

Preview - LCHF and LDL with Dr. Sarah Hallberg

What do we know about LDL on a low-carb high-fat diet?

Well, we know that saturated fats cause a rise in LDL-C and LDL-P in some people.

And we also know that there are many studies

that show us that low-carb high-fat will decrease small dense LDL.

Okay? So, those are both pretty well-established.

What do we not know?

Well, actually this list is pretty long.

What is the exact percentage of patients who have a rise in their LDL?

I mean, those of us who do this, who practice this clinically,

absolutely understand that most people do not have any problem with their LDL,

whether you are talking about LDL-C or LDL-P.

They do a low-carb high-fat diet and their LDL doesn't change,

or, just a surprise to many in the mainstream,

eating a lot of fat makes your LDL better.

But we all know also, that there's a subset of patients that that's not true on.

How many exactly and not only that, but how many in different demographics?

What if you are insulin resistant, what's the percentage there?

What if you're insulin sensitive?

And can we identify patients who are going to have a rise ahead of time?

Is that possible?

How much does LDL-C rise in if we correlate it with LDL-P?

And does rapid weight loss temporarily increase LDL in some patients?

And we will talk about that a little bit.

And how much improvement in small dense LDL?

And again, the demographic difference in this area, as well over time.

And how about the amount of carb restriction?

And then, I'm going to cover a little bit about residence time of LDL particles.

But ultimately here is the big question.

Does a rise in LDL-C or LDL-P represent
increased risk in that percentage of patients?

Where do we see this?