Type 2 diabetes is curable.

Conventional medicine refuses to recognize this fact. It treats the disease as chronic and progressive. Physicians are trained to address symptoms and slow complications — not cure.

But Eric Westman, MD, is not a typical physician.

Way back in 1998, this prominent obesity specialist at Duke University in Durham, North Carolina, came to three revolutionary conclusions about Type 2 diabetes:

• It is highly curable for virtually every person who has it
• The cure is entirely natural
• And this cure for Type 2 diabetes is also the best cure for obesity, and probably Alzheimer’s disease, cardiovascular illness and many of the other “diseases of civilization” that research has shown

These lifestyle changes are the opposite of what many people have heard all their lives.

Instead, he dedicated his life to teaching his simple, safe, inexpensive cure to thousands of diabetic and/ or obese patients, achieving “complete remissions” — doctor-speak for cures — in 98 percent of them.

Their average weight loss: one–two pounds a week, 50–100 pounds a year.

“Lifestyle change is so powerful,” he told me. “And what I recommend is, in many cases, just the opposite of what many people have heard all their lives.”

In fact, “The heart of it boils down to one page of text. That’s it,” he says, waving at a small booklet that he gives patients.

I spent a couple of days with Dr. Westman at his clinic and became convinced that he’s absolutely right.

I’VE GOT YOUR INSANITY RIGHT HERE

The term “insanity” is getting a political workout these days, as the left and right accuse each other of being non compos mentis. (For the record, I think they both have a point.)

But for real insanity, it’s hard to beat the state of American’s health.

The Centers for Disease Control estimates that by 2050, one-third of Americans could be diabetic.

One-third! One in three adults afflicted with a serious, life-shortening, crippling disease!

If we need a national project, let me humbly suggest that even before we fix immigration, repair our crumbling infrastructure, renegotiate NAFTA or do anything else, let’s use our abundant public and private media resources to point this out:

Type 2 diabetes — which accounts for 90 percent of diabetes cases — can be easily and quickly cured in nearly everyone with a low-carbohydrate diet.

Thus saving an estimated $230 billion a year — which could fix a few bridges. And ward off untold misery.

No surgery. No pills. Not even exercise is required.

The cure is precisely what Eric Westman, continued on next page...
In fact, in a sane medical system, any physician who put a Type 2 diabetic patient on drugs or recommended hazardous stomach-stapling surgery without first pointing out Dr. Westman’s safe, cheap cure would be liable for malpractice.

“I was a Type 2 diabetic. I could barely get out of bed,” says Tammy Buchanan Gentry, one of his patients and a low-carb support group leader in Roxboro, North Carolina, who has sent many patients Dr. Westman’s way.

“I was on 500 milligrams of metformin [the most common diabetes medication] and blood pressure drugs as well.” She smiles. “As of last week, I’ve lost 121 pounds. Dr. Westman has completely taken me off of all medication. And it’s easy. He has saved a lot of people’s lives, including mine.”

A Worldwide Plague
Diabetes is a disease in which insulin — the hormone that keeps blood sugar levels safely low — stops doing its job. That happens either because the pancreas (exhausted by chronic overproduction) makes too little of it and/or the body “refuses” to let it pull enough sugar out of the blood and push it into the cells, a condition known as insulin resistance.

Uncontrolled, chronically high blood sugar boosts the risk of death as it clogs arteries, scars kidneys, scorches retinas and renders limbs necrotic — in other words, dead and requiring amputation.

It has two basic forms. Type 1 is usually caused by an autoimmune disease that attacks the pancreas and must be treated with insulin injections.

But Type 2, accounting for over 90 percent of diabetes cases, is caused by chronic overconsumption of foods that boost blood sugar, especially carbohydrates, combined with genetic susceptibility and sedentary lifestyles.

It’s vital not to succumb to the popular notion that the causes of Type 2 are “mysterious,” a lie that helps to boost drug sales.

(It’s vital not to succumb to the popular notion that the causes of Type 2 are “mysterious,” a lie that helps to boost drug sales. More on that below.)

Largely driven by incidence of Type 2, diabetes is quite simply ravaging the world. Since 1980, reported cases have nearly quadrupled globally — from 108 million to 422 million.

The Centers for Disease Control says that in this country:

- More than 29 million Americans have diabetes; 86 million have
prediabetes — altogether, this comprises about one in three Americans

• Without major changes, as many as one in three Americans could have full-blown diabetes by 2050

• Diabetes was the seventh leading cause of death in the U.S. in 2013 (and may be underreported)

• Diabetes is the leading cause of kidney failure, lower-limb amputations and adult-onset blindness

• More than 20 percent of health care spending is for people with diagnosed diabetes. 

