### **Woman gets kidney stones following carnivore diet**

A woman followed the carnivore diet and ended up in the hospital. The woman, 23, is a social media influencer. She explained how her high-protein diet gave her kidney stones. These are small stones in our urine caused by eating too much high-protein food. They cause pain when peeing. The woman ate only animal-based food in her final year of college. She had two or three eggs and a steak every day. She was shocked when she saw blood in her urine.

The carnivore diet is becoming more popular. Many people on social media are promoting it. Some say it raises our energy levels and encourages positive thinking. However, health experts warn that eating too much meat, fish and dairy products is bad for us. This is because there is not enough fibre in the diet. This can lead to health problems and heart disease. The woman told people not to eat too much protein. She said: "Don't neglect your fibre intake."

**Homework:**

1. In your Vocab Notebook, write the words or phrases you did not know from the article and their definitions, and write a sentence using each word or phrase.
2. Write a full-sentence answer for each question below.
3. Where did the 23-year-old woman end up?
4. What did the woman eat at college every day besides steak?
5. Where has the carnivore diet been growing in popularity?
6. What do some people say the carnivore diet can encourage?
7. What did the woman advise people not to neglect?