the most popular di book in Australia New Zealand uh since it was published a couple years ago so yes yeah that's really interesting I mean it must have been a big surprise to you as well as everybody else I mean when you first started on that Journey do in your wildest dreams do you think you'd have such great success and so soon not at all at the end of the program I did say look I think this is beginning of

a revolution of something

00:04:29

that is is very significant but I didn't imagine for a moment it would take off in the way it did and um I did also wonder whether the expression 5:2 um was a bit odd but for some reason that also caught on and uh yeah I think one of the things that really helped was the fact that there were some very eminent scientists behind it at the time a lot of the research was in animals uh but uh since then it has triggered a lot of scientific research um in Australia New Zealand the states the UK all over the world and um people

00:05:04

have got hugely interested in intermittent fasting and the impact not just on weight loss but on the brain and indeed Professor Mark Matson who was one of my sort of gurus in this the guy from the National Institutes on Aging he's one of the world's foremost neuroscientists and his um primary interest in uh intermittent fasting was uh on the brain on um seeing if it is possible to delay the onset of dementia and things like that because his dad also developed dementia but he's particularly interested in obviously

00:05:40

diseases of the brain including Parkinson's and things like that and so he's published hundreds and hundreds of papers on the impact of intermittent fasting on the brain and yeah that's an interesting point you raised there um um I've um I've seen in the scientific literature that dementia related diseases has been referred to as Diabetes Type 3 um it's it's fascinating you should say that I mean looking at you physically now you look uh like terrific and there are objective and subjective measures of success

00:06:07

physically you're obviously a much improved version of yourself but but what about the subjective measures that people don't think about when they think about losing weight it's all about how they look and image but what about things such as your energy your mental acuity your mood what might Loosely be described as Vitality how could you describe your difference in your life now to to what it was back in those dark days absolutely it was very sluggish and to be honest um also in the intervening

00:06:32

eight years had I continued on the trajectory I was on at the time um I would be a much fatter and sicker version of the person you see in front of you now because

uh my dad really did start to decline fairly quickly although he was on medication the medication to learn was not enough it's a bit like you know taking um some form of aspirin or something like that to bring down a fivo without dealing with the underlying cause and the underlying cause in type 2 diabetes and in many chronic conditions

00:07:03

is the fat you're carrying around in your tummy which is kind of then going into your liver and your other organs and unless you get rid of that uh the danger is that all you're doing with the medication is you're just covering up the symptoms so absolutely I do feel a lot more energetic I also sleep better because um back in 2012 I was snoring really really loudly I mean really loudly you could hear the other side the house and my wife said to live opposite a pub uh and they delivered beer barrels

00:07:31

in the morning bang bang bang and she said I was so loud I would drown out the beer barrels so so uh yeah and when I lost the weight I lost the inches around the neck so for every kilo you lose you lose approximately a centimeter around your waist and along with the stuff around your waist you lose it around your neck and uh so I just stopped snoring certain point click uh no more snoring and much more peaceful night for me and also for Claire and indeed you know the neighbors yes it's nice to know that an unintended

00:08:05

beneficial consequence has been your wife's sleep um you know you you've managed to turn your health around but but sad to say so many haven't um like obesity has doubled across the world since 1980 uh in the UK nearly two-thirds of men and women are overweight or obese Australia is the same the US even worse um clearly the general consensus about what constitutes a healthy diet has been badly misguided um there many factors of play what are your thoughts about how this has happened I think the primary

00:08:35

thing is the rise and Rise of ultr processed foods um so that's something like 70% of the Australian diet certainly and in the UK is made up of what described as Ultra processed um NOW Foods you know there is if you like things like nuts and berries and vegetables which are kind of food as we know it then there's processed food which are things like yogurt and milk they've been through a process and then there's Ultra process which which is the stuff you buy in shiny packages in the supermarket which have 15 ingredients

00:09:04

down the side or you know when you go out and eat fast food and um it's the ultra processed food which seems to be the problem because the it owes more to the petrochemical industry than it does to anything else and these sort of foods are foods that we have never encountered we did not evolve to deal with and they've also been carefully engineered by the food industry so that you will eat more and more and more of them um they come in a particular ratio of fat uh to carbs 2:1 broadly if you look at

00:09:33

the most if you like addictive Foods on the planet at least is measured by the Yale food addiction scale right at the top what do you think is right at the top of the most addictive thing what would you imagine oh well it's got it's got to be sugar based right but the magic ratio you're talking about is two parts fat one part sugar right yeah it is chocolate chocolate number one and then up there is also Pizza you don't think of pizza is particularly sugary but it's it's got that ratio of carster sugar uh

00:10:01

what we call crisps and I think you call chips uh basically all that stuff is up there and once you start eating it you just want to eat more and more of it with me chocolate you know particularly milk chocolate I have a square I have another Square some people can put it aside my wife can put it aside forget about it it haunts me I go back and I look for it and I eat more and more packet of crisps I start I do St right at the bottom of the Yale food addiction score is broccoli so you have unfortunately the very

00:10:29

vegetables and things which are good to you which you know to be honest most of us are not addicted to and then there are things which we cannot stop eating which are at the top and it's very like cigarettes uh that these um Foods these ultra processed foods have been promoted in much the same way and I think that is the primary problem we've seen rise and Rise of those that we've forgotten how to cook they are convenience Foods they are everywhere they are in your face they are heavily promoted and um they

00:11:00

pass all the normal processes which would encourage you to stop eating yeah and the alent point there is that this hasn't happened by accident it's by Design um there was a book called The Dorito effect by Mark shatzer that explains how

large food corporations spent enormous amounts of money um making products that are highly addictive nons satiate devoid of nutrients yet exploding with this artificially enhanced flavor that you're talking about not to mention the magical 2:1 ratio um and they're designed to

00:11:27

hijack your brain and that that tends that seems to be what the situation we've got ourselves into so I mean there's certain core fundamentals that um any thinking person wants to focus on if they want to lose weight number one it seems to me that we need to make a distinction between real food and edible food- like substances to use Michael pollen's memorable phrase right so like you're saying since World War II and dramatically since 1980 the way we nourish ourselves is changed radically by the mass production of this heavily

