

PREVIEW_ Dr. Eric Westman - Advanced Low Carb Tips (LCC 2016) 2

Dr. Westman: Throw away the scale. I don't want them to write everything down. Do you know the old saying, "The watched pot never boils"? There is a stress of monitoring, worrying too much, so--

Dr. Eenfeldt: You're thinking about, you know, this brings up the cortisol level, the stress level and it stops weight loss for some people possibly?

Dr. Westman: I do.

Dr. Eenfeldt: Do you have any good results with that? Stop monitoring and they come back and they lose weight?

Dr. Westman: Sure, yes.

Dr. Eenfeldt: Interesting!