

The right diet at work. . .

I work at Duke University Health System in continuing education for our clinicians, nurses, and healthcare providers. I'm also a patient of Eric Westman, MD, Director of the Duke Lifestyle Medicine Clinic – one of the world's leading physicians and researchers in low carbohydrate nutrition and its uses in preventing, treating, and reversing a multitude of health issues and diseases. I'm so pleased to say that since making the change to my low-carb lifestyle with Dr. Westman's guidance, in the last 18 months, I've lost 130 lbs. And I continue to lose naturally, healthfully, and most importantly...deliciously and nutritiously! And my lab results are wonderful! I just turned 50 years old, and after a lifetime of yo-yo dieting and trying to follow low fat diets that never worked for me, I look forward to my happiest and healthiest years ahead. I'm 30 lbs. away from my goal weight, and know I've found the way I'll live the rest of my life. The "truth" that I've learned from Dr. Westman, Dr. Feinman, and from NMS website resources in the last 18 months has literally changed – and saved – my life. I will be forever grateful...and I am so happy to be able to support the Society's work with my contributions. And delighted to share this very important website with others.

Thank you so very much again, to Dr. Feinman, to you, and to the staff there at NMS. Thank you for your courage and conviction to shed light on the truth. Thank you for leading the way and for your commitment to stay the course. Thank you for being such a vital resource and support to those of us who – up to the point of learning the "truth" and making this major lifestyle change – had really given up hope. It feels so good to eat a diet that is truly healthy...for once, I'm at peace with myself, I am not hungry, and I am not at war with a low fat diet that was only making me larger and sicker.

Please know that your wonderful, diligent work there is critical and it is making a huge difference (literally) in lives around the world in the most important ways. I only wish I had had benefit of the knowledge and wisdom brought forward by NMS 40 years ago. But now...I know. And there is no turning back.

Very best regards and sincerest thanks,

Lynne I.