



Adapt Program: A Low Carbohydrate, Ketogenic Diet Manual

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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