In short, Type 2 diabetes is the plague of our times.

Dr. Westman Encounters the “Dangerous” Solution

Soft-spoken and unfailingly polite, Westman headed down his “radical” path to a cure by employing an all-too-rare tactic: listening to his patients.

“You can learn a lot from them,” he says in his spartan office, waving in the general direction of his waiting room.

So when, back in 1995, two of his patients lost weight on a low-carb diet, he paid attention. They had followed the precepts of New Diet Revolution by Dr. Robert Atkins.

“That was really the only low-carb book back then,” Dr. Westman says. “I told them, ‘It’s bad for you.’ You’re eating too much fat. You’ll have cholesterol trouble.” That’s what I’d been taught, right?”

But on a whim, he checked their blood chemistry, “and both of them had great numbers. If it had been just one of them, it would have been fishy. But both had better cholesterol, triglycerides, blood sugar, everything.”

Dr. Westman called Dr. Atkins. “I said, ‘Where is your research?’ He said, ‘I’ve been doing this for 30 years with thousands of patients. I’ve seen it work. That’s my research!’”

Dr. Westman, trained in gathering statistics from clinical trials, offered to run a study that might help persuade other doctors that the low-carb approach worked.

In a 2008 study, five patients, each represented here by a different color, lowered their insulin from as much as 500 units daily to zero over seven weeks of following Dr. Westman’s low-carb protocol.

“Dr. Atkins asked me to come to New York and see him. That’s where it all started.”

The Research Is In

To date, Dr. Westman has published over 50 journal articles on the astounding success he’s had treating thousands of obese and diabetic patients with a low-carbohydrate diet.

In 2008, for example, he carefully tracked five Type 2 diabetics through the process, tracking their progression from insulin dependence to complete cure.

In 2015, he and 21 other researchers summed it all up in a landmark journal article called “Dietary Carbohydrate Restriction as the First Approach in Diabetes Management.” In that paper, he wrote:

By reducing the carbohydrate

Insulin Discontinued by Week 7

To date, Dr. Westman has published over 50 journal articles on the astounding success he’s had treating thousands of obese and diabetic patients.

98% of HEAL Patients Discontinue Use of Insulin

In 2008 study, five patients, each represented here by a different color, lowered their insulin from as much as 500 units daily to zero over seven weeks of following Dr. Westman’s low-carb protocol.

100% of HEAL Patients Discontinue Use of Insulin
in the diet, we have been able to taper patients off as much as 150 units of insulin per day in eight days, with marked improvement in glycemic control—even normalization of glycemic parameters.

“Normalization of glycemic parameters” is researcherspeak for “cure.”

Results like this reveal that there’s nothing “mysterious” about the cause or cure for Type 2 diabetes.

The cause is carbohydrate overconsumption.

The cure is carbohydrate restriction.

“The best thing about this approach is that hunger goes away in just a few days,” says Dr. Westman. “Many of my patients have been constantly hungry for basically their whole lives. But when you do this, it usually takes only a day or two for the hunger to go away.”

And what about exercise?

“People come to me so frustrated, saying that they are exercising more and more, and it’s not working,” Dr. Westman says. “Studies confirm that exercising may be good for you in some ways, but it does not help you lose weight, because it makes you more hungry.”

What About the Rest of Us?

Keep in mind that Dr. Westman has created a medical intervention for people who are very ill. The lesson for the rest of us—who have perhaps 40 or fewer pounds to lose and whose blood sugar is just a bit higher than optimal—is that the key to keeping both obesity and its closely related cousin Type 2 diabetes at bay is reducing carbohydrates.


So any distance that you dial back from the typical American consumption of roughly 400 grams of carbs daily is helpful. Whether your ideal daily amount is under 20 grams, under 50 grams or under 100 grams depends on several variables.

“The younger you are, the more active you are, and if you are male, you can have more carbs,” Dr. Westman says. “It’s not fair, but that’s how it works.”

Dr. Westman practices what he preaches, eating fewer than 20 grams of carbs daily for the last 16 years. Though he was never diabetic or significantly overweight, “I just like it. It keeps my weight where I want it to be, and my blood work is fantastic.”

