

**PREVIEW Dr. Eric Westman –
LCHF and Diabetes – Theory and Clinical Experience (LCC 2016)**

Dr. Westman: I'd like to spend my time today talking about diabetes, although the same process for obesity... The method I use will work for obesity as well. My story, briefly, is I didn't know much about nutrition like most doctors, but I'd listened to a couple of my patients who did this approach in my own internal medicine clinic.

I was a young researcher and I said, "Why don't we research this too?" Not having any idea what sort of hornets nest I might be getting into, I started some research and sat in the office of Jackie Eberstein, who is here today, and also Dr. Atkins.

So my approach is heavily influenced by Dr. Atkins and Jackie Eberstein, because they were the ones who were in the trenches over the prior 30 years when I went to visit them in 1998. So my moment happened now almost 20 years ago.

I can't believe it's been that long, but many of your doctors, many of your friends, maybe of you even have all the same skepticism that I did, and we're here to help work you through that, present data that show that the common myths aren't true about low-carb high-fat.