

# **The Carnivore Diet FAQ**

**Anecdote Based Wellness** with  
questions like “will I have constipation?” and “can I  
have coffee on a carnivore diet?” and more...

Edition 0.0.1  
by  
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## Dedication

In memory of all the plants that have been punished  
into green smoothies by vegans.

## Disclaimer

The content presented in this book is not medical or nutritional advice. The content presented in this book is based on anecdotes reported by various individuals.

## About the author

The author is a 49 year old man, who has been on a carnivore diet for over 12 years.

## Who is this for?

This is for people who are about to start a carnivore diet, or are curious, or who are already on a carnivore diet. This is for people who are willing to challenge the status quo and entertain the thought that mainstream science<sup>1</sup> can be sometimes be provably wrong.

Science<sup>1</sup>: defined as information that is generally regarded as true by the vast majority of mainstream researchers and scientists.

## Who is it not for?

This is not for people who have unquestioning faith in the information put out by mainstream nutritionists/medicine/science.

# Contents

Preface.....	7
Important note about references and citations.....	8
Definition of a Carnivore diet.....	9
What is generally regarded a carnivore diet?.....	9
What foods are not generally considered a part of carnivore diet?.....	9
What to Eat.....	10
What is the diet recommended by the author?.....	10
Tip.....	11
Can I eat fish?.....	11
Can I have coffee?.....	12
Should I eat organ meats?.....	12
How to cook?.....	12
What are the common concerns/mistakes on a carnivore diet:.....	12
What are the most preferred cuts of beef?.....	13
What are the acceptable cuts of beef?.....	14
What are the least preferred cuts of beef?.....	14
Where/What to Buy?.....	15
What are good source of meats?.....	15
What are not good sources of meat?.....	16
What are the least expensive sources of beef?.....	16
What is the cost of a chest freezer?.....	16
What is the cost of running a chest freezer?.....	16
Is there a difference between grass fed meat versus regular meat grocery store?.....	17
Salt.....	18
Biology and Genetics.....	19
Aren't human omnivorous?.....	19
Doesn't the brain need glucose?.....	19
Will I have nutritional deficiencies?.....	20
Aren't people different? Didn't humans in different part of the world evolve eating different foods?.....	20

Are there groups of people who are on a carnivore diet?	21
Who are the known individuals who have been on a carnivore diet the longest?	21
Why are people currently on a carnivore diet on an average less healthy than people not carnivorous diet?	22
The Medical Profession	23
What will my doctor say?	23
Which MDs promote a carnivore diet?	24
MDs that are not against a carnivore diet	25
Others	25
Social/Lifestyle	25
Are any celebrities or notable people on the carnivore diet?	25
Where can I find communities of people online who are practicing the diet?	26
I'm a vegan, what will people say if they know that I am on a carnivore diet?	26
Does the carnivore diet change how I exercise?	26
Studies	27
Are there any interventional studies supporting a carnivore diet?	27
Why have interventional studies not being done after 1928?	28
Are there any rigorous scientific studies that show that the carnivore diet is harmful?	28
Chronic Conditions	28
Will I lose weight?	29
Will it help diabetics?	29
Will it alleviate arthritis?	30
What about the placebo effect?	30
Do I need to count calories?	31
Do I have to use Ketone strips?	31
Will it help individuals with Multiple Sclerosis?	31
Will it increase my cholesterol levels?	32
Will it cause heart disease?	32

Will it help individuals with anxiety, bipolar disorder or depression?.....	32
Can it cure PCOS or infertility?.....	32
How will it effect my sleep?.....	33
Can the carnivore diet help cancer patients?.....	33
Will it reverse gray hair?.....	34
Side effects.....	35
What about kidney stones?.....	35
What about scurvy?.....	35
Will I have constipation?.....	36
What about the so called keto flu, or withdrawal symptoms?.....	36
Appendix.....	37
How can you maintain the carnivore diet when you travel?.....	37
How to introduce new foods into your diet.....	38
What to keep in a food/health log?.....	41
Food guide.....	43
Where can I buy this book online?.....	44

## **Preface**

The author is a 49 year old man, who has been on a mostly carnivore diet for over 12 years. He stumbled upon this diet while trying to figure out the root causes of some of his health issues with digestion and sleep.

