

The Livin' La Vida Low-Carb Show

With Jimmy Moore



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Dr. Eric Westman Explains Why There's A New Atkins Diet Book In 2010 (Episode 338)

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Hello and welcome back to The Livin' La Vida Low-Carb Show with Jimmy Moore!

In today's episode, Jimmy presents two interviews. First, Jimmy speaks with a representative from Nebraska Cultures about a research study into the usefulness of Lactobacillus acidophilus for human health. For those of you who are taking probiotics as part of your health regimen, you will be interested in learning more about this upcoming study set to be released in late 2010.

In the featured interview today we are very proud to present Dr. Eric Westman from Duke University to discuss the newest version of the popular Atkins low-carb diet called *New Atkins for a New You: The Ultimate Diet for Shedding Weight Fast and Feeling Great*. Listen in for a fantastic look at why Dr. Westman strongly feels this book "gets it right" when the December 2008 Atkins book didn't, who is behind this newfound effort to promote the science behind high-fat, moderate protein, low-carb living, what new information has been added, and much, MUCH more!

LINKS MENTIONED IN EPISODE 338

- [Company conducting research on acidophilus](#)
- [Dr. Eric Westman bio](#)
- [New Atkins for a New You: The Ultimate Diet for Shedding Weight Fast and Feeling Great](#)
- RELATED PODCAST: [One-On-One With Duke Researcher Dr. Eric Westman \(Episode 54\)](#)
- RELATED BLOG POST: [New Atkins Diet Book By Today's Top Low-Carb Researchers Set To Release In March 2010](#)

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JIMMY MOORE



From over 400 pounds to 230, Jimmy Moore is the ultimate evangelist for the low-carb lifestyle.

Read him every day at his [Livin' La Vida Low-Carb Blog](#).

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