00:11:53

processed food that is the major contributor you feel to the Obesity and and 100% yeah Absol absolutely without a doubt and unfortunately um you know the trend is still upwards that people are trying to go back uh but a lot of the skills have been lost so a lot of people there are a lot more cooking shows on the television but a lot less people actually cooking and we see fast food is kind of something which is cheap and easy but it's it's cheap because the ingredients are cheap they tend to be

00:12:21

low quality poor quality protein and what happens again one of the things not only are these Foods really very addictive you eat more and more of you stop feeling satiated they're very low in fiber so after a couple of hours of having your burger you want to go and have another Burger but they're also very low in good quality protein in in nutrients so what happens is your body goes hey I want I want some real food I don't want this stuff so it goes out looking for more and more stuff to eat and unfortunately what it finds is more

00:12:52

and more ultr processed foods so I do see that as the primary problem there are other things which have gone wrong with society as well become more sedentary but I think that is the main thing and it's how you kind of once you've got into the process once you started to put on weight once the weight is started to you know pile on around the gut then this starts a whole horrible process you sleep badly when you sleep badly then you what you crave is junky Carby rich food the next morning on average people eat around 400

00:13:23

calories more the day after a poor night's sleep so the thing you want is you want biscuits you want crisps you want cake you want something to make yourself feel a bit better after a bad night's sleep and so you eat them and then you're part of this vicious cycle so you have to kind of break into it and critically you have to learn how to cook what to eat um and how to get back to real foods because otherwise you're just going to be on this horrible vicious cycle yeah that's that's right I mean

00:13:51

one of the mantras I use is if it doesn't rot don't eat it and then be suspicious of barcodes right yeah so something comes with in with a barcode on it with very few exceptions chances are that the the maker of that food hasn't got your health as a top priority there's no doubt I mean one of my other rules is never ever um eat something you can buy in a petrol station because it's very simple on the shelf there for many many many many months the reason do so is because yeah it's it's not some food I

00:14:22

do like that one cut right yeah yeah it's it's an edible substance right it's not necessarily food right yeah I mean following the science has always been a mantra of yours and any thinking person would agree uh but but not all studies are the same and a lot of the questions that my clients gave to me to ask to you that they find very confusing have to do with deciphering media reports about observational studies as opposed to hard data from randomized clinical trials they're very different things uh

00:14:50

correlation is not causation as they say um a classic case or a classic example is red meat is often correlated with early death it's it's quite disingenuous to say that from many reasons uh but can you elaborate on why randomized clinical trials are the gold standard for evidence and how observational studies are not designed to show causation and how does the average person decipher which studies contain findings worth reading sure so um there are different levels of evidence probably down at the

00:15:18

bottom is animal studies particularly rat studies because rats are not like humans it's a good starting point you can understand the basic mechanisms uh but they're not very convincing uh then you have these observation studies and they can be very big so some of them can have tens if not hundreds of thousands of people in

them and obviously big numbers is better than small numbers um so it's better to have a big study rather than something which involves five people uh but the problem with observational studies for example uh

00:15:46

there was a study a while ago suggesting that um eating soyer uh if you were a man would cut your risk of prostate cancer and indeed it turned out that the men in the group who were eating more soyer were less likely to get prostate cancer but there were many confounding variables um for example the people who were eating soya were also much more health conscious they did more exercise they ate drank less alcohol um and they ate lot more fiber in their food so there a lot of other things going on and

00:16:14

when they actually did a randomized control trial it made no difference at all um and what you do with a randomized control trial obviously is you take a ideally a reasonably large group of people you break them down into two groups you don't have off them a choice um essentially basically say you're in this group you're in this group and then we're going to kind of follow you over time you look back at the groups to make sure that they you know they are similar that you haven't by accident you know

00:16:40

divided the um the smokers into one group and the non-smokers into another group and then you follow them to see what happens with your intervention and that is why the randomized control trial is the gold standard if you like uh ideally um you want a randomized control trial which is also blinded so that neither the um uh the the researchers nor the subjects know this is pretty well impossible in any food related uh trial because obviously you kind of do know but for example a brilliant example

00:17:10

of a randomized control trial which was done a while ago uh was around rapid weight loss uh for people with type two diabetes this was done by um a guy called Professor Roy Taylor in the UK and prior to that there were two assumptions one is that type 2 diabetes is an irreversible disease and secondly the rapid weight loss diets are a terrible way to go so he had done a number of smaller trials suggesting that rapid weight loss could lead to reversal of type two diabetes in a significant number of people so he managed to

00:17:42

persuade a charity called diabetes UK to fund the trial these things were expensive it cost about 6 million quid that's about \$10 million uh and it took him about four years but he took around 198 people randomly allocated them to either standard approach or to rapid weight loss 800 calories a day every day for around 12 weeks and they had to do that 12 weeks and then he followed the two groups of people over time now the group who did the rapid weight loss they lost an average of around 10 kilos he

00:18:16

followed them for a year uh they kept the 10 kilos off and they began to dramatically reduce um the amount of medication so around half of them were able to come off all medication all of them were able to reduce the medication whereas the group receiving standard care uh they basically became sicker and sicker he's now been following them for three years the group who initially had the rapid weight loss uh they are much much healthier uh they are on half the medication where this group for getting

00:18:44

the standard care they are they've had I think five cancers two one death Two Strokes they're basically getting sicker and sicker so for me it's very powerful because I'm seeing what could have happened to me if I hadn't done the rapid weight loss if I hadn't lost the weight I could be with this group here who despite being on best available care are getting sicker and sicker and sicker so the since then other people have replicated it because with a randomized control trial you want other people to

00:19:12

do it preferably in other countries so Roy Taylor's done it a group in Oxford have done it a group in Sydney are doing it at the moment a group in Qatar did it and they got even better results they did it with younger people they saw 14 kilos and 70% of people were able to come off all medication so what you got there is a proper randomized control trial even so I get into arguments with dietitians who and people who say uh you know uh that this is just a temporary thing that rapid weight loss is a

00:19:42

terrible thing to do that it's dangerous that you should stick with the slow and steady and I'm going well that's not what the evidence shows the reason you do randomized control trials is to prove something and once you've proven it you get somebody else to do it and they do it and then somebody else does it if they all consist stly come up with the same thing you're in a position where you can go

well reasonably I think we can say that the old Paradigm is wrong that type 2 diabetes is reversible and