He has experimented eating various foods beyond what is not normally considered a part of carnivore diet like coffee, dairy, fruit etc.

The information provided in this book draws upon his own experiences and that of people online. He has done the due diligence of stating effects of the diet that are generally applicable to a large number of individuals.

Please understand that there is no endorsement of the carnivore diet from the medical mainstream community. The carnivore diet is generally regarded as a detrimental fad diet by the scientific mainstream community. In fact the WHO had overall classified red meat as a carcinogen some years back. See <https://www.who.int/news-room/questions-and-answers/item/cancer-carcinogenicity-of-the-consumption-of-red-meat-and-processed-meat>

## **Important note about references and citations**

The author has attempted to provide as many references and citations as is practically possible from what he can recall, but cannot provide all of them since he does not remember the sources. Some of the information is drawn from the more well known and well researched ketogenic diets. A carnivore diet is a subset of the ketogenic diet. The beneficial effects of a ketogenic diet often translate to a carnivore diet but the reverse may not be true.



## **Definition of a Carnivore diet.**

### **What is generally regarded a carnivore diet?**

A diet that has mostly animal sources of food which includes, but is not limited to:

- Red meat: beef, elk, moose, bison, reindeer, goat, lamb, pork, horse etc.
- Seafood: fish, shrimps, clams, octopuses, squids etc.
- Birds: chicken, turkey etc.
- Milk: cow milk, goat milk etc.
- Eggs: chicken, duck etc.
- Others: seal, whale, walrus.

### **What foods are not generally considered a part of carnivore diet?**

All plant matter including:

- Fruit: apples, oranges, grapes, peaches, pears, etc.

- Leaves: spinach, kale, basil.
- Stem: asparagus.
- Flowers: broccoli, cauliflower, cabbage etc.
- Roots/tubers: cassava, carrot, potato, sweet potato, etc. (note potatoes are technically a stem)
- Grains, seeds and nuts: Wheat, rice, barley, lentils, beans, cashews, peanut, almond.
- Fungi: mushrooms.
- Sea weeds.
- Plant milks: almond milk, oat milk, pumpkin seed milk, coconut milk.

## **What to Eat**

### **What is the diet recommended by the author?**

The author recommends that the person sticks to 1) ruminant grass-fed, pasture raised organic meat<sup>1</sup>, sourced from reliable sources only. 2) common salt without additives and 3) pure water for a month.

After a month you could experiment with adding new foods. Read this section on [how to introduce new](#)

[foods into your diet.](#)

**ruminant grass-fed, pasture raised organic meat<sup>1</sup>** :  
beef, elk, moose, bison, lamb.

The author's primary diet is beef, followed by lamb and some goat. On rare occasions he has had elk, deer, and bison meat with no noticeable ill effects, he has never has moose. Notice this does not include pork. Pork, depending on what the pig is fed can range widely on the effects it has on people who are sensitive to foods.

## Tip

Use taste<sup>2</sup> as a means to assess the best cut of meat to eat. For example lean cuts like *Eye of Round* are the least preferable. Fatty, collagenous cuts like *oxtail*, *shank*, *ribcuts* are the most tasty. Besides being tasty they are nutritionally better. A common mistake that people starting the diet make is to have lean cuts (often because of the fear mongering of saturated fat). Lean cuts can leave you un-satiated after a meal.

Taste<sup>2</sup> : Warning! you **cannot** use the same principle of taste to navigate plant foods.

## Can I eat fish?

Generally yes – if they are fresh and wild caught. Frozen fish generally tends to have additives added to preserve texture. Avoid farm raised fish. [Consult the food table provided at the end of this book.](#)

## **Can I have coffee?**

Some people can tolerate small quantities of coffee. [Consult the food table provided at the end of this book.](#) Remember coffee is a plant extract and should be consumed judiciously depending on one's personal tolerance.

