

PREVIEW_ Dr. Eric Westman - Advanced Low-Carb Tips! (LCC 2016)

Let's say we're a year or two, you know, after the keto adaptation, and you are a fat burning machine.

I think still it's still very useful to check for ketones.

To me it doesn't really matter much if it's urine or blood or breath, they all measure something a little different, so it will never going to be exactly the same.

But I think just to make sure that you're keeping the carbs sufficiently low, then, the first thing I do is have some sort of ketone measurement.

The second thing I do then is to actually bring out that dreaded C word...
Calories.

So a lot of people who are eating more calories than they think.

For example in the last year, one of the common advanced problems I've seen is this introduction of drinking butters and oils, without regard to the calories in them.

It was bulletproof coffee, something like that,

and people are having too many calories from the drinks, so even fat calories.

So would that be, you know--?

Would I understand you correctly,

if it's like you get a lot of extra calories even when you're not hungry?

Yeah.

So, have your bulletproof coffee with tons of fat in it,

even when you're not hungry, and that's a problem.

That's a problem.

But if you have it when you're hungry, would it be a problem then?

No, I think that would be okay.

Although, still kind of untested is my hunch,

that humans can measure or meter the amount of calories they drink,

so, it's very easy to overdo the fat calories or sugar calories in our--

So, be careful with fluid calories, even when it's bulletproof coffee.

-Is that what you're saying?

-Yeah.

You know, early on, we restricts cream strictly to 2 tablespoons per day

and I see bulletproof coffee adding in MCT other kinds of oils to raise,

even to raise ketones, these are calories.