And he says if he can do it, anyone can. “When I was a kid, I was a candy addict. I would actually steal money from my mom’s purse to get candy. But now, I can be faced with any carb—candy, cake, bread, chips, whatever—and it just doesn’t appeal to me. That happens to people who do this all the time. This is hard at first, but the more you do it, the easier it gets.”

How Much Carbohydrate Should You Consume?

Because his method is so powerful, if you’re currently taking diabetes medication, you should not jump headfirst into an unsupervised very-low-carb diet such as Dr. Westman recommends.

“It’s vital to taper off the medication as you adopt the diet, or your blood sugar can go too low for safety,” he says.

Helping patients do that is precisely what Dr. Westman aims to do with his HEALcare clinics. These are special clinical programs—led by physicians around the world, with more signing on each month—that use Westman’s insights to assess patients, design custom diet programs and provide follow-up care to make sure patients stick with it.

As seen on Page 6, the HEALcare diet is quite restrictive.

“Especially if you have prediabetes or you’re on medication for diabetes, or if you have a couple of hundred pounds to lose, you have to stay really strict,” he says.

Indeed. Dr. Westman’s program requires that you remain under 20 grams of carbohydrate daily. To do this, you must consume absolutely zero sugar, grains or potatoes—even fruit is out, due to its sugar content. Instead, your diet must be almost entirely meat, fish, eggs and aboveground vegetables such as broccoli or lettuce.

By following such a diet, you are put firmly into a state called ketosis, in which the body switches from burning carbohydrate for fuel to burning fat (ketones are what fat becomes when the body breaks it down into fuel-sized chunks).

Almost immediately, weight starts dropping and blood sugar begins to normalize. In less than two months, 98 percent of patients are in full remission and off all medication, Dr. Westman says.

In other words—cured.
Resources

There are several paths to take toward a lower-carb lifestyle:

• The simplest is to keep track of your daily carbohydrate consumption, with the goal of keeping it below a certain number of grams. If you are neither diabetic nor more than 50 pounds overweight, a daily upper limit of 100 grams is a good place to start. Read carb counts on packaged food, and use the figures at CarbohydrateCounter.org or the app MyFitnessPal to fill in the rest. With a little experience, you’ll become adept at estimating carb grams just by glancing at a plate of food.

• Another simple method is simply to follow a list of “approved” low-carb foods. One is in my High-Fat, Real Food diet, which I laid out in the June 2015 issue.

• Or if you really want to get serious about it, adhere to Dr. Westman’s list of approved foods on the following page, which is somewhat more restrictive than my recommended diet and is appropriate for people who are significantly overweight or on the diabetic spectrum.

• Finally, if you want a disciplined program that involves an intake interview, training and accountability, I highly recommend Dr. Westman’s HEALcare program. As the program literature states, “You’ll receive personalized, expert-guided diet and nutrition support plus medical supervision until meds can be eliminated. HEALcare is designed to help you stop being a ‘patient’ and enjoy a healthy, normal life.” For more information, click here.

Bottom Line

It cannot be said too often: Type 2 diabetes can be easily and quickly cured via natural, safe dietary change in most people. Never let the drug pushers of Big Pharma or the carb pushers of Big Food tell you otherwise.

Citations available here.

Real-Life Success Stories

Meet Some of the Men and Women Who Have Regained Their Health — and Their Lives — by Implementing the HEALcare Protocol

by Brad Lemley
Natural Health Response

Dr. Westman’s HEALcare protocol has an impressive track record. Here are three of his many success stories in their own words:

Julie Green Jordan: “This has been a three-year journey, starting May of 2013. I was prediabetic with painful neuropathy, including severe plantar fasciitis, knee problems and headaches. I was increasingly lethargic and could barely walk. My neurologist said I had a choice — change my eating habits and get rid of the weight or be pushed around in a wheelchair for the rest of my life!... The low-carb way of eating wipes out obesity and reverses all sorts of diseases, including Type 2 diabetes. I’ve seen it free people from their medications and give them a life they could only dream of.”

Lynn Ivey: “Since implementing Dr. Westman’s approach, I have lost over 234 pounds and kept those pounds off for over five years... Today, at age 54 and at 139 pounds, I feel amazing. I have boundless energy, clarity of thought, restful sleep, and no aches or pains. My blood pressure, cholesterol, glucose and A1C levels are all wonderfully normal.”

Kathy Nichols (with husband Dave): “This is not a diet for us. It is a way of life. One that we will continue for the rest of our lives.”
Shedding Pounds & Slashing High Blood Sugar
Dr. Westman’s Miracle Foods Make Eating Healthy Simple

by Brad Lemley
Natural Health Response

“This list of foods is carefully chosen,” says Dr. Westman. “It’s similar to the one Dr. Atkins used in his New York City practice on about 60,000 patients, so it has a lot of experience behind it.”