## **Should I eat organ meats?**

Organ meats are optional.

## **How to cook?**

Any method of light cooking is acceptable, as long the meat is not over cooked. The author prefers to sear each side of the meat on a very hot pan until it browns on the outside while the inside of the meat is still raw but warm. Typically this would mean a total cooking time of less than 5 minutes. Use only pure common sea salt with no fillers or additives as the only seasoning.

## **What are the common concerns/mistakes on a carnivore diet:**

- Eating lean meat.
- Not eating sufficient quantity. One has to eat till one is full and satiated.
- Seasoning meat with condiment other than

salt.

- Not having enough salt.
- Not drinking enough water when thirsty.
- Eating grocery store chicken. (Chicken in itself is not a problem, you can occasionally eat well raised organic chicken that is not fed on soy and corn, and allowed to forage, but even great quality chicken is lean meat).
- Having vegetables. (because some think they miss out on some essential nutrient)
- Counting and restricting calories.
- Worrying why you did not have a bowel movement for 3 days in a row.

## **What are the most preferred cuts of beef?**

- Oxtail
- Brisket
- Rib cuts: rib eye steak, short rib
- T-bone steak
- Shank
- Tongue

## **What are the acceptable cuts of beef?**

- Chuck Roast
- Filet Mignon
- Skirt Steak
- Sirloin

## **What are the least preferred cuts of beef?**

- Rump roast
- Eye of round

# Where/What to Buy?

## What are good source of meats?

- Local farmer – this is generally your best bet:  
You may ask the following questions:
  - Are antibiotics used? (They should not be used or occasionally used)
  - Are the animals vaccinated? (They should not be used or very rarely)
  - Are the animals grass fed on open pastures? (They generally should be in open pastures except in harsh winters). Note that goats are browsers so they do not need open pastures.
  - Are the animals feed soy/corn grass? (They should not be)
  - Are pesticides used on the grass that are used to feed the animals?

Buying meat in bulk (a quarter cow, half cow or full cow) is a great way to save money.

- Online sources:
  - <https://whiteoakpastures.com/>

- <https://grasslandbeef.com/>

## **What are not good sources of meat?**

Regular grocery store meat – even if they are labeled organic and grass fed. I have often found them to be relatively bland tasting, or occasionally having a non-appetizing smell, compared to the other sources.

## **What are the least expensive sources of beef?**

If one were to buy beef in bulk: for example a *quarter cow*, *half a cow* or a *full cow*. The cost would be around \$6 to \$8 per lb including the bones. This might work out to be around \$9 lb without bones. The cost of full cow may range between \$1,500 to \$2,500 depending on the weight of the animal. Check with your local farmer for what he offers.

## **What is the cost of a chest freezer?**

A 20 cu. ft. (which can fit the meat from a full cow) freezer costs between \$800 to \$1000.

## **What is the cost of running a chest freezer?**

It costs anywhere from \$30 to \$70 per year for the



electricity, depending on various factors like size, model of the freezer, cost of electricity in your area etc.

## Is there a difference between grass fed meat versus regular meat grocery store?

Yes. People who have been on a carnivore diet for the long term can discern the difference between between grass fed, organic meat from a local farmer versus regular grocery meat store especially for the fatty cuts. The difference may not be solely due grass versus grain fed as there are other farming practices that play a role in how the meat tastes. Here are my observations.

<b>Grass fed, organic meat from a local farmer</b>	<b>Grocery store meat</b>
The meat is lean. Cuts of meat have localized fat.	Meat can be marbled with fat.
When the fat is rendered is heated it is almost odorless, or has a pleasant smell.	When the fat is rendered from suet it has an odor, which may range from mildly unpleasantness to almost a stink.
The meat does not smell when cooked.	The meat may smell when cooked.
The meat gives off far less amount of water when	The meat may give off a relatively large amount of

cooked.	water when cooked.
The inside of the meat takes time to cook.	The inside of the meat cooks rather quickly.

## Salt

Only buy common sea salt without additives.

