Carnivore Field Manual

By @_shaunography_

The Carnivore Field Manual aims to be the go-to practical manual and guide for intrepid Carnivores in the wild.

I have intentionally left out direct scientific references with the hope of providing a layer of abstraction that allows information on topics to be more easily digested, referred to and shared with friends, colleagues and curious on lookers.

Please let me know if I have made mistakes or missed out any valuable resources.

Caveats

Although the popularity of this way of eating is increasing, along with the number of thriving long term adherents, the realm of Carnivory is for the most part still a black box. The vast majority of studies and observational data is on people who adhere to more standard higher carb diets which can't always be extrapolated to ketogenic and zero carb. Although based on food as old mankind, the carnivore diet is somewhat a pioneering approach to health and nutrition. Additionally, there may be conflicting and contradicting points of view within the below pages. Try not to get mired in minutiae, the most powerful and liberating benefit of the carnivore diet is its simplicity. Everything you will learn will fundamentally distil down into eat meat, drink water.

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Contents

Introductory

The following resources aim to introduce the curious carnivore to the diet and outline the fundamentals. These are good resources to share with friends or family that are interested in learning more about the diet and maybe giving it a go.

Guide to the Carnivore Diet (Article) – Amber O'Hearn and Raphael Sirtoli

Carnivore Diet: Why would it work? (YouTube)– What I've Learned

The ultimate 30 day guide to going carnivore (PDF)- Kevin Stock

Eat Meat, Not To Little, Mostly Fat (Article) - Amber O'Hearn

The Carnivore Diet Start Here (Article) – Paul Saladino MD

What Is Zero Carb? (Wiki) – Charles Washington

Zero Carb (Article) – Zero Cab Zen

The Nutritionist's Guide to the Carnivore Diet (Artice) – Judy Cho

The Zero Carb Experience (Article and PDF) – Borge Fagerli

Types of Carnivore Diet

Synonyms or variations on the carnivore diet that differ in food variety, macro nutrition ratios and cooking methods. You may come across a number of these online and

Zero Carb

- Probably the original name for an all meat diet, popularised by Charles Washington, Kelly Hogan etc. Has since fallen out of favour due to its slightly confusing nature. For example, some animal foods contain carbohydrate and there are a number of zero carb plant foods that are not Carnivore.

PKD (Palaeolithic Ketogenic Diet)

- The diet employed by Dr. Zsófia Clemens and Dr. Csaba Tóth when treating patients at Paleo Medicina in Hungary. Emphasises ketosis and aims for a fat to protein ratio of 2:1, excludes Dairy and makes use of organ meats.

KetoAF

Keto Animal Foods was originally termed by Amber O'Hearn and is a carnivore's diet that pursues a higher fat more Ketogenic fat to protein ratio of roughly 2:1. Dairy is permitted, and organ meats are optional.

Contemporary Carnivore

A more liberal form of the Carnivore diet coined by Ketogenic Endurance which allows deviations for situations like social events and special occasions. More information can be found in the book of the same name.

Lion Diet

Coined by Mikhaila Peterson the Lion Diet is a minimalist carnivore diet which includes only red meat (Beef) and water with the aim of being the ultimate elimination diet.

Raw Carnivore

As the name suggests adherents of the Raw Carnivore diet eat only meat which is completely raw.

Seminal Works

Essential reading for all carnivores from the forefathers of carnivory. For over one hundred years these pioneers have known the power of an all meat diet to restore health, treat disease and combat obesity.

J. H. Salisbury, M.D

The Relation of Alimentation and Disease (1888) (PDF)

James Henry Salisbury, M.D. (January 12, 1823 – September 23, 1905) was a 19th-century American physician, and the inventor of the Salisbury steak. He served as a physician during the American Civil War and utilised an all beef diet to treat a myriad of conditions and diseases including diabetes, epilepsy, rheumatism, gout, migraines, insomnia, asthma and cancer. He recognised the negative effects that vegetables and starchy foods have on digestion and weight gain and was the inventor of one of the first low carbohydrate diets known as the "Salisbury diet"

Elma Stuart

What Must I Do To Get Well? And How Can I Keep It So? (1898) (PDF)

This is a book about Dr. James Henry Salisbury's Beef and Hot Water Diet Therapy. The author was bedridden for 9 years with what today would be labelled Fibromyalgia or Chronic Fatigue Syndrome. She went to 43 doctors in an effort to regain her health. None of their recommendations worked. She learned about Dr. Salisbury's diet through an ad in her local newspaper and ordered his book The Relation of Alimentation and Disease.Elma says it took her about a year on Dr. Salisbury's diet to regain her health. At the time of publication, Elma had eaten beef and hot water exclusively for 11 years.

