

PREVIEW_ Eric Westman - Interview (San Diego 2017) 2

Dr. Andreas Eenfeldt: So if you teach people to do this and they actually end up doing it, what kind of results do you usually see when it comes to weight loss in particular?

Dr. Eric Westman: Well it turns out that just by changing the food the hunger goes away after a day or two and then what you see is about a one or two pound per week weight loss if someone has weight to lose. So it becomes basically a low calorie diet without counting calories. So it becomes a kind of an automatically metered reduction in calories.

Dr. Andreas Eenfeldt: So people want to eat less is what you mean.

Dr. Eric Westman: Pretty much automatic.

Dr. Andreas Eenfeldt: So they don't have to count calories in your experience?

Dr. Eric Westman: No.

Dr. Andreas Eenfeldt: Never?

Dr. Eric Westman: Not early on. Later on, I mean this is someone who is losing 100 to 200 pounds, there may come a time when calories are an issue. And calories do matter. It's just they don't have to count them.