Example:

<https://www.amazon.com/Light-Celtic-Sea-Salt-Resealable/dp/B000SWTKV0/>

Most salts have additives like anti-caking agents, to prevent clumping.

# **Biology and Genetics**

## **Aren't human omnivorous?**

Yes humans are omnivorous, but remember that omnivory is generally an adaptation for survival, not necessarily an adaptation for thriving.

Humans can best be regarded as facultative carnivores, meaning they lean heavily to being carnivorous.

## **Doesn't the brain need glucose?**

Based on research on ketogenic diets, the conclusion appears to be the brain works better on ketones which would be the predominant fuel for the body when on a ketogenic diet. (A carnivore diet is a subset of the ketogenic diet). Often people report that they think more lucidly without the highs and lows associated with a carbohydrate rich diet, the author can attest to this based on his own experience. The few organs that need glucose for their functioning like the kidneys will obtain glucose that is produced by the body from protein and fat through a process called [gluconeogenesis](#).

## **Will I have nutritional deficiencies?**

No nutritional deficiencies, have been observed in people who have been on a carnivore diet for several decades (40 years and beyond) that can be attributed to a carnivore diet. In fact there are far less likely to have nutritional deficiencies than on any other diet including the 'regular' diet.

## **Aren't people different? Didn't humans in different part of the world evolve eating different foods?**

Yes, people are different in their tolerance to plant foods, but I have observed that they are not very different when it comes to tolerance to red ruminant meat. Even people who tolerate plant foods well tend to become less tolerant to plant foods when they become older. It appears that humans went through an evolutionary bottle neck during the ice ages, when meat was the predominant diet. Human also have one of biggest brains (relative to body size) among mammals that was very energy demanding, which could have been met only through a diet of meat before the discovery of fire. This was long before some humans population started having relatively large quantities of plant matter, and developed some adaptations to deal with plant matter.

## Are there groups of people who are on a carnivore diet?

Various ethnic groups that lived near the North pole were known to be on a predominantly animal based diet. Two such examples are the *Eskimos* <https://en.wikipedia.org/wiki/Eskimo> (Eskimos are now called Inuit) and the *Sami* [https://en.wikipedia.org/wiki/S%C3%A1mi\\_peoples](https://en.wikipedia.org/wiki/S%C3%A1mi_peoples) .

Closer to the equator the Masai men predominantly ate animal/dairy.

Note that the number of these people who predominantly ate an animal based diet in the past are dwindling because of the incorporation of modern day foods. Unsurprisingly there is a significant increase in the incidence of chronic conditions like diabetes and obesity.

## Who are the known individuals who have been on a carnivore diet the longest?

Based on Anecdotes:

- 55 year old man who has been on a carnivore diet for 40 years as of December 2023. <https://www.youtube.com/watch?v=5nGJUOawwN8>
- 83 year old woman who has been on a carnivore diet for 65 years as of December 2023. <https://www.youtube.com/watch?>

[v=mnWdsEzx8F0](#)

Based on online anecdotes the author estimates that there are over 100 people who have been on a carnivore diet for over 10 years, and several thousands of people who have been on it for over 5 years as of December 2023.

## **Why are people currently on a carnivore diet on an average less healthy than people not carnivorous diet?**

Most people who are currently on carnivore diet, had serious chronic issues long before they started the carnivore diet. These chronic issues generally were not resolved through medical interventions, hence they tried various diets including vegetarian, vegan, FODMAP, low carb, paleo, ketogenic, and finally settle down on the carnivore diet, which provided them the most relief from their chronic condition.

# The Medical Profession

## What will my doctor say?

If you broach the carnivore diet with a typical doctor they will say one or more of the following:

- You are not getting enough fiber. Comment: This is technically true, but is fiber really needed? This is a topic for another discussion.
- You are not getting enough vitamin C. Comment: This is not correct. People who have been on the carnivore diet for decades have not suffered scurvy. [Click here for a more detailed answer.](#)
- Meat increases your risk of cancer and heart disease. Comment: This is based on epidemiological studies which are based on surveys and questionnaires. As they say correlation is not causation. There are confounding factors in addition to eating meat that predispose you to those conditions.
- Meat contains large amount of saturated fat which will cause heart diseases. Comment: About half the fat in red meat (the fat profile of fish is very different) is generally saturated. People who have done a coronary calcium

score before being on a carnivore diet versus after, report much better numbers after being on a carnivore diet.