00:20:09

that this is the best way to do it and indeed the UK government was so convinced that they're now rolling out this program in 5,000 people and that's why I wrote you know the fast di it was based largely on Roy Taylor's work but other people's work as well and that's because I wanted to say look this is what the evidence is and doctors have now embraced it I still get a lot of push back uh because there are still a lot of people who simply won't believe it or who are unaware of the research or part of the problem is it not is that a

00:20:38

lot of um health professionals doctors researchers have stood their whole professional careers saying something to the contrary so it's very hard for them to do that and we come into this idea of confirmation bias and and and the misinformation that can come to that and the ability of people to hoodwin themselves um it's it's a big problem I mean uh one thing that I've seen is the the the um the Avalanche of misinformation about the role of fat in the human diet over the past 50 years I mean we go back to Dr anel Key's

00:21:06

questionable ethics in E7 country study we look at the shocking revelations published recently in the New York Times about the sugar industry paying off Harvard scientists to bury damaging Revelations about sugars role in heart disease instead falsely blaming fat it appears to me that that fat itself has gotten a really bad rap what is your position of of the role of fat in the human diet and has this position evolved over time hey has but I was um you know when I was at Medical School we got almost no training in nutrition um so I

00:21:34

came out basically saying low fat low fat this low fat that and when my dad who was significantly overweight said look I've been told I got diabetes and I got to start on this lowfat diet what do you think I said yeah great go for it and it didn't make him better he became fatter and sicker um so but it didn't make me question it either and it was really only uh when I started looking into it from a personal perspective that I realized so much what I've been taught was wrong I mean one of the best diets

00:22:00

on the planet is the Mediterranean diet which again um interestingly an key is identified um and um if you look at the Mediterranean diet it has plenty of olive oil it has oily fish it has nuts it has legumes it has you know um some red beat and the odd glass of red wine and they actually did a proper randomized control trial uh This was done funded by the Spanish government so there was nobody dodgy involved 5,000 people big numbers and they were randomly allocated to by the Mediterranean diet which was 40% fat but

00:22:32

good fat uh and 20% protein I think and it was about 40% carbs uh or the the diet we've been told to eat which is a lowfat diet and they had to stop the study early because it was blindingly obvious that one group was so much healthier in the other group and it was a lot who were on the Mediterranean diet as I said who have actually a relatively high fat diet and uh they had half the rate of diabetes 30% less heart disease um the women who were on it uh they were I think something like 50% less likely

00:23:02

to develop breast cancer and it was good for the brain as well so there been study after study after study showing the benefits of Mediterranean diet but people's idea of what is a Mediterranean diet is still a bit odd so the NHS for example in the UK recommends a mediterranean diet but when it describes a diet it actually describes a lowfat diet it does not describe the Mediterranean di at all this low fat Dogma is still deeply embedded in the psyche of of institutions it seems um I remember as

00:23:31

an athlete in in the early 90s um wedded to this idea that fat is bad and um the the connection was welded into my brain that saturated fat causes heart disease now is there any hard data to support that I think the the most convincing data is around the benefits of the monounsaturated fat so um for example what you realize is the fats are really really complicated and the the worst sort of fats are the artificial fats and those are things like margarine and things that used to have trans fats in

00:24:02

so again it's back to the processed foods so a lot of the stuff which we were sold as healthy the margarines are actually Ultra processed if you like and they have or certainly had some pretty nasty stuff in them particularly trans fats which are really bad for the heart the fats which we know really good for you are the fats you find in things like yogurt uh and particularly in olive oil in nuts and things

like that and the fats which are kind of if you like more in the middle um I wouldn't say they're

00:24:30

necessarily good for you but they're probably not bad for you either are things like butter and things like that so I think like most things there are good fats bad fats there are good carbs bad carbs if you like and uh I think the evidence is most compelling that um if you can eat more olive oil based products then that tends to be the sort of the healthier end of things and certainly I'm perfectly happy uh to cook with um coconut oil and coconut I love coconut stuff super you know it's a highly saturated fat but I did a study

00:25:03

with Oxford University in which we got people to either eat butter olive oil or uh coconut oil a tablespoon of it every day I think it was about 100 of them randomly allocated uh followed them for about two months measured their sort of cholesterol levels if you like and it turned out the the olive oil and the um and the coconut oil had a similar sort of if you like beneficial effect on the heart whereas butter was kind of neutral in this particular study and the professor who I did it with was really

00:25:33

really surprised uh we published it in the British medical journal uh and uh it was seen as provocative but kind of interesting um so there a lot of people you know in India a lot of traditional Cuisines are based on coconut oil and coconut fat so to sort of demonize andow and these types of things absolutely and I think there was a Harvard academic who went to India and did make himself Popular by describing coconut oil as worth and poison yeah I mean the way I see it right now tell me if you agree is that

00:26:08

the line dividing good and bad fat you could say that generally speaking good fats are the ones that come from nature like you squash and if you get olive oil right the coconut coconut oil um um things like that avocados right but but the bad fats are the ones that are artificially manufactured your canola oils your saff sunflow soy banol corn oil vegetable oil um and again we get back to what you just discussed earlier about the body doesn't know what to do with these things they're cheap to make

00:26:33

um um artificial highly processed and one of the great ironies is that um Indus-

tries seem to develop these as a reaction to questionable signs that that saturated fat is going to cause heart disease now here we are decades later and a lot of these artificially manufactured oils because of their oxidative qualities are causing the very thing that we were trying to avoid especially the um uh the hydrogenation of margarine to make margarine that gives us trans fats which is a carcinogen it's just such a sad irony

00:27:04

this whole thing would you say that the greatest tragedy that nutritional science has ever um taken um um decisionwise has been the false demonization of fat and how we've gotten fat so wrong I think it was um there were lots of unintended consequences including the fact that um manufacturers then started stuffing everything with sugar uh because once you have unfortunately low fat products they tend to taste terrible um so the only way you can make them taste better is by shoving in Sugar so a lot of products

00:27:35

particularly things like yogurt you know I'm a big fan of Greek full fat yogurt not huge amounts of it but I do enjoy it uh but once you strip out the fat it really tastes pretty Gastly so that's when you stuff it with sugar and artificial flavors and things like that to make it palatable and unfortunately that just makes it much much less healthy product it turns it from being a nice natural it's a processed food but uh it turns it into an ultr processed food so all the stuff that was done uh in the name of science particularly in