Richard Mackarness

Eat Fat Grow Slim (1958) (Hypertext Book)

Guy Richard Godfrey Mackarness (17 August 1916 - 18 March 1996)[1] was a British physician and low-carbohydrate diet writer. Mackarness was an early advocate of the Paleolithic diet and authored books on food allergies.[1][

Mackarness authored the book Eat Fat and Grow Slim (1958), which exposed what he termed the "calorie fallacy" and proposed a low-carbohydrate "Stone Age" diet of fat and protein. He took influence from the ideas of William Banting. His Stone Age diet was influenced by the habits of Stone Age people with an emphasis on fish, meat, simple vegetables and roots. Mackarness opposed the consumption of grain and sugar. The book sold over 1.5 million copies.

Vilhjalmur Stefansson

The Fat of the Land(1960) (EPUB)

Vilhjalmur Stefansson (November 3, 1879 – August 26, 1962), an anthropologist and arctic traveller, After living with the Inuit for 4 years Stefansson was convinced that the Arctic Inuit people's fat and meat-based diet was a nutritionally complete and healthy diet. To prove this, he and a fellow- his fellow explorer Karsten Anderson took part in a year-long study where they ate only animal fat and meat, without vitamin

or mineral supplements. At the end of the year there were no signs of vitamin deficiencies or kidney problems in the subjects; they did not suffer fatigue, they were mentally alert, physically active, and showed no specific physical changes in any system of the body - Prolonged Meat Diets with a Study of Kidney Function and Ketosis

Blake Donaldson

Strong Medicine (1962) (PDF)

Dr. Donaldson went to medical school in the late 1800s and practiced medicine in New York until the mid-1900s. His book was published in 1961. He had very good success treating his obese patients with an all-meat diet. His general prescription was 6 oz of lean and 2 oz of visible fat three times per day from either lamb or beef. He never recommended pork, chicken, fish, or eggs, but only meat from ruminants. He says that if his patients did not eat enough food, enough times a day, they would invariably stop losing body fat.

Walter L. Voegtlin

The Stone Age Diet(1975)(PDF)

Walter L. Voegtlin (1904–1975) was an American gastroenterologist and pioneer of the Paleolithic diet. In his ambitious work of theoretical and practical bases, Voegtlin states that an animal meat-fat diet is considered to be the only diet that is a perfect fit for the physiological functioning of people. Voegtlin also states that raw vegetables should be completely excluded, and fermented vegetables can be eaten in moderation, while eating fruits is only acceptable if eaten in small amounts and not regularly.

Dr H.L.Newbold

The Type A Type B weight Loss Book (1991) (PDF)

Dr. H. L. Newbold (1921–1994) was another early advocate for an all-meat diet. He published a number of books throughout his career, but his last one The Type A / Type B Weight Loss Book is by far his best overall book on diet. It represents the culmination of everything he had learned about health and nutrition up to that point in time.

Dr. Newbold worked extensively with people who suffered with obesity and eating disorders. He found that many of his patients were able to lose weight and stop destructive eating behaviour if they ate an all-meat diet comprised almost entirely of beef.

Evolution, Taxonomy and Anatomy

Humans and our Homo ancestors have been eating meat, in copious amounts, for millennia. The hunting and eating of large fatty animals (megafauna) is integral to our evolutionary past.

Human Taxonomy

Homo Habilis

~2-3 Million years ago

During a period of climate change Homo Habilis were the first of our ancestors to Leave the trees and exploit the growing grassy savannahs of Africa. They crafted the first stone tools which allowed these scavengers to butcher carcases left by other predators and to liberate the superior nutrition from bone marrow and brains.