- Meat increasing the risk of kidney stones and/or kidney disease. Comment:

Experience of people on a carnivore diet indicate that kidney disease is reversed and that there is no increase in the incidence of kidney stones. [Click here for a more detailed answer.](#)

- You will be malnourished if you don't eat vegetables. Right now as of March 2024 there are probably thousands of people who are on a carnivore diet and have no known deficiencies that were introduced by being on the carnivore diet.

## **Which MDs promote a carnivore diet?**

Ken Berry (MD),  
<https://www.youtube.com/@KenDBerryMD>

Shawn Baker (MD),  
<https://www.youtube.com/@ShawnBakerMD>

Anthony Chaffee (MD),  
<https://www.youtube.com/@anthonychaffeemd>



## **MDs that are not against a carnivore diet.**

Eric Westman (MD),  
<https://www.youtube.com/@AdaptYourLife>

Richard Bernstein (MD), <https://www.youtube.com/watch?v=2UZXv8HAn70>

Geogia Eades (MD, Psychiatrist),  
<https://www.youtube.com/watch?v=YgL1vlasrxU>

Lisa Wiedman (MD), <https://www.youtube.com/watch?v=NsDzCELQghc> as of March 2024

## **Others**

L. Amber O'Hearn <https://www.mostly-fat.com>. In my opinion, Amber O'Hearn is by far the best technical resource on the carnivore diet including evolutionary biology.

## **Social/Lifestyle**

### **Are any celebrities or notable people on the carnivore diet?**

Jordan Peterson, a psychologist:  
<https://www.youtube.com/watch?v=12Sza90czz0>

## **Where can I find communities of people online who are practicing the diet?**

The author is not part of online communities that practice the diet, however based on anecdotal evidence he has come to the conclusion that most online communities tend to tribalistic and clannish, and so can be counterproductive. One of the main reasons for writing this book was to be a near complete guide without having to rely primarily on someone to chart out a path for you. However here are 2 online forums: <https://carnivoretalk.com/> and <https://www.ketogenicforums.com/c/food/zero-carb>

## **I'm a vegan, what will people say if they know that I am on a carnivore diet?**

It's best to be upfront about it. Most people you know will just be curious about about you change. You may be subjected to some ridicule but it is a better price to pay that risk of having less than optimum health or worse still, being discovered if you are secretive about it.

## **Does the carnivore diet change how I exercise?**

Most people when they first switch to a carnivore diet experience carbohydrate withdrawal symptoms such

as extreme fatigue and listlessness which can be debilitating, so go easy, or even avoid exercises till one begins to feel better.

## **Studies**

### **Are there any interventional studies supporting a carnivore diet?**

The best interventional study I came across was done in 1928.

The study was conducted by researchers on 2 men: Vilhjalmur Stefansson, an Arctic explorer and his fellow explorer. The study was done in New York's Bellevue Hospital, where the two men were given a diet prepared by researchers. To ensure that the men did not sneak in other foods into their diet, they were under constant vigilance, including an attendant following them during their walks.

Here is an article related to the experiment:

<https://nobleorigins.com/blogs/articles/in-1928-vilhjalmur-stefansson-ate-nothing-but-meat-and-water-for-an-entire-year-what-happened-next-was-astonishing>

A search on the internet should yield their blood work etc.

## **Why have interventional studies not been done after 1928?**

I do not know. For one, interventional studies are a lot more expensive. What passes off as a typical study is generally an epidemiological study. An epidemiological study can best be regarded as surveys, where people self-report on what they ate.

On the other hand, if one closely looked at the mainstream scientific-corporate landscape, it becomes evident that profits, ideology, and incompetence are the main driving factors behind 'scientific research'.

## **Are there any rigorous scientific studies that show that the carnivore diet is harmful?**

None, that I am aware of.