00:28:05

the 70s and early 80s and yeah it was kind of like taking a cigarette and deciding you could make it healthier by adding filters to it you could probably make it a little bit healthier but if you then start flogging a lot more cigarettes then that's clearly not a not a good thing so yeah it was absolutely all part of a sort of a belief system uh which uh Focus Peres today it focused too much one thing yeah I agreed I mean I do think you know in a way we are all singing from the same himy sheet these

00:28:34

days that most nutritionist most health authorities would say eat a Mediterranean diet try and eat less processed foods but it's kind of how you achieve that uh which is a struggle now now that so many people are hooked on this lifestyle where it's super convenient just to buy this stuff they're used to eating this stuff they fed this stuff their kids the kids eat it as a treat because you pop into the you know that's what a treat is you go out and you eat junk food and somehow we

have to get back to a position like we

00:29:03

did in cigarettes Once Upon a Time cigarettes were seen as a treat you went on holiday certainly in the UK went abroad you came back with cartons of cigarettes you gave them to your friends because they were dutyfree uh you would go to work and you'd hand out cigarettes you would be regarded as completely insane if you did that now but we do the same thing U with sort of sweets with junk food with stuff like that we bring in cakes and biscuits and they almost never home-made they're made by some

00:29:30

giant Factory somewhere you bring them into work I mean I was um filming in an operating theater recently uh where they were amputating the limbs of people this was actually in Australia um the limbs of people with type two diabetes um this was a guy having his um foot removed and over to one side was a big pile of sort of biscuits and um cake and things like that and I'm thinking this is so weird on the one hand you have the reason why this guy is lying on the table about to have his limbs removed because been

00:29:59

living on a largely junk food diet for quite a long time and here you have the medical staff many of whom I'm afraid to say were significantly overweight uh living also on this junk food because they're working long hours it's super convenient it's patients basically think the way to reward your doctor is to give them a big box of chocolates whatever it may be and this is the equivalent of Once Upon a Time giving people cigarettes yeah I the IR just shines like the sun doesn't it it's remarkable

00:30:27

the way that we we we reward those closest to us in the whole world our children with sugar we invite their friends over and essentially we poison them it's just it's uh it's it's a sad reality yeah I mean how much you eat of course and and not only that but what you eat seem equally important um in terms of sustained fat loss A fascinating ongoing debate regarding fat loss between the calories in calories out model and what could be called the carbohydrate insulin model repop poiz by Dr Robert dig and science journalist

00:30:59

Gary tals and N Schultz uh it seems yet unresolved uh in other words is obesity a disease of calorie imbalance or hormonal imbalance they both seem important

can you explain both positions and where you believe the truth lies because your book The Fast 800 seems to take both into consideration absolutely so um it's in a sense self-evidently true uh that the reason you put on weight is you are consuming more calories than you are burning off um that is obviously true but then the question is why are you doing that why

00:31:33

are some people able to remain relatively slim throughout their lifetime whereas a lot of us uh really struggle with it and that's where the carbohydrate insulin model comes in and what it says is that certainly some people what happens is that um their insulin levels respond say to a relatively High carbohydrate diet uh what happens is they're eating all this sort of food sugary Foods carb rich foods uh the pancreas pumps out insulin to bring those blood sugar levels down it overcompensates you get hungrier uh

00:32:06

so you eat more stuff and then what happens over time is you become insulin insensitive that your body no longer responds to the insulin signals so your blood sugar levels start to rise and Rise your body produces more and more insulin in a desperate attempt to bring those blood sugars down and uh instead of the excess calories being stored uh somewhere where you can kind of burn them off they get stored into inaccessible places so um I describe it as you know you're driving your car you pull into petrol station you fill up

00:32:39

with petrol but instead of putting Petrol in the tank you put it in the back seat so you then get in the car and you realize BL I haven't got enough petrol I've got and you're in this horrible cycle of feeling endlessly hungry sorry a lot of noise going on behind me no problem by Family making a noise there and so you're kind of Trapped in this cyle where you are endlessly hungry endlessly feeding yourself and that seems to be true for some people so where I come to is that we are all different there is

00:33:11

some very powerful genetics in operation here and that some people are super sensitive if you like or much more sensitive to carbs to sugar and things like that than other people so for example I um would benefit and do benefit from a relatively low carb diet my wife uh who has been slim all her life she's not bothered although to be honest she hasn't got a sweet teeth either so I think that she maintains a healthy weight without having to think about it she self-regulates whereas for me I actually have to think about it

00:33:39

because if I actually listen to my body my body would be saying to me eat more cake because I love sweet things you know and it doesn't matter everything I know everything which is going on up there uh if there's a bar of chocolate and it's 11:00 at night and I know where the chocolate is then I will go and eat it and that's kind of calling to me so as you said there are these two different models one of which says it's all about the calories and the other model which says actually no a big part of it is about the food you eat and

00:34:09

I think they are both true but I also think this is a very useful model because what it tells you is the quality of the food you eat matters hugely uh and for some people in particular people who develop type two diabetes I think a relatively low carb or a low carb diet is beneficial and the fact they develop diabetes suggests that they are more sensitive because not everyone who's overweight develops um diabetes uh but a significant number do it's a very very powerful predictor of whether you will

00:34:39

but you can get people who are usually overweight who don't have type two diabetes you can get people who are a normal BMI who do and I think that's probably to do with their sensitivity if you like uh to carbs and to Sugar yeah I guess overeating is always a problem and then talking about food quality as well I mean lack of satiation contributes to overeating obviously so having your belly full of breakfast cereal or being hormonally satiated by free range eggs avocado they're two very different things uh could you talk about

00:35:08

how to best satiate your hunger without overeating sure so um again it goes back to the sort of Mediterranean style diet which is one where you do a lot of the cooking yourself and where for example I have um typically scrambled eggs with smoked salmon or something like that for breakfast or I will an omelet in which I Chuck in all the veggies from last night and things like that and if I have either of those things that keeps me perfectly full until lunch time when I kind of have soup and something else uh

00:35:38

whereas if I why is that and why is that is it just because you your blood sugar is stable you haven't destabilized your blood sugar is that why you get that longer lasting satiety sure there a number of factors one is that eggs are quite high in protein

and we know protein is satiating uh we know that one of the big drivers of hunger is not having enough protein and um although people do say you know that we get adequate amount of protein a lot of it is poor quality and we know for example the one reason why junk food is cheap is

