



# Uncle Wolfi's Secret: A Tribute to Dr Wolfgang Lutz

*Valerie Bracken*

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## **Uncle Wolfi's Secret: A Tribute to Dr Wolfgang Lutz** Valerie Bracken

Uncle Wolf's Secret is an adventure in how to think about what to eat. Want to know the real reasons to follow a low carbohydrate diet? Who better to explain than veteran 'low carb' man Dr Wolfgang Lutz? To illustrate the work of Dr Lutz, Ms Bracken has chosen a semi-fictional setting and created a 'niece' to tease out the secret from her 'Uncle Wolfi' as to how he got people well again. Her doctor uncle also explains why too many sugars and starches make people ill in the first place, and which fuel the body mainly runs on and whether it matters. To teach her how his method works, Uncle Wolfi encourages his niece to think for herself and we are led on a fascinating journey to the very heart of the rationale for low carbohydrate nutrition. Dr Lutz was an Austrian consultant in internal medicine, who lived on a low carbohydrate diet himself and used it in his medical practice for around 50 years. This enjoyable book is at once clear, informative, unusual and challenging. A worthy tribute to a great pioneer!

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