Most studies that implicate meat are epidemiological studies which are based on surveys and questionnaires. As they say correlation is not causation. In addition to these studies not being rigorous enough, there are confounding factors other than eating meat that predispose individuals to negative health outcomes.

## **Chronic Conditions.**

As a general rule ALL chronic conditions are significantly alleviated on a carnivore diet.

## **Will I lose weight?**

Most overweight people will lose weight even without counting calories or exercising. Underweight people will generally gain weight.

## **Will it help diabetics?**

Anecdotally it reverses type-2 diabetes as long as one is on the carnivore diet. Type-1 diabetics require far less insulin than before, as long as they remain on the carnivore diet. There will be a relapse once they give up the carnivore diet.

Diabetics who are on blood sugar lowering medications including insulin must be very careful when they start out on a carnivore diet. Given that the carnivore diet lowers blood glucose levels, if it is done in conjunction with diabetes lowering medications, one may end up lowering the blood sugar levels below normal levels which can be dangerous. Consult a keto diet friendly doctor, on how to lower the dose of medications, when you are starting out a carnivore diet.

A good book recommended for diabetics is *Dr. Bernstein's Diabetes Solution*. While this book focuses on a low carbohydrate diet, similar principles holds true for the carnivore diet.

## **Will it alleviate arthritis?**

Anecdotally arthritis pain is significantly alleviated on a carnivore diet. There will be a relapse once you give up the carnivore diet.

## **What about the placebo effect?**

It's difficult if not impossible to control for a placebo for a food. So the question is somewhat moot.

There are however some indirect indications that the effects that one sees on a carnivore diet are not due to the placebo effect. About 7 years back around the year 2017 or so, when the carnivore diet was not as popular as now, there were individuals attempting to lose weight (who did not know each other personally) that were trying out the carnivore diet. Often they would unexpectedly find that other health issues like arthritis pain, and migraines would diminish significantly.

The same statement, regarding placebos that I made above would not hold true today in 2024, since there are several anecdotes of people alleviating several of their health issues, while on a carnivore diet. Since these anecdotes are easily accessible to people online, people who are starting on a carnivore diet are often aware of the expected changes, so it's far more

difficult to separate out the true effects from a placebo.

## **Do I need to count calories?**

No. Generally speaking hunger is self regulating once you are on a carnivore diet.

## **Do I have to use Ketone strips?**

No. Use taste and experience to guide you as what work the best for you. Measuring ketones would mean you are missing the forest for the trees.

## **Will it help individuals with Multiple Sclerosis?**

I have not seen many anecdotes (say compared to weight loss, diabetes, mood disorders) on MS.

However here are a few:

<https://www.youtube.com/watch?v=GuFgAiy4gjs> ( 5 years on carnivore diet)

<https://www.youtube.com/watch?v=TCNMBCu8y9I>

<https://www.youtube.com/watch?v=zpbvX1wsfUM>

<https://www.youtube.com/watch?v=rJRu8rZxufg>

## **Will it increase my cholesterol levels?**

In about 50% of the individuals LDL will be elevated above what is consider 'normal'.

HDL and triglycerides numbers will be the ranges that would be considered good to excellent. Overall it's a complex subject and it is questionable if cholesterol is a good marker of heart disease. For example, some of the longest lived people also tend to have very high cholesterol levels.

## **Will it cause heart disease?**

No. Here a relatively detailed discussion on the subject. [https://www.youtube.com/watch?v=hj\\_xHAEYBDQ](https://www.youtube.com/watch?v=hj_xHAEYBDQ) (Dr. Eric Westman is an MD)

## **Will it help individuals with anxiety, bipolar disorder or depression?**

Many people feel significantly better after they switch to a carnivore diet.

## **Can it cure PCOS or infertility?**

Yes, many women who had difficulty conceiving report that they can successfully conceive once they switch to a carnivore diet.



## How will it effect my sleep?

Generally most people sleep deeper, but overall lesser on a carnivore diet.