00:36:09

because it had very little po good quality protein by good quality protein I do mean meat fish um legumes things like that uh and uh poor quality protein means that your body is endlessly searching for it because protein is not something that your body stores it doesn't really use it as fuel it uses it much more to build the cells the immune system the red blood cells things like that so if you haven't got enough adequate good quality protein in your diet then you will just your body will go on looking for it more and more and

00:36:39

more of it uh there's some really fascinating research on this um carried out by Professor Simpson in Sydney and he actually demonstrated for example in a locust swarm slightly remote but kind of interesting he was looking at why locust swarm they're normally very solitary but occasionally they go you know these massive swarms across Africa and what he said is because the quality of the protein in the field where they're eating has dropped down so they all swarm and reason they're swarming is they're looking to eat the Locust in

00:37:08

front of them or and trying to avoid the Locust behind them they're being driven by this protein need the closest source of protein in this case is another Locust so what looks like a sentient thing is actually a mad drive for protein and to some extent the same is true of humans that if we don't get enough protein in a diet particularly good quality then we will go we'll go looking for other stuff and so the problems there with breakfast cereal is it's got a lot of carbs in it hasn't got much in the way of good quality protein

00:37:37

or fats and that means that you get this big blood sugar surge afterwards um and if you wear a monitor or prick your finger you can see that and then you tend to get a crash as your body produces lots of insulin to bring it down and so you might get a sort of Crash around sort of a couple of hours later where your body overcompensates blood sugars come right down and that triggers um further hunger and again lots of good evidence um Professor ludig has done stuff like this lots of others have done it so certainly from personal

00:38:09

experience I know this to be absolutely true and that's why and again fiber I I you know I I don't like eating the same thing every morning so I'll also I have um pored some mornings but I'll have it with nuts um I'll have it uh full fiber preferably you know but again the sort of you the sort of porridge you buy in pots you know which you just add hot water to frankly they're just stuffed with sugar uh they just will make your blood sugar sore they're useless you have to kind of go back to First principles and people

00:38:40

can't even be bothered to get some porridge you know put it in the microwave or put it on the cook they've got to the stage where they just want to open it pour in hot water really really not way to go so not all oats are created equal that's for sure yeah yeah and and what are some of the the the uh the bad choices for breakfast that masquerade is healthy options I mean obviously breakfast cereal if you walk down a breakfast cereal AIS you could be forgiven for thinking you're in you a health food Paradise it's it's a

00:39:09

testament to brilliant advertising that essentially most of it is like having dessert for breakfast it's it seems just garbage um um um would you agree with that is that too harsh a statement no I mean no it was um good old Kellogg's brothers were the people who um came up with a breakfast cereal and there was a big fight actually between the two brothers because one of them wanted to stuff it full of sugar because he said no one's going to buy it and the other one said wanted to be purist about it

00:39:35

and uh they broke apart and obviously the sugar it's a very funny story that and you know the rest is history and we have been sold this idea the only thing I would be said I would say on behalf of the breakfast cereal companies uh is that they do put vitamins in it and I was talking to a nutritionist and I said why do you still encourage uh kids particularly from the privileged areas uh to have breakfast cereal and she said because if they don't they wouldn't get the vitamins they're not going to get it

00:40:04

from their normal diet and at least breakfast cereals and bread are fortified so and that is a very sad indictment of the modern world uh where the only way you're going to get your um vitamins and minerals is from a a company who's basically manufactured them in some Factory in Germany or Switzerland and then stuff

them into a product which is mainly sugar really sad but world and and and what about um the flip side of the coin um what are some excellent choices for breakfast that have an undeserved bad reputation I

00:40:36

think you've mentioned a couple already eggs uh theed egg it's it's it's strange to me what a Nature's Powerhouse you've got fat and protein all in one little little element there um anything else besides eggs do you think is is worthy of mention here I think as you said avocados things like that um I also am a fan of um I eat fish for breakfast which is a Nordic sort of thing I like kippers I like uh kind of other things bacon I used to be I'm not so crazy about bacon these days I still like it but um it's

00:41:08

more a sort of ethical and environmental thing that I am concerned about the carbon footprint of pork and also you know I do like pigs and um a lot of them are there are some happy pigs out there and there are a lot of unhappy pigs out there as well so I have tried to reduce my Reliance on that sort of thing uh but I do like fish fish is very of satiating and things like that um and as I said apart from that um I'm probably I I probably ought to be exploring my breakfast options more but uh and

00:41:37

occasionally I also uh what else do I have salmon as I said smoked salmon for breakfast that's pretty well it some variation of those things yeah what you fond of for breakfast what was that what do you like oh yeah you just basically listed everything that I I would eat as well yeah I mean eggs are the staple and um you know omelets things like like that um um uh a good quality bacon um um and circling back to this idea of red meat um I mean sweeping statements about the deleterious effects of red meat

00:42:07

consumption like we said before it seemed misguided to me I mean nutritionally beef from a confined grain fattened animal in a US feed lot is very different to be from a well- treated pasture raised cow in rural Queensland right so so um so so how does red meat fit into your nutritional approach sure so I'm actually did a two- part um documentary about this looking at um red meat and the science behind red meat and things like that and broadly speaking where I came down to is that um you know red meat really isn't that bad that um

00:42:41

depends on the amount you eat and there seemed to be a kind of you know a U-shaped curve uh where an optimal amount was to be eating less than 100 grams a day and 100 grams is kind of a piece of meat probably the size of your palm so it's not a huge amount but that's kind of her and if you eat more than that uh there's kind of bad effects uh 50 gram again is probably a figure to a at these days I just don't for environmental reasons as I said as much as anything else because it's even when it is grass-fed and

00:43:13

things like that it still has quite a significant environmental impact so I do love a bit of steak I do occasionally BAC and I do have the odd bit of pork but I am trying to cut back I become more of a sort of flex Arian if you like and what I'm trying to grow to love not entirely yet there but I'm getting there is legumes because again we know legumes these are lentils kidney beans things like that they're full of really good quality protein uh and they have minimal environmental impact per sort of you

