



# Adapt Program: A Low Carbohydrate, Ketogenic Diet Manual

*Dr. Eric C. Westman MD MHS*

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## **Adapt Program: A Low Carbohydrate, Ketogenic Diet Manual** Dr. Eric C. Westman MD MHS

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](http://www.adaptyourlife.com)) and HEAL Diabetes & Medical Weight Loss programs ([www.healclinics.com](http://www.healclinics.com)). For best results, use in combination with the Adapt Your Life or HEAL program.



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