

Preview Eric Westman - Q&A (San Diego 2017) 2

Questioner man: Hi, Dr. Westman, can you talk a little bit about your GERD study?

Dr. Eric Westman: Yeah, so our method was to take case studies put it in the literature. Years go by and a UNC Carolina fellow, G.I. trainee fellow decided to do a couple of studies during his fellowship.

And so that's a nice way to do it because it didn't cost anything for the professor and he just chose to do it so we helped him. Basically it was a run a bunch kind of study where they wanted to get 20 people but by the eighth person the results were so strong I mean in everyone.

The heartburn was gone, they have a pH probe in for a few days and so they have acidity scores and there are some standard metrics there and they pretty much all improved. And these were people with refractory GERD.

So he was taking the worst of the worst that were on medication and they come off medicine and their GERD is gone. There's a book called, I think is called The Heartburn Cure, Norm Robillard wrote it, it's basically a low-carb kind of approach and no question it works.