

PREVIEW 2_ Dr. Eric Westman –

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Dr. Westman: When I first was looking at the science, I thought, "How low can I go on the carbs? I don't want to hurt anybody." So to look at the most unbiased source of information about nutrition, the Institute of Medicine and you read the lower limit of dietary carbohydrate compatible with life, apparently is zero, provided that adequate amounts of protein and fat are consumed.

So you don't need any carbohydrates actually. The minimal amount of carbohydrate is dependent on the brain and in the blood cells in the blood they need glucose too, but the brain actually can shift to ketones.

And it's only recently that some educational programs in schools are actually teaching that you can actually use ketones for brain function, even though we've known that some children with epilepsy have been fixed by cutting out carbohydrates and letting them burn ketones in their brain. In fact when you look at it we've been creating a certain type of epilepsy by making children eat carbohydrates.

And when you flip things upside down, you take away the carbohydrates and that disease is gone. So after keto-adaptation after few weeks if you want to keto-adapt for exercise it might take a few months... 80% of the brain energy CNS, Central Nervous System Energy, can be derived from ketones leaving about 20 g to 28 g of glucose that your body has to make and you have these fabulous organs called liver and kidneys that actually can make sugar internally from the proteins and fats that you eat.

So you really don't have to have carbohydrate in the food from now on.