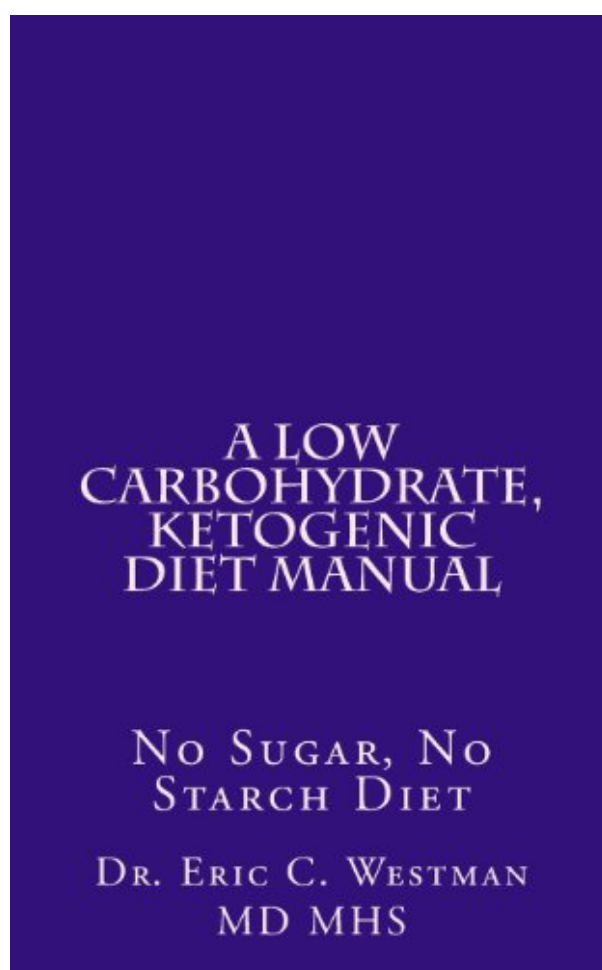


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A LOW CARBOHYDRATE, KETOGENIC DIET MANUAL: NO SUGAR, NO STARCH DIET BY DR. ERIC C. WESTMAN M.D. PDF

This manual describes the practical details of a low carbohydrate, ketogenic diet as used by nutritional and medical professionals.

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- 24 pages

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460 of 469 people found the following review helpful.

Your "Prescription" for an introduction to Low Carbohydrate Ketogenic Nutrition

By docfor ME

So many people are confused about what to eat, what not to eat, and why or why not.

As a cardiologist (with a master's degree in physiology of exercise), I have had to tip-toe through the mine-field of nutrition publications to help myself, before I could help my patients. I started to gain weight while doing triatholons and following a Mediterranean Diet. Then I decided to follow the same diet I recommended to heart attack victims, I followed and failed a rigorous low fat diet. I was worse, gained weight!

I realized then that my patients were not lying to me when they continued to get worse: more weight, higher BP, worse cholesterol and triglycerides DESPITE my recommendations. They told me they followed my dietary and exercise instructions and continued to gain weight, despite a dietary regimen of only breathing air and drinking water.

I was desperate. I was the Cardiologist who was becoming obese with metabolic syndrome. How could I be a reliable, credible teacher for my patients when I couldn't cure my own "disease"?

Yes, I crossed the forbidden line for cardiologists. I "went Low Carb".

I learned about the science, metabolism, and applied biochemistry of low carbohydrate nutrition from Eric Westman MD and his colleagues. I took a course involving hours of tutorials and reviews of hundreds of scientific papers. I was convinced that there was scientific merit. I became my own guinea pig.

It worked on myself. Weight came down, BP came down, Triglycerides went down and HDL went up. All as predicted. Now I offer this to my patients with confidence, and following a 60 pound weight loss, I feel

better about myself and about what my patients can achieve.

This manual is the essence. I strongly recommend that anyone who wants to follow this regimen become very familiar with the contents, and bring the manual to their health care provider. If there are any medical conditions present, as there usually are, then this regimen should be done under the supervision of a health care provider who is familiar with Low Carbohydrate Ketogenic nutrition. If your health care provider is willing to go along with you, but has not had experience with a ketogenic diet bring a copy of this manual along with a copy of the book "The Art and Science of Low Carbohydrate Living" as a gift. You, and your health care provider, will be happy that you did.

229 of 238 people found the following review helpful.

The Simple, Straightforward, Low Carb Plan that Works

By JEY

This manual is a simple and effective low carb diet program; the same one used at the Duke Lifestyle Medicine Clinic. With it, I lost 55 pounds in 16 months and continue to maintain that loss without hunger, calorie counting or extensive exercise. Even better, shortly after starting the No Sugar, No Starch Diet; moderate arthritis, other joint pains, skin rashes, and blood sugar issues disappeared. At 62, I am active, energetic and enjoy vibrant good health.

It is not a long book with four diet phases or net carb formulas, but rather, the strict 20g total carb ketogenic diet that works for weight loss and diabetes control. It has simple rules and a list of allowed foods in a little booklet format to carry with you. If you have seen Dr. Westman's YouTube video of his Clinic Introduction Class, this is the short manual you should have to go with it.

100 of 106 people found the following review helpful.

A Very Workable Diet for Me

By BJESC

Both my husband and I are on this diet. Since we both love breads, it was very hard initially. However, my favorite part of Dr. Westman's diet plan is that I am NEVER hungry when I follow it. If I fall off the diet, I wake up hungry and craving carbs. However, when I do adhere strictly to this plan, it is fun to watch the inches melt off of my abdomen and thighs...plus I have energy to spare. My husband's health has improved immensely and he is off of all medications that he had been on for over twenty years.

See all 463 customer reviews...

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