00:43:46

know calorie delivered um so uh my wife sneaks them into our diet as much as she can sck or sort of beans in and things like that so if we're having a chili con-card you know there will be a bit of uh you know mints down there beef mints but it'll be packed with other stuff as well lot more veggies lot more legumes lot more stuff like that have you found with legumes that for certain people um uh the fates and the lectins can be upsetting to the gut yeah my wife is like that it's I'm fine with it but have

00:44:16

you found that that that's the case with some people yeah no absolutely and all I can say is like so many things you got to come your own self experiment you got to see whether these work with you or they don't work with you and some people really doesn't work and it upsets them because again broadly speaking I'm a huge fan of fiber you know try and get more fiber in your diet again some people it produces some explosive results so you have to sorry that's my dog barking there in the background no

00:44:42

problem so uh yeah um so you have to kind of adjust it yourself yeah yeah I guess just Switching gears for a sec talk about the more psychological aspects of of of eating so people eat for many reasons aside from Hunger right boredom social obligation to relieve stress this emotional eating I've come across with so many clients over the years um ironically comfort food provides no long-term

Comfort it's from the moment it slips over your tongue it's all bad news why is this so common this this this emotional eating do you

00:45:15

think and do you have any tips for avoiding it yeah no I mean there are lots of complex reasons but again it comes back quite often to uh the advertising the promotion uh that we have been um as children to associate Comfort we being given a chocolate bar or something like that and there is no doubt that one of the impacts of eating sugar or sugary things uh and carbohydrate Like Biscuits cake is it does make you feel better for a short period of time unfortunately you do get this rise in the crash and then

00:45:45

you also feel guilty about it so often Comfort Foods turns out to be very uncomfortable there's a lot of really good research showing the negative impact on the brain of eating junk food uh Professor flee Jacka down in Melbourne has done a lot of really really good work showing that when you can switch people over from a traditional Australian diet to a more Mediterranean style diet uh even people who are severely anxious or depressed significant number of able to come off their medication um you know because

00:46:16

they do see these profound changes uh which occur in the gut but also in the brain and um she's also demonstrated that it's not enough to eat healthy you know like 90% of the time even the modest amount of junk food can have a negative impact on your brain so the connection between the gut the brain mood uh what you eat is becoming clearer and clearer and a lot of This research has actually been done in Australia uh and psychiatrists and psychologists beginning to embrace it uh but it's taken a very long time uh to do the

00:46:52

proper clinical trials to convince the medical establishment there is really something in this and it's kind of extraordinary because at some level we all know that what you eat impinges on your mood but actually nailing it down scientifically persuading uh doctors that this is true and that they should actually be recommending this sort of stuff for their patients so I do think as you were saying winding back Comfort eating is the only ways round it I find personally is not to have the junk in the house

00:47:22

that if I have if I have chocolate or biscuits in the house and I'm feeling stressed

you know I've had bad news and got a deadline I have missed the deadline whatever it might be uh I will reach for the packet of biscuits if it's there I will eat them desp absolutely everything I know and uh I will eat the whole pack it and I will feel better for about 10 minutes and then I'll feel really truly terrible and wonder why I did it um so my number one rule is just don't have it there uh and your kids don't need it either you AB

00:47:55

you know really they don't uh and and unfortunately my kids have all left home my wife doesn't like this stuff anyway so she's not bothered but really tricky if you're in a household where there's a sweee cupboard full of junk and you happen to be somebody who loves that stuff yeah if you've got a weakness for it and it's there you're gonna have it and so it's it's best to keep it away yeah I just Swit GE for just a second if I could um to a really touchy subject and it's quite tragic in many cases the

00:48:23

the idea of of of um uh people trying to lose weight being sabotaged by those close to them um it's it's it's do you have any insights into this phenomenon numerous clients I've had over the years do so well and they're uh have the rug pulled out from under them by those closest to them it's it seems confounding to me uh what are your thoughts about this no absolutely interestingly enough one of my sons who's a doctor up in the north of England he actually did a research project with Professor Roy Taylor

00:48:53

looking at people who had um done the rapid weight loss diet for their diabetes and then he interviewed people who had stuck to the diet and maintained weight loss and those who had not and he said the recurring theme which came up again and again uh was did they have the support of their loved one and he said the ones who had the everyone encounters stress bad times illness injury uh loss of a job something which is going to send them off track but the thing which um kept uh people on track was the support

00:49:24

of the loved one now I run a website the fast 800.com where we have this online program uh but we provide a community and support because we know how important that is to have somebody who can kind of ring up at day or night or and say I'm doing this I'm doing that but sadly as you say there are cases where the spouse sabotages it for reasons which are either they don't believe in it or they there's been a change in the dynamic it's not clear at all from Jack's research why

it happens but what he found equivocally was that

00:49:58

the people who had support they were the ones who were going to be able to stick to it and the people who were either on their own or were being sabotaged at home they were the ones who fell off the bandwagon if you like has that been there's a kind of myth out there that all diets fail now all bad diets fail but I've looked at the success rate in good long-term studies and uh what they find there is that is one of the common factors the best predictors of whether you will maintain uh weight loss after

00:50:29

you've lost it is the amount of weight you lose in the first four weeks of the diet that's the single best predictor but secondly support from Friends families colleagues professional or otherwise and the third thing is becoming more active but you don't have to become that more much more active it's the equivalent of walking um say an extra two kilometers a day something like that it's not a huge man but you do need to become more active to maintain the weight loss at least in part I think because of the impact exercise has on

00:50:56

the brain but if you do all these things uh then the success rate uh of diets if you do a proper diet actually very high yes there's another aspect that's kind of like um um um um in some ways related to this and that is equally somber and that is self-sabotage I mean the roots for this can be deeply buried in the psychology of the the person involved um can you offer any insight or advice to someone who does very very well and then self-sabotages again and again absolutely I mean some of it is

00:51:29

conscious some is unconscious and some is sort of physiological responses of the body so um we know that you have this initial period when you're on the diet you're losing weight everyone's telling you you're looking great you're feeling great uh and then you kind of come to the end or you plateau because people always plateau uh and the question is how do you keep going and what are your motivations uh for me I think it's important to know your motivations at the beginning and write them down it shouldn't just be you know