Homo Erectus

~1-2 Million years ago

Homo Erectus developed more sophisticated stone tools including simple axes and were the first to harness fire for cooking and protection. It is thought that bush fires caused by lightning first introduced Homo Erectus to cooked meats. The use of wooden spears allowed Homo Erectus to begin hunting instead of relying on second-hand carcases.

Homo Sapiens

~300,000 years ago

The invention of more sophisticated tools including composite spears and knives made Homo Sapiens the apex predators that we are today. As the larger megafauna began to die off due to over hunting and climate change (ice age) the use of projectile weapons including throwing spears and eventually the bow and arrow allowed Homo sapiens to be proficient hunters of animals all shapes and sizes. Animal products such as skins and tendons were also used for making tools, clothing and various other useful items. Food was preserved by rendering the fat and smoking the meat.

Comparative Anatomy

Regardless of what Vegans would have you believe, through simple observation we can see that the anatomy of Humans beings is far more suited to a meat-based diet. Although humans and other modern primates' digestive tracts are made up of the same components (stomach, small intestine, cecum, appendix and colon) the comparative size and function of each differs a great deal. Humans have comparatively a much larger small intestine for digesting nutrient dense fats and proteins and a much smaller Colon and Cecum. Our primate cousins have comparatively very small Small Intestines and a very large Colon and Cecum for fermenting and breaking down plant fibres into fatty acids.

The expensive tissue hypothesis poses that growing brains as big as ours was enabled by the shrinking of our overall gut mass. The highly concentrated energy and nutrition that can be obtained from raw and cooked animal foods enabled

more resources to be used to build our brain and less resources chewing, fermenting and digesting plant matter.

Other carnivorous human adaptations include:

- A shrinking of the jaw and changes in teeth structure and jaw motion with more emphasis on biting and tearing rather than grinding.
- A very low stomach PH of 1.5 akin to scavengers and other carnivores. Generally, herbivores have a stomach PH of 5-6, omnivores 3-4, carnivores 2-3 and scavengers 1-1.5.
- Relatively Small stomach capacity.

Nitrogen Isotopes

Analysis of ancient collagen samples from Neanderthals and Homo Sapiens from 30 to 45 thousand years ago show these subjects were highly carnivorous with a main protein source of large herbivores (Wolly Mammoths, Reindeer and Rhino) and possessing stable nitrogen isotope levels in bones that were greater than other carnivorous animals, including Hyenas and Wolves.

Resources

Paleopathology and the Origins of the Paleo Diet (Video) - Dr. Michael Eades

Meat in the human diet: An anthropological perspective (Article) – Neil Mann

What did humans Evolve To Eat (Article) – Kevin Stock

Homo Carnivorus (YouTube) - Barry Groves

The History of All-Meat Diets (Article) – Georgia Ede MD

Man the Fat Hunter (Paper) – Miki Ben-Dor

Ketosis Without Starvation: The Human Advantage (Article) - Amber O'Hearn

Do ketogenic diets have a place in human evolution? (Article) – Break Nutrition

The ketogenic diet as the default human diet (Article) - Amber O'Hearn

Are Humans Carnivores? (Article) – Ketogenic Endurance

Rebuttal of Hardy et al.'s 2015 Paper "THE IMPORTANCE OF DIETARY CARBOHYDRATE IN HUMAN EVOLUTION" (Article) - Raphaels7

Are We Meat Eaters or Vegetarians? Parts One, Two and Three (Articles)- Dr Michael Eades

Your Brain On Meat Series (Article) – Kevin Stock

Native Cultures

A number of native cultures survived and even thrived on highly carnivorous diets. The Mongols were said you eat copious amounts of meat (up to ten pounds in a sitting), go days in the saddle without food and were much more robust then their contemplative rivals of whom most of them they conquered. The Inuit/Eskimo go months on end without a single plant food, subsisting on sea mammals and fish and the Native Americans ate a plethora of animals ranging from deer and buffalo to squirrel and beaver.