As for the question “How long do you eat this way?” Dr. Westman says that depends on your health when you begin, your goals and your genetic need to restrict carbs.

If you start out overweight and diabetic, want to become slim and healthy and happen to be genetically predisposed to handle carbs poorly, “you should know I have patients who’ve been eating 20 grams of carbs or less daily for more than 20 years, and they are doing fine. So get it out of your head that this may be unhealthy or harmful and needs to have an endpoint.”

In fact, he says, “the Paleo hunter-gatherer diet basically says we did not have carbs in any quantity for 490,000 years, so our genetics are not set up to handle them. My experience is that generally, people worry way too much about ‘carb restriction’ and not nearly enough about carb overconsumption.

So with that in mind, here is the list of permitted foods from Page 4 of the instruction packet Dr. Westman gives to patients. (We’ve had to edit a bit for space. To see the complete packet, click here):

**Foods to Eat When You’re Hungry**

**Meat:** Beef (including hamburger and steak), pork, ham (un glazed), bacon, lamb, veal or other meats.

For processed meats (sausage, pepperoni, hot dogs), check the label, but carbohydrate count should be about 1 gram per serving (and be organic if possible and nitrate-free).

**Poultry:** Chicken, turkey, duck or other fowl.

**Fish and Shellfish:** Any fish, including tuna, salmon, catfish, bass, trout, shrimp, scallops, crab and lobster (no farmed seafood; there are too many toxins).

Get it out of your head that eating 20 grams of carbs or less may be unhealthy or harmful and needs to have an endpoint.

**Eggs:** Whole eggs are permitted without restrictions.

You do not have to avoid the fat that comes with the above foods. Also, you do not have to limit quantities deliberately, but you should stop eating when you feel full.

**Foods That Must Be Eaten Every Day**

**Salad Greens:** 2 cups a day. Includes arugula, bok choy, cabbage (all varieties), chard, chives, endive, greens (all varieties, including beet, collards, mustard, and turnip), kale, lettuce (all varieties), parsley, spinach, radicchio, radishes, scallions and watercress. (If it is a leaf, you may eat it.)

**Vegetables:** 1 cup (measured uncooked) a day. Includes artichokes, asparagus, broccoli, Brussels sprouts, cauliflower, celery, cucumber, eggplant, green beans (string beans), jicama, leeks, mushrooms, okra, onions, pepper pumpkin, shallots, snow peas, sprouts (bean and alfalfa), sugar snap peas, summer squash, tomatoes, rhubarb, wax beans and zucchini.

**Mayonnaise:** up to 4 tablespoons a day. Duke’s and Hellmann’s are low-carb. Check the labels of other brands. For an even healthier option, try Primal Mayo.

**Olives:** (Black or Green): up to 6 a day.

**Avocado:** up to 1/2 of a fruit a day.

**Lemon/Lime Juice:** up to 4 teaspoons a day.

**Soy Sauces:** up to 4 tablespoons a day. Kikkoman is a low-carb brand. Check the labels of other brands.

**Snacks:** Pork rinds/skins; pepperoni slices; ham, beef, turkey and other meat rollups; deviled eggs.
Toxins in Your Toothpaste?
The Surprising, Nasty Ingredients You’re Putting Into Your Mouth Every Day

by Brad Lemley
Natural Health Response

I am always amazed by the weird variety of chemicals in commercial toothpastes. How do the manufacturers get away with it?

I suspect it’s because many people don’t fret about the stew of synthetic, potentially toxic substances in their favorite brands because they spit the stuff out — so how harmful can it be?

But a recent report by the nonprofit Cornucopia Institute, which monitors food safety with a far more discerning eye than the FDA, pointed out that “even if the toothpaste is not swallowed,” the membrane lining of the mouth has an “absorption efficiency of more than 90 percent.”

Yikes!

So what, according to the Institute, are we absorbing in pursuit of dental health? It’s a nasty list, including:

• Fluoride: “If you accidentally swallow more than is used for brushing, seek professional help or contact a poison control center immediately,” reads a warning the FDA has required on all fluoride-containing toothpaste since 1997. And the Harvard School of Public Health says a study it sponsored with a Chinese University “found strong indications that fluoride may adversely affect cognitive development in children.”

