

Video: Do low-carb diets really do anything?

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Credit: The American Chemical Society

Some fads never die. Low-carb diets were a thing in the late 90s and they're still a thing now. But why does this fad have staying power?

Is it because the touted benefits are real?

Or is that greasy, low-carb burger fried in [snake oil](#)?

Learn about the surprising medical benefits of ketogenic diets in this video from Reactions:

Provided by American Chemical Society

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