Resources

Eskimos Prove an all meat diet provides excellent health Part 1 (Article) - Vilhjalmur Stefansson

Eskimos Prove An All Meat Diet Provides Excellent Health Part 2 (Article) - Vilhjalmur Stefansson

Eskimos Prove An All Meat Diet Provides Excellent Health Part 3 (Article) - Vilhjalmur Stefansson

Peoples (Wiki) - JustMeat.co

Guts-and-grease-the-diet-of-native-Americans (Article) – Weston A Price Foundation

Plant Toxins AKA Phytochemicals

Arguably the most beneficial aspect of the carnivore diet is the elimination of problematic plants and their toxins. Due to their stationary nature plants have evolved to be masters of chemical warfare and in the arms races of natural selection have developed numerous natural pesticides to help avoid predation. To quote Bruce N. Ames and his 1990 paper "Dietary pesticides (99.99% all natural)".

> *"We calculate that 99.99% (by weight) of the pesticides in the American diet are chemicals that plants produce to defend themselves. Only 52 natural pesticides have been tested in high-dose animal cancer tests, and about half (27) are rodent carcinogens; these 27 are shown to be present in many common foods."*

It is also worth considering the complete abundance of various fruits and vegetables we have available today, and at any time of the year. This was not possible even a 100 years ago when our great grandparents relied on a small number of seasonal staples and exotic far-flung fruit were a rare special treat.

The following resources make the case for plants being not only redundant but actively harmful to one's health.

Resources

Plants Bite Back (Article) - Weston A Price Foundation

Vegetables (Article) – Georgia Ede MD

Health Dangers of a Plant Based Diet (Article) – Kevin Stock

Eating Plants is Harmful (Article) – Carnivore Is Vegan

The Dark Side of Plants (article) – Judy Cho

Fruits (Article) – Georgia Ede MD

Health Dangers of Eating Fruit (Article) – Kevin Stock

The Chemical Warfare on your plate (Article) – Rosemary Cottage Clinic

Grains, Nuts, Beans and Seeds

The Paleo Diet has popularised the health benefits of removing grains from one's diet, but in addition to being the relatively new food of the Neolithic revolution, fundamentally all Grains, Nuts and Beans are seeds and being the off spring of plants are highly protected with a myriad of plant toxins including; antifungals, pesticides, phytoestrogens and anti-nutrients

Resources

Health Dangers of Eating Seeds (Article) – Kevin Stock

Why Grains Are Unhealthy (Article) – Mark Sisson

Grains, Beans, Nuts, and Seeds (Article) – Georgia Ede MD

The Health Dangers of Eating Soy (Article) – Kevin Stock

Soybesity Soy And Weight Gain (Article) – Weston A Prive Foundation

Oxalates (Oxalic Acid)

Oxalic Acid is another natural plant pesticide that aims to dissuade insects from eating them by creating sharp crystals that damage the insect's mouth when chewing. It is also used to bind and store minerals in the seed for later use by the growing seedling.

In humans Oxalic Acid binds to minerals (calcium, iron, magnesium, potassium) preventing absorption and can form insoluble crystals (Calcium Oxalate) that get deposited around the body causing tissue damage and inflammation. Oxalates are lethal in high enough doses, are a common cause of kidney stones and are linked to numerous conditions including osteoporosis, fibromyalgia, sleep disturbance, fatigue, joint pain, breast cancer, rashes and vulvodynia.

Certain gut microbiota can digest and break down small amounts of Oxalate before it can bind to minerals and cause any damage, suggesting people who have impair gut function and increased permeability may be at a higher risk of symptoms. Boiling vegetables can also slightly reduce the Oxalate content; however, humans did not evolve with access to high power blenders with which to produce highly concentrated green smoothies and juices.

Switching to a low Oxalate diet can cause Oxalate dumping which can make symptoms worse in the short term. Sauna sessions and citrate (magnesium and potassium citrate) can help break down and remove Oxalate crystals from the body.

Foods high in oxalate include:

- Spinach
- Almonds
- Sweet Potatoes
- Cocoa
- Tea
- Soy
- Cauliflower
- Broccoli
- Beetroot
- Kiwi Fruit

Resources

Health Dangers of Oxalates (Article) – Kevin Stock

Oxalate Toxicity and Gut Disbiosis (Article) – Elliot Overton

Oxalate Science (Article) – Sally K.Norton

Oxalates (Article) – Carnivore Aurelius

Oxalate Poisoning and Dumping (Video) – Elliot Overton

Phytates (Phytic