• Triclosan: This antibacterial may help to fight tooth and gum infection, but at a high cost: it is a potent endocrine disruptor, which means it can hamper hormone activity and boost risks of cancers, birth defects and neurological dysfunction. In September 2016, the FDA banned it in hand soaps, but not in toothpaste, which is nuts — this stuff is far more dangerous in your mouth than on your fingers.

• Propylene Glycol: If you’ve flown in the northern U.S. lately, you may have watched airport crews spray ice-melting goo onto airplane wings. The active ingredient is propylene glycol, which is also in commercial toothpastes. This nasty substance has been linked to skin irritation and organ toxicity.

Enter Alternatives

The Cornucopia Institute carefully reviewed the natural toothpaste market and developed this short list of brands that meet its strict safety criteria:

• Dr. Bronner’s All-One Toothpaste
• Green People Toothpaste
• Happy Teeth Organic Toothpaste
• Miessence Toothpaste.

These are available in natural foods stores or online.

If you dislike the taste or expense of any of these brands, virgin coconut oil and baking soda — mixed roughly one-to-one in terms of volume — make an effective toothpaste that also harnesses the natural antibiotic power of coconut oil to keep teeth and gums free of infection. Add a drop or two of edible essential oil, such as peppermint oil, if you seek a pleasant flavor.

Even if the toothpaste is not swallowed, the membrane lining of the mouth has an absorption efficiency of more than 90 percent.

Bottom Line

The best defense against tooth decay is not a toothpaste at all. It is a low-carbohydrate diet. Such diets are free of the sugars that feed tooth-destroying bacteria, and adopting such an eating regimen will take you farther down the road to healthy teeth than any toothpaste.

But I do recommend brushing — if only because it makes the mouth feel fresh and clean!

Personally, I use Dr. Bronner’s All-One Toothpaste, and am a great fan of all of that company’s products.

Citations available here.
Hazelnut Green Beans
A Delicious, Low-Carb Side Dish That’s Both Quick and Easy

by Brad Lemley
Natural Health Response

Forget green bean casseroles drowning in a gloppy sea of canned mushroom soup. This version tastes as elegant and refined as it looks — and it’s so simple to make! When cooking a steak or salmon filet, this is one of my go-to side dishes.

I’ve adapted this from a recipe in Dana Carpender’s Low-Carb Diabetes Solution Cookbook, which is a favorite of Dr. Eric Westman’s and his patients (see cover story). The recipe makes eight servings, each with just three grams of carbohydrate.

• 1 pound fresh or frozen green beans
• 1/4 cup hazelnuts
• 2 tablespoons olive oil
• 2 tablespoons lemon juice
• 1 teaspoon salt, and pepper to taste
• 1 teaspoon turmeric (optional)

1. Put beans in a boiling steamer pot, cover and steam for roughly 10 minutes for fresh, 12 minutes for frozen.

2. Meanwhile, coarsely chop hazelnuts. Add olive oil to a pre-heated cast iron skillet, add olive oil, and sauté the hazelnuts over medium heat till they turn slightly golden and give off a pleasant smell, roughly three minutes. For a deeper flavor, warmer color and anti-inflammatory benefits, add turmeric when you add the hazelnuts and sauté the nuts and spice together. Remove from heat.

3. Remove beans from steamer and put them in the skillet with the hazelnuts. Add lemon juice, salt and pepper. Toss and serve warm.

For variety, use this recipe as a low-carb vegetable-dish template. Instead of always making it with green beans, try chopped Brussels sprouts or sliced red peppers for the vegetable portion, and another kind of nut — macadamias or cashews are good choices — instead of the hazelnuts.

Chili-heads can also toss in a drop or two of the spicy bottled sauce of their choice.

Bottom Line
A challenge of low-carb eating, especially when you are beginning, is that a diet of only meat and above-ground vegetables may not provide satiety — a feeling of fullness. This recipe helps solve that problem. Unlike leafy greens, the relative bulk of both green beans and nuts in this dish makes it one of the most filling vegetable dishes you can make. It has the added bonus of keeping well in the refrigerator — pop the leftovers into a sealable plastic container and take them to work the next day.

I’ve made some variation of this recipe a couple of times a week for the last six years — roughly the period that I’ve followed a low-carb diet. It is my favorite vegetable side dish, and I never grow tired of it. Lately, I’ve tried bacon pieces instead of hazelnuts, and found that delightful as well. Experiment, and enjoy!

Brad Lemley is a science and health writer and former senior correspondent for The Washington Post and Discover magazine.