

PREVIEW_ Eric Westman - Interview (FL FEB 2017) 2

Dr. Westman: So if you're trying to lose weight, you have to still be aware of the calories and our plan at first is we limit the cream and oils explicitly to about 2 tablespoons a day, so the cream, the cheese, the mayonnaise strictly limited at first because there are lots of calories. So what I've seen is someone was doing a "keto diet", staying under 20 carbs a day, but they're drinking coconut oil for example.

So I asked, "How much coconut oil?" "Well, two tablespoons per cup of coffee." Then I asked, "How many cups of coffee?" And it was 10 coffees a day. So she was losing weight and stopped losing weight and that's a good clue to think about what you changed, you know, if you started drinking oils and it was 1000 cal of oils a day.