

PREVIEW_ Eric Westman - Presentation (Breckenridge 2018) 1

Dr. Eric Westman: Participants were instructed to reduce intake of total fat or digestible carbs to 20 grams per day during the first 8 weeks. It's kind of like the symmetrical... we'll make it even kind of neat.

So the symmetry with the fats and the carbs and then we'll let the people add back fat or carbs in increments of 5 to 15 grams per day... per week, until they reach the lowest level of intake. They believed it could be maintained indefinitely.

How many of you thought in the first day you could do this forever? Or the first week, first three months? So basically they asked the... And knowing, having done clinical trials with equipoise meaning, "I don't really know what's better or not."

I'm not going to really say, "You know, you can do it you can do it." I'll say, "Okay, let's give you back an apple a day."