

Fad Diet Presentation Reviews

Carnivore Diet

What's involved with following this diet?

Diet is essentially the eating of meats or animal products every meal while excluding plant-based food. Can be expanded to include poultry, animal fats and seafood.

Who is it for?

For people who want to lose weight and lower blood sugar levels.

Is it backed by scientific research?

Not really. It may help lower blood sugar levels due to restricting the amount of carbs consumed.

Is it dangerous?

Yes, it can be dangerous because of nutritional imbalance, the high amount of sodium and fat and is not very diverse.

Would you recommend?

I would not recommend this diet because the supposed benefits: lowering blood sugar levels, weight loss, increased mental clarity, physical well-being and improvements in some chronic medical conditions; isn't enough to outweigh the cons. The desired result from following this diet can be achieved through healthier means.