## Can the carnivore diet help cancer patients?

There are mixed non-main stream opinions on this. (The main stream opinion is that it causes cancer)

This clinic mentioned below gives their patients an all meat diet as part of their protocol. <https://www.paleomedicina.com> , Here is an interview with Zsofia Clemens their CEO: [https://www.youtube.com/watch?v=3\\_B6Bxm1nBE](https://www.youtube.com/watch?v=3_B6Bxm1nBE)

Dr. Nicholas Gonzalez (who passed away in 2015) who was a mainstream trained but alternative cancer physician did not believe that a ketogenic diet<sup>1</sup> helped cancer: <https://www.drindai.com/keto-diet.html> . He also believed that a one-size-fits-all approach to diet is flawed: [https://www.youtube.com/watch?v=g4f3VbcT\\_E8](https://www.youtube.com/watch?v=g4f3VbcT_E8) . Note that some of Dr. Gonzalez's patients were on a near all meat diet.

Dr Thomas Seyfried believes that a ketogenic diet<sup>1</sup> is useful in treating cancer. <https://tomseyfried.com/>

ketogenic diet<sup>1</sup>: A carnivore diet is a type of ketogenic diet.

## **Will it reverse gray hair?**

A tiny number of people report their gray hair reverting to its original color. On this subject I have seen less than 5 anecdotes online.

## **Side effects**

### **What about kidney stones?**

Since some kidney stones have uric acid in them and since kidneys are the main source of excretion of uric acid from the body the line of reasoning seems to be: More protein intake→more urea production in the body→more kidney stones

Experience of people on a carnivore diet indicate that kidney disease is often reversed and that there is no increase in the incidence of kidney stones.

Here are 2 physicians talking about kidney disease:

<https://www.youtube.com/watch?v=36sjrVPXm7o>

### **What about scurvy?**

People who have been on the carnivore diet for decades have not suffered scurvy. Make sure not to cook your meat for a long time to prevent complete destruction of vitamin C. Meat contains traces of vitamin C that are sufficient when a person is on a carnivore diet. One of the first sources of vitamin C were extracted was from adrenal glands of butchered animal.

## **Will I have constipation?**

Generally no. But your bowel movement frequency will substantially reduce. Most people settle down to a frequency of about once in 2 or 3 days.

On rare occasions when people are starting out on the carnivore diet they may have constipation for about a month.

## **What about the so called keto flu, or withdrawal symptoms?**

Generally carbohydrates can be very addictive, after you stop consuming carbohydrates you could have withdrawal symptoms similar to that of withdrawal from addictive drugs. Usually men take about a month for these symptoms to subside, for women it is in the region of 3 months. For some rare individuals this might be up to a year.

The author has found no reliable way to alleviate this discomfort. He has however heard that increasing the intake of salt substantially would alleviate this discomfort.

# Appendix

## How can you maintain the carnivore diet when you travel?

For a travel duration that is less than a day, eating one big meal before your travel will generally sustain you throughout the entire days. You could also carry a few boiled eggs in case you get hungry.

For travel durations longer than a day there are no easy answers. Here is what the author does when he goes on an extended travel:

- The author generally opts for hotels that have a kitchen i.e a stove, refrigerator, pans etc. This allows one to shop for meat and eggs at a grocery and store it in the refrigerator. While grocery store meat and eggs is not the best quality, this is the best choice one has under the circumstances. Opt for meat that is labelled grass fed and organic if possible. Examples of hotels in USA that have kitchens are *Residence Inn* and *Extended Stay America*.
- Other options are airbnb stays, where there is access to the kitchen.

Based on online anecdotes the other options that people fall back upon are the following:

1) Order steaks in restaurants, while skipping the fries, and other condiments. Rotisserie meats are another option.

2) Order just the patties of the burger from fast food chains like McDonald's, Wendy's etc.

3) Order fried chicken from fast food joints like KFC. The author generally scraps of the fried bread crust from the fried chicken before he eats it.

## **How to introduce new foods into your diet.**

After you have been on a carnivore diet for about a month, if you desire you may attempt to introduce a new food to figure how well you take to the new food. As a general rule plant food in large quantities will negatively affect one's short term, and probably long term well being. On the other hand meat has a positive affect on one's well being.

