



[Interview with Shawn Baker, M.D.](#)

I interviewed Shawn Baker, M.D., a surgeon, athlete, and advocate of zero-carb eating. He was a power lifter, played rugby, and competed in the Highland Games earlier in life, and now at the age of 50, he holds world records in indoor rowing. Lately he's become known for advocating an all-meat (zero-carb) diet. We discuss how he trains, the use of steroids in athletics, and why he gravitated to a zero-carb diet, among other things. I appreciate Dr. Baker taking the time to talk with me.

(P.S. Please excuse the echo on my side of the interview. Dr. Baker's side is fine though.)

Here's the interview in podcast form. [Download.](#)