

PREVIEW_ Eric Westman - Interview 1 (Ketones) (Mallorca 2017) 1

Dr. Eric Westman: You don't have to measure ketones. Remember, this approach has been around for over 100 years in a clinical use and people never measured ketones then.

Dr. Andreas Eenfeldt: So it can work without measuring any ketones ever.

Dr. Eric Westman: Absolutely. So for me if you're using a method of carb restriction or a low-carb or a keto diet and you're under 20 total grams for the whole day, most 95% - 99% of people, so the vast majority of people, will be in ketosis and you don't have to measure.

So I think that the people who say, "Okay, I want to do this first time, the best time to make sure I'm in ketosis", just keep the carbs really low, you don't have to measure much at all.