

## Eric Westman presentation (Vail 2016) preview

I've seen doctors' lives being transformed

because they were given tools that didn't work.

They carried about their patients and they started doing this

and their lives-- now they are happy going to work,

seeing people were happy.

So it's not just a patient being happy, it's a doctor being happy.

What if a country could be happy or a corporation or a public health system?

It's just a matter of time, don't you think?

250 units, 300 units of insulin off in a month,

500 units of insulin still on after 10 weeks...

But this fellow is spending a lot less money.

He's in that area where the insurance isn't paying for it.

He's got to pay for it on his own.

I mean this person is injecting 100 units five times a day,

it's really kind of obscene.

The way I see it is that the food contributes partially to this,

but if the insulin resistance, the underlying cause for the diabetes is still there,

you may not have normal blood sugar control for a while.

So let's see this person, 140 units-- this person is on a pump.

Type 1 on a pump.

No problem with type 1, you just need a lot less insulin,  
because your insulin or your medication is titrated to the carbohydrate in the diet.

You lower the carbohydrates, you lower the insulin.

Some people say, "You haven't shown me the hemoglobin A1c's",  
which is a measure of three months over time.

Here are a hemoglobin A1c's in the Y-axis under 6%, off medications,  
when the person had an A1c of 9 for 10 years.

Okay, so the X-axis is here in years.

You really don't need a randomized trial to show that this is effective.

What you need is a randomized trial to show that it's safe  
and not harmful or different than other methods that you use.

So the terrible thing would be to have an uncontrolled study,  
have one or two random events in a low-carb arm  
without randomization to know

that it was just a process of weight loss or not this particular method of doing it.

This person is the internists' dream for treatment.

Diabetes, hypertension, Gerd - that's heartburn,

diabetes Association diet on insulin and pills,

checking blood sugars four times a day,

with an A1c of... let's say 7.

People say that's gold.

A straight endocrinologist would say, "This person is fixed."

On medication, hemoglobin A1c of 7%...

Now on low-carb high-fat, low-carb ketogenic diet or whatever we want to say it,

has lost 40, 50, 60 pounds,

he's off of all the medication, has no heartburn,  
no hypertension, no diabetes.

It's so unbelievable, people don't believe it.