

## **PREVIEW\_ Antonio Martinez II - Interview 1 (West Palm Beach 2017) 2**

**Antonio Martinez II:** "I'm going to get off these medications." And they were like, "Really? How you really think so? How are you going to do that?" Well, I had the good fortune to watch the movie documentary, which I recommend to the audience, "Cereal Killers". Cereal like you see in the grocery store.

**Ivor Cummins:** Oh, C-E-R-E-A-L.

**Antonio Martinez II:** Yeah, cereal, right.

**Ivor Cummins:** That was Donal's movie, yeah, fantastic movie.

**Antonio Martinez II:** Yeah, fabulous. And that was a real eye-opener for me, because that allowed me to connect the dots for myself. I said, "Wait a minute... I've been following the wrong advice basically." This low-fat high carbohydrate diet, even if it's complex or whole grain--

**Ivor Cummins:** Good carbohydrate.

**Antonio Martinez II:** Right, "good carbohydrate". Well this was not the correct diet for someone like me. And what I got out of that documentary was the high-fat low-carb... And I should have known better, because I had worked with the late great Dr. Robert Atkins who was onto all of this a long ago.

**Ivor Cummins:** Very early.

**Antonio Martinez II:** And now the science and literature has borne him out.