When a new food item is introduced, it has to be done in a sufficiently large quantity and for 3 days in a row, so that the effects of newly introduced food can be clearly discerned. It is very important not to take a small quantity, as this does not allow one to discern specific effects of the newly introduced food. Keep a food/health log. See next section to see how/what to keep in a food log.

For example if you wanted to try out coffee after you have been on a carnivore diet for about a month, have a sufficient amount of coffee for 3 consecutive

days. A sufficient amount being at least 8oz(250 ml). Notice any differences that you observe in 1) sleep 2) digestion 3) general well being. For introduction of solid foods replace at least  $\frac{1}{4}$  quantity of the solid food that you want to introduce as a replacement for the meat you normally eat. So for example, if you normally have 2 pounds of meat in a day, you should have somewhere between  $\frac{1}{2}$  a pound to 1 pound of the new food item and the rest can be meat.

Before you introduce a second food item after your first food was introduced, wait for at least a period of 2 weeks until you try out another food. This ensures that there are no lingering effects of the first item of food that was introduced.

For example this is how you would try and introduce coffee followed by introduction of apples.

Day 1 to day 30 – Eat just meat (+ water + salt).

Day 30, 31, and 32 – Have 8oz on each day of coffee along with meat (note effects on sleep, digestion and well being)

Day 33 to day 47 – Have only meat again for 2 weeks.

Day 47,48,49 – have 2 apples each day, for 3 days along with meat. Note effects on sleep and well being.

Continue the same pattern with other foods you want to try.





## What to keep in a food/health log?

- Weight.
- Stomach/waist circumference
- Subcutaneous fat in the stomach area (pinch skin to make an approximate value)
- Note any aches/pains and the time it takes for healing.
- Frequency of urination/stools.
- Consistency and smell of urination/stool.
- Frequency of times that you wake up at night.
- Changes in eyesight.
- Take pictures of face, body and skin
- Changes in skin if any general.
- Optional – Blood work especially cholesterol and blood sugar levels. Heads up - LDL may increase substantially. This is well know among practitioners of the ketogenic diet (a carnivore diet is a subset of the ketogenic diet). The author is not particularly keen about blood tests because they can be quite misleading, or they do not often lead to a clear direction for resolution of the perceived problem. For example a high cholesterol is often successfully treated with statins, but the side

effects of statins appear to be so significant that it may not be worth treating the high cholesterol. It is also questionable if high cholesterol is even a good indicator of bad health/heart disease. For example, some of the longest lived people also tend to have very high cholesterol levels. When interpreting solutions offered to fix numbers related to blood work, one has to take into account *Goodhart's Law of Unintended Consequences*. Here is a definition of *Goodhart's Law*: [https://en.wikipedia.org/wiki/Goodhart%27s\\_law](https://en.wikipedia.org/wiki/Goodhart%27s_law) (Note: Wikipedia is not an unbiased source of information!, I have made an exception here.)

# Food guide

<b>Safest</b>	<p>Ruminant, grass-fed, pasture raised, organic meat. Ruminant wild meat.</p> <p>All meats should be un-aged. (The author has not found online sources of un-aged meat.)</p>
<b>Safe</b>	<p>Aged version of the meats mentioned in the <b>Safest</b> category above.</p> <p>Eggs.</p> <p>Important: Watch out for additives in the foods listed below even when not stated on the label. Food sellers/packagegers are exempt from stating additives in the food if certain conditions are met.</p> <p>Wild caught fish, shellfish, shrimps, lobsters.</p>
<b>Moderately safe</b>	<p>Pork, chicken, lactose free milk, home made yogurt, home made cheeses, pure dairy butter</p>
<b>Some what problematic</b>	<p>Ripe fruit, tubers, coffee.</p>
<b>Problematic</b>	<p>Unripe fruit, vegetables.</p>
<b>Highly problematic</b>	<p>Grains, nuts, dairy, beans, lentils.</p>

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