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Eric westman - ketopia

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The ketogenic diet is a high- fat, adequate- protein, low-carbohydrate diet that in medicine is used primarily to treat difficult-to-control (refractory) epilepsy in

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Eric westman (author of a low carbohydrate,

Eric Westman is the author of A Low Carbohydrate, Ketogenic Diet Manual (3.50 avg rating, 42 ratings, 1 review, published 2013), Eric Westman s Followers.

Detail on a low carbohydrate, ketogenic diet

A Low Carbohydrate, Ketogenic Diet Manual: No Sugar, No Starch Diet by Dr. Eric C. Westman M.D. (Paperback) This manual describes the practical details of a low

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1. Ann Intern Med. 2004 May 18;140(10):769-77. A low-carbohydrate, ketogenic diet versus a low-fat diet to treat obesity and hyperlipidemia: a randomized, controlled

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Dr. eric westman /duke lifestyle medicine clinic

Apr 06, 2013 Dr. Westman announced at the local support group that his diet manual, A Low Carbohydrate, Ketogenic Diet Manual: No Sugar, No Starch Diet is now available

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