

PREVIEW - Eric Westman - Presentation (BRECK 2017) 2

Dr. Westman: Can people stay on LCHF? Well, after doing this 10 years, absolutely. Can everyone? No, not in the current way we do it. And this kind of looks like... Think about it the way when people start exercising in 1970s... can you imagine anyone exercising?

I mean how you...? You have to have a treadmill. And I'm coughing from the smoking so why would I be exercising? So times change.

Right now we're at a time where you're not supported out in the real world, there are no treadmills in every home, meaning, I don't know, a slow cooker and... however you want to make that analogy how.

Implementing this in the real world has never been easier, but for some people it's still hard, but for some people it's not. So when people look at you and say, "People can't stay on it", I say, "Well, maybe not with you, but with me they can."