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**From:** Bruce Moskowitz [REDACTED]  
**Sent:** Friday, November 23, 2018 5:16 PM  
**To:** jeffrey E.  
**Subject:** NYTimes: How a Low-Carb Diet Might Help You Maintain a Healthy Weight

Here's a story from The New York Times that I thought you'd find interesting:

Adults who cut carbohydrates from their diets and replaced them with fat sharply increased their metabolisms.

Read More... <<https://nyti.ms/2Dn0USH?smid=nytcore-ios-share>>

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Sent from my iPad  
Bruce Moskowitz M.D.