00:51:57

lose weight it should be something much more specific um in my case I measure my blood pressure I measure my blood sugars on a weekly basis I wear a tight

belt so I know when I've started to put weight on again I know when my blood sugar has started to rise I know when my blood pressure is going up and for me that provides motivation to go back so self-regulation is hugely important can be standing on the scales some measure of how and where you are also you kind of got to say to yourself um I'm never going to put on more than one

00:52:28

or two kilos because once you start putting on weight uh then you go into this pit of despair where you go oh I'm a failure I'm always a failure I might as well give up and eat Ling yes yes get into that trying to avoid the apocalyptic your friends and say you know um reach out to communities um who have done it and people who've been there and to say I'm feeling really bad about myself I had a cake yesterday and uh you know I didn't want to but somehow I did it and now I put on a kilo and uh what am I going to do and just you know

00:53:03

they will talk you down from the ledge and they will say look fine that happened get back on the you know you you'll gradually reduce again it'll be fine or do the rapid weight loss whatever you want to do uh it's not fatal uh you began to slip uh and typically uh the reason that people uh self you know the reason why they fail in is because they regard it as failure every up is seen as a failure where you got to be forgive yourself because to is human you know and we will go up and down over time with weight and things

00:53:34

like that you got to forgive and and also willpower itself um it can be a powerful Ally but it's it's a uh it's very misunderstood and it's a limited commodity is it a genetic endowment willpower can it be trained and to what extent um do you think we should use it and rely on it yeah no willp power is grossly overrated I was talking to a weight loss specialist the other day and he was saying look we know that there is a strong component a strong genetic component to why some people put on weight and why other people don't he

00:54:05

said you only need to look at dogs Labradors in a whip it uh there is a reason why Labradors are fat and the reason is because they have a particular Gene which means they are permanently hungry and so they will do anything for food which is also why they make such good pets so they will they will do anything at all they're amazingly trainable whereas a whip it will only kind of do what it wants to do so he said look he's tall and skinny he said I'm a whippet he said your wife CLA she's a whippet we basically aren't that

00:54:32

bothered we self-regulate uh our weight doesn't go up or down or fluctuate and that is probably genetics uh Claire's family are all skinny whereas my family are all a bit fat not all of us but certainly my fat my father you know we all go that way and for us uh essentially it's not so much willpower it's the things we like to eat uh and we're very poor at self-regulating and so given half a chance you know I'd be scoffing the ice cream and doing things like that in a way that CLA just regards as completely weird and abnormal uh that

00:55:06

if I'm going past a bit of cake uh even if I'm not even remotely hungry my hand will just kind of reach out and grab it and stuff it in my face my wife says watching me it's almost as I'm trying to pretend I'm not actually doing it I'm almost looking away and reaching for it and yeah it's unconscious isn't it yeah yeah I mean often times I find that sorry sorry go ahead so you have to basically uh create environments in which it is easier to be good so right that's right and and I guess now I mean

00:55:37

you're talking about habit formation is the most important thing and there is a correlation between willpower and habit formation it's almost like um unfit people look to fit people and they think oh they must have so much willpower but in reality fit people fit healthy people rarely need willpower because they've developed good habits habits inversely related to the need for will power have it removes the need to use it there's evidence that people who love exercise they're the ones who actually also get

00:56:04

the uh endoc canono rush they basically uh they enjoy it they actually love going for a run or walk uh this is probably not true for most people and so you have to find ways of make it more enjoyable uh by you know going and finding a personal trainer who you like and who makes you laugh and will keep you on track or doing exercise with a friend or something like that so you feel you're letting them down if you don't turn up or joining a Zumba class or something like that the worst thing you can do is find a form of exercise

00:56:32

which you hate which you know put away on the treadmill or whatever you're hating it but you're thinking this is good for me you will give up because after per time you're getting no pleasure from it and humans need pleasure to keep going

so it is very much about habits are about um ENT trining your brain uh so it becomes attached almost to something you're already doing so for example I do do squats and press UPS first in the morning uh when I get out of bed I do them my wife does them we say to each

00:57:03

other do them um because I know if I don't do them then I never will do them uh because that's what I do so for me the action of getting it out of bed is associated with doing the Press ups and the squats yeah it's like a pabian response almost it's a conditioned response yeah response otherwise you always find excuses not to do them because the day will front law you think oh I must do oh I'll do them later I'll do them after supper I'll do them I'm a bit busy now so it's it's about making condition so

00:57:29

these things which may not be instinctive to you and which you may not enjoy necessarily becoming trained if you like and that's the way you establish good habits and as I said it's about making sure that uh it's easier to be good than bad people you know are strong willed mainly it's about the fact that they're not actually tempted by the other stuff for whatever reasons could etics it could be background it could be a whole host of reasons my wife at the same has no interest in sweet things she

00:57:55

is not tempted smely by biscuits chocolate or cake you can PL them in front of her she doesn't care she has a Savory tooth always had a Savory tooth my kids are the same I suspect they've inherited it from her they're all kind of tall and slim like their side of the family so which I'm grateful for but it does mean I can empathize with people who do struggle because I struggle and is a continuous struggle I know I am never ever uh you know it's a lot of habits never go away I'm never ever uh going to be able to say goodbye

00:58:29

to Chocolate forever you just have to manage it I've just got to manage it and um make sure the the opportunities are are more limited yes um I Dr Mosley I am mindful of your time and we're coming up to almost an hour right now but I did want to Circle back before we do finish to something you talking about fasting this is very very crucial um and um I mean regarding fasting there's so many different protocols and you touched on this before um I've successfully used what I call compress window eating you

00:58:57

refer to it as TR time restricted eating um can you talk just a little bit about the various forms of fasting and why you did settle on the 5:2 I know you touched on this before and how that morphed into what you call the fast 800 I mean fasting has been intertwined with human relationships with food for thousands of generations across all cultures and religions um perhaps we might even say that the scarcity of food has been a contributing factor in the evolution of our hormonal make-up um why do you think it is that that is

00:59:26

viewed with so much suspicion in modern times as well sure so I actually started off by um in the film by doing a 5day fast a water only fast and um you know it was it was tough I didn't feel great on it I'm not convinced it's terribly healthy because you do need protein every day you need 50 60 70 grams of protein every day otherwise um you know your body will start looking at your muscles so water only fast not crazy about it I tried alternate day fasting and I just found it inconvenient and so

