

PREVIEW 1 - Eric Westman (Denver 2019)

Dr. Eric Westman: And what I'd like to share with you today is a combination of the research and clinical care that we and many other doctors have done now. And we've treated over 4,000 people at Duke within a university private practice, in an insurance pay and Medicare Medicaid sort of practice.

And it was really important for me to maintain that connection to every man or every woman and not just the concierge medicine. But we've treated-- not that there's anything wrong with that, but we've treated metabolic and inflammatory conditions like obesity, type 1 and type 2 diabetes, PCOS, IBS nonalcoholic fatty liver disease.

I have the opportunity at the sad reality to help people who have already had liver transplants from fatty liver because they're developing fatty liver again and I don't have the heart to tell them that they didn't need the transplant. And if you've gone through a transplant, it's not easy, especially liver transplant.

That's the reality of today. Heartburn almost 100% gone, lymphedema, lipedema... these are folks who have been told, "There's nothing for you." Keto works for them. Cardiovascular disease, if you have any worry about heart disease, the heart surgeons send me their patients when the patients are too heavy that they can't do a heart transplant.

So the heart doctors are not afraid of this even when the heart-- The left ventricular assist device is a pump that's placed inside the chest with two tubes from the left ventricle to the aorta because the heart isn't pumping anymore.

These are probably the sickest people who are still alive and walking around and they have no pulse because the pump is a continuous flow mechanism. Post bariatric surgery weight gain... yes we can help there.

And the harsh reality is most of the people who had got bariatric surgery have never done a keto diet, LCHF diet before the surgery. There is no requirement for this to be done before a more risky yet effective long-term, probably no more effective than this kind of approach.