

# Guest lectures by Gary Taubes, U.S.A., on Obesity

## Note changed programme

**June 8, 2022**

**08.45-10.00 (EBM vs CIM) and 10.15-11.30 (EBM history), including discussion time**

**Maersk Tower, the Holst Auditorium**

**Hosted by the PhD Graduate Programme 'Basic Metabolic Research'**

**Chaired by Professor emeritus Thorkild IA Sørensen**

**1. Competing paradigms of obesity pathogenesis: Energy balance models vs. the carbohydrate insulin model**

**2. Competing paradigms of obesity pathogenesis: historical perspective**

*"True, students sometimes comment that because of the enormous amount of current knowledge they have to absorb, they have no time to read about the history of their field. But a knowledge of the historical development of a subject is often essential for a full understanding of its present-day situation."* Hans Krebs, Nobel Laureate, 1981

**After the lectures, there will be a lunch workshop with Gary Taubes for PhD students enrolled in the graduate programme 'Basic Metabolic Research' Maersk Tower, 8<sup>th</sup> floor (07-8-145A) from 12.00-13.30**

**For PhD students: Register your attendance in the workshop and lunch [here](#)**

Current thinking on obesity as an energy balance disorder was only embraced as medical dogma in the decades following World War 2 while an alternative hypothesis – obesity as an insulin-dominated fat-storage disorder – and its dietary implications were relegated to the fringes of medical science. This shift in thinking happened despite a significant amount of evidence (and influential researchers) arguing for the alternative hypothesis. That this happened coincident with the ongoing epidemics of obesity and type 2 diabetes raises the possibility that misconceptions about the relationship between diet and obesity, then translated prematurely into public health prescriptions, may have played a role. These lectures will discuss, 1), the rationale for a carbohydrate-insulin model of obesity pathogenesis, 2), the history of the scientific-medical thinking on obesity, and the pathological science that may have been embraced, with profound implications, in our understanding.

### References

Taubes, G. The science of obesity: what do we really know about what makes us fat? *BMJ*. 2013. Apr 15;346:f1050. doi: 10.1136/bmj.f1050

Ludwig DS, Aronne LJ, Astrup A, de Cabo R, Cantley LC, Friedman MI, et al. The carbohydrate-insulin model: a physiological perspective on the obesity pandemic. *Am J Clin Nutr*. 2021;114(6):1873-85. Doi: 10.1093/ajcn/nqab270

**Gary Taubes** is an investigative science and health journalist and the recipient of a Robert Wood Johnson Foundation Investigator Award in Health Policy Research. Taubes is the author of *The Case for Keto* (2020), *The Case Against Sugar* (2016), *Why We Get Fat* (2011) and *Good Calories, Bad Calories* (2007), published as *The Diet Delusion* in the UK. His writing has received three Science in Society Journalism Awards from the U.S. National Association of Science Writers