00:59:54

I settled on 5:2 because there was some some science behind it and because I personally found it quite easy to do cutting my calories two days a week originally I said 600 calories a day because that was based on animal studies uh these days I say 800 calories because it's more achievable but you still get the beneficial effects I also looked into time restricted eating uh at that time again it was mainly animal studies based on the work of Professor satchin panda in the US in California so what he

01:00:21

has settled on now and the basis of all his studies are 1410 essentially you have a 14 hour overnight fast and you eat within a 10hour window he actually thinks the benefits come largely from eating earlier rather than later in the day so he stops eating about 700 p.m. and doesn't eat again until around sort of 900 a.m. uh the next morning uh and there is something I wouldn't even consider that really a fast really it's that's uh it's very simple to do anyone can do that exactly but most people eat around the clock and

01:00:54

so they you know they have late night snack just before they go to bed and then they eat first thing in the morning so most people do not actually even spend 12 hours without food in their system so Tim restricted eating has become super fashionable particularly in California and Professor Pander has done a lot of

really interesting research so what I do is I combine the two um so with the fast 800 the approach is to um start with rapid weight loss if you're suitable it's not suitable for everyone

01:01:22

uh on the website fast 800.com uh we detail who it's suitable for and who it isn't you start off with rapid weight loss because as I said the amount of weight you lose in the first four weeks of diet is one of the best predictors it's a broadly low carbohydrate sort of keto-ish diet and that leads to rapid weight loss of the order of one to two kilos a week uh and then you transition from that into the 5:2 pattern when you feel it's the right moment to do so where you're eating a Mediterranean style diet 5 days a week and eating 800

01:01:55

to 1,000 calories two days a week week and then to what I call the way of life which is essentially a Mediterranean style diet where you're minimizing the junk food and you're eating you know healthy nonprocessed foods and uh the reason I have this journey if you like is I think it's important while you are doing it to acquire a taste for doing your own cooking my wife CLA who's a doctor uh she does all the recipes which she tests on her patients and um also on the family and they're all B broadly

01:02:27

around a healthy Mediterranean style diet um for all the reasons which we know super healthy but you also the French have saying that hunger is the best source and so uh what will happen uh if you start to eat these Foods when you're hungry even if you hated legumes you hated vegetables to begin with uh by the time you you know that's what you're eating you'll find your body gets kind of I actually like that you know it satisfies me my Hunger drops off and again what is surprising is the studies

01:02:56

find that uh hunger drops off surprisingly rapidly even on an 800 to 1,000 calorie a day diet and uh there have been a large number of randomized control trials showing this is a very good way to lose weight and improve things like blood pressure not just people who are type two diabetics but people who have obesity or who are significantly overweight so also think that for those of you for those of us who are over 50 um um not only weight loss but fasting is said to trigger autophagy as well have you looked much

01:03:27

at this this is very fascinating to me absolutely so essentially what happens is that after a period and it takes 12 to 14 hours without food in your system your body switches on this um cellular repair mechanism called autophagy or autophagy uh where it starts to clear out the junk cells so aging and the diseases associated with aging largely um are around the accumulation of junk it's a bit like having you know your house full of junk and you stick in more and more stuff uh but what happens after

01:03:59

about 12 to 14 hours your body goes okay uh there's no um food so we're not going to be building new cells instead we're just going to get rid of the the junk we're going to clear it out and that makes space if you like for new fresh cells and um like a cellular house clean one of the benefits of um having a longer period without food is it does this cellular repair if you like the studies are pretty convincing around that ah fascinating I guess just to wrap up um you know um talking about nutritional philosophy um you know the

01:04:30

the the philosopher beran Russell once said I would never die for my beliefs because I might be wrong and I thought that's a rather py way of of of of talking about the fact that you know um we have to move with the times and when new information comes forward we we change our views in concordance with it um how has your thinking changed about nutrition over the years and again can you just briefly plot for us the evolution of your thinking about what constitutes a good diet and that's LED right up to this to this book to fast

01:04:56

800 I'm sure so one one the first things was realizing that um uh the lowfat diet really wasn't the way to go that a diet with uh healthy fats and decent amounts of good quality protein is much healthier and more um satisfying legumes which I said you know lentils things like that which I really hadn't touched I moved into these days I eat much less white rice or even brown rice but much more in the way of lentils and things like that uh I realized that if you're going to lose lose weight um and you

01:05:27

need to lose significant amounts of weight like I did back in 2012 uh then you're going to have to do something a bit drastic but simply minor modifications to your D unlikely to do it and that led me into the benefits of rapid weight loss and uh that in turn led me to the kind of fast 800 on top of that also um I obviously include uh exercise the joys of high intensity training which is another story in tli

but that was based around again another science documentary I made back in 2012 um showing that short bursts from

01:05:59

intense exercise can be hugely beneficial uh more so in some ways than longer slower plodding stuff so if you're going go out for walk go brisk go more than 100 Paces a minute uh don't just Meander push yourself a bit and also the role of breathing uh for managing anxiety and helping you sleep so all of these things have kind of evolved over time and I brought them Incorporated them all together into the fast 800 approach so a multi-dimensional approach if you like uh based initially around rapid weight loss but also

01:06:31

incorporating intermittent fasting uh but at its heart having the sort of Mediterranean style diet wonderful wonderful I guess just to finish up now um for any of you are watching now who feels attaining a healthy weight uh to be a hopeless cause can you offer a final message of Hope for such people absolutely um it completely does work I mean this has been the subject of numerous randomized control trials and people are able to lose weight and keep it off in the long term following this approach so um we know from the studies

01:07:02

as I said from the one carried out by Professor Roy Taylor people lost an average of 10 kilos uh and even after three years they were still seven kilos down and that is life-changing even if you lose three kilos um that can have significant benefits for your health um it will improve your sleep uh it will improve your risk of type two diabetes heart disease and things like that so even quite modest uh weight loss can have a big big big um change to your life so do it do it now uh you know it's absolutely worth it because you have

01:07:35

most of us have a lot of years to live and we want those years to be healthy wonderful so the book is called the fast 800 you'll find links to purchase on the screen now uh Dr Mosley it's been a pleasure to talk with you sir so on behalf of the members of tribe Social Fitness and readers readership of the carousel may I offer our sincere gratitude for your time thank you very much thank you.