

PREVIEW 1_ Jackie Eberstein - Presentation (SD2016)

Dr. Eberstein: Invariably when I saw couples, the men would cheat twice as often as the women and lose twice as much weight. And the woman's been good and she is not losing much.

So we have to understand why that is, because they can be really frustrating, especially as women start going through perimenopause and menopause and their bodies are changing in ways they are not happy about. So they could use a lot of support getting through this, because it can sometimes be a difficult time.

For a lot of other women now, they have no difficulty going through a lot of hormonal changes. I remember taking histories with women and we would do a history of their pregnancies and a history of their dieting and find out when they went through menopause and a lot of women looked at me and said, "Oh, well, I don't really remember.

Suddenly my period stopped and it didn't bother me at all." And I thought, "I hope that happens to me." It didn't and so I will share some of my experiences going through menopause, because it was a real eye-opener for me to be able to really identify then once I went through what a lot of other women are going through.

And I would share it with Dr. Atkins, because he knew me for such a long time and he knew that I was very good on staying on my program. I started doing low-carb in 1974 when I started to work with Bob. Because I didn't want to get diabetes and I didn't want to be morbidly obese, the way I was genetically programmed to be.