



Adapt Program: A Low Carbohydrate, Ketogenic Diet Manual

By Dr. Eric C. Westman MD MHS

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This manual describes the practical details of how to follow a low carbohydrate ketogenic diet as used by trained professionals in the Adapt Your Life (www.adaptyourlife.com) and HEAL Diabetes & Medical Weight Loss programs (www.healclinics.com). For best results, use in combination with the Adapt Your Life or HEAL program.

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About the Author

Dr. Eric C. Westman MD MHS is an Associate Professor of Medicine at Duke University Medical Center and Director of the Duke Lifestyle Medicine Clinic in Durham, North Carolina USA.

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