

PREVIEW - Eric Westman - Presentation (BRECK 2017) 1

Dr. Westman: What can people eat on a low-carb high-fat diet?

This is what I see in my clinics: Eggs, bacon or sugar-free yogurt, berries, chicken Caesar, salad, fast food burger without the bun, olives, cheese stick, pepperoni slices, chicarrones or pork rinds, steak with blue cheese, broccoli or salmon with cream cheese or sardines out of the can, water, sugar-free drinks, coffee with cream.

My method that I inherited and developed using lots of different doctors techniques is one sheet of paper, you stick to the foods on the sheet of paper and with the confidence of giving a drug antibiotic for your sinus infection I say this will work.