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# Dr. Eric Westman shares a new scientifically-based, simplified Atkins low-carb diet plan for 2010

March 2, 8:33 PM Low-Carb Lifestyle Examiner Jimmy Moore

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Nebraska Cultures is funding research on the benefits of taking probiotics

Do you take supplements as part of your healthy low-carb lifestyle? If you're like me, then you probably take a handful of vitamins and minerals that are complementing your dietary changes. One such supplement is acidophilus (probiotics) and Michael Shahani from [Nebraska Cultures](#) is funding an upcoming new study on the veracity of the claims about the improvements in health seen by taking *L. acidophilus* DDS-1. Listen to my brief 10-minute chat about this exciting cutting-edge research at the beginning of today's show!

The Livin La Vida Low-Carb Show  
With Jimmy Moore

Episode 338  
Dr. Eric Westman



Dr. Eric Westman gives the full scoop on why a new Atkins is needed

What's the first thing people think of when you say the "Atkins diet?" Things like all-you-can-eat high-protein meat, eggs, cheese, very little veggies or fruit, no bread or sweets and stuff like that

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probably immediately come to mind. Others think it was just some dangerously unhealthy passing fad that faded out in 2004 and is only still followed by people who are putting their long-term health at risk. But today's podcast interview guest is one of the leading low-carb researchers who has teamed up with two other low-carb research colleagues to co-author a brand new version of the Atkins diet for 2010 to put the focus back on the science supporting the low-carb way of eating!

In [Episode 338 of "The Livin' La Vida Low-Carb Show with Jimmy Moore."](#) we welcome back to the podcast Duke University low-carb researcher and practitioner [Dr. Eric Westman](#) who is here to share all about the March 2, 2010 release of [New Atkins for a New You: The Ultimate Diet for Shedding Weight Fast and Feeling Great Forever](#). You might be wondering "here we go again" with yet another attempt at revamping the Atkins diet like the December 2008 release of [The All-New Atkins Advantage: The 12-Week Low-Carb Program to Lose Weight, Achieve Peak Fitness and Health, and Maximize Your Willpower to Reach Life Goals](#) by Colette Heimowitz (who I previously interviewed [here](#)) and Dr. Stuart Trager which disappointed many within in the low-carb community with their focus on "lean protein" and a very heavy emphasis on lots of fruits and vegetables getting away from the basic principles that the late, great Dr. Robert C. Atkins based his original diet on. But as you'll hear from Dr. Westman, they wanted to bring back the high-fat, moderate-protein, low-carb nutritional approach that Dr. Atkins promoted as his life's work. The new book brings living the Atkins lifestyle into modern society with a few important strategies that have been missing in previous versions of the Atkins diet.

Listen to Dr. Westman share about who is behind this new Atkins diet book, what's different about this book from the previous Atkins diet books, why some people need to keep carbs very low forever, how much pressure there was to water down the message to make it more marketable, why Dr. Atkins was never interested in doing studies on his low-carb diet, why we need a brand new version of Atkins in 2010, ways to minimize the negative effects of the "Induction flu," some of the changes in terminology in this new book including "foundation vegetables," "Atkins Edge," and "metabolic bully," what the healthy role of saturated fat is in Atkins low-carb, his thoughts on the so-called "Eco-Atkins" and how to properly make a vegetarian-styled Atkins diet, whether Atkins Nutritionals is returning to the original principles that Dr. Atkins built the company on, how often the Atkins bars and products are pushed in the sample menus, why the main focus of the diet is on real foods, who the target audience of the book is, the role of calories and portion sizes on this new Atkins, a practical list of ways to break stalls, why consuming dietary fat is so important to fat-burning, the definition of "net carbs" and the role of sugar alcohols, why consuming vegetables are so important on the Atkins diet, the purpose of eating often especially for people who are just beginning a weight loss regimen, why this book should not be read literally but rather as a generalized guide, the impact that both prescription and over-the-counter drugs can have on weight loss, the purpose of the success stories listed in the book, and why he is not accepting royalties from the sale of this book and where the money will actually be going. If you have any questions about this new Atkins diet book, then I'm sure this interview will put to rest a lot of what you may be concerned about. ENJOY!

There are three ways you can listen to Episode 338:

1. [Listen at the new iTunes page for the podcast.](#)



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What did you think about Dr. Eric Westman's explanation about this new Atkins diet? Do you think it improves upon the previous Atkins plans or is it just marketing something old to make it appear new? Talk about what your thoughts are about it in [the show notes section of Episode 338](#). Pick up

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several copies of [New Atkins for a New You](#) for yourself, family, friends, and even your doctor and be sure to read my [book review](#) of what I think is the most important new diet and health book of 2010. If you like what you heard from Dr. Westman in this interview, then be sure to check out [my May 2007 interview](#) as well. Coming up on Thursday, I'm happy to bring you my enthralling conversation with well-known cholesterol skeptic [Dr. Uffe Ravnskov](#) with us to talk about his provocatively-titled new book [Fat And Cholesterol Are Good For You](#). Dr. Ravskov will wrap up another fabulous week of low-carb podcasting.

**GOOD NEWS!** For those of you who have been e-mailing me about accessing past podcast interviews, we are excited to let you know they are back online again. Shortly after our 200th episode in mid-2009, we had a complete server meltdown at our podcast web site and have since reposted most of our back episodes. But a few have still missing and some even lack the proper show notes. Due to popular public demand, we are now making available the audio of the episodes we haven't yet had a chance to formally republish. This "[Archive](#)" section is where you can get them until we are able to republish these episodes. Once they are reposted, the audio link to the MP3 will be removed from the "Archive" page and become searchable via the search box near the top of each page. Thank you for all of your wonderful support of "The Livin' La Vida Low-Carb Show!"

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