

Preview Eric Westman South Africa 1

Dr. Westman: You would have to imagine we're in a room about this size, sitting around the table and I'm going to teach you how to do a 20g or less low-carb high-fat diet. Okay? I'll be right back.

Welcome back! Last week when you were here, we met for about 45 minutes and I listened to your story about how you got here to this room and many of you are here because you did what you were told. And what you're told we found out isn't correct.

And what I'd like to do-- I looked at your labs, if you hadn't had blood test done, to look at your kidney function, liver function, we repeated them and they looked fine. Thyroid function looked good, so you don't have to worry about that. Remember, you're in a medical weight loss program and I'm your doctor, even though I'm talking about food... that may seem strange. That's why I put on a white coat to remind you that I am a doctor.

And I call this the "No sugar, no starch diet", because that's really the basis for what happens in our body to create fat and store the fat and make it so you can't burn your fat - is the sugars and starches.

So a lot of people understand that the sugar in the food raises the sugar in the blood and it turns out that raising the sugar in the blood raises insulin in the body to lower the sugar and insulin has an unintended effect today, it's how you're designed though, when insulin goes up it tells our bodies to make fat and to store fat and to lock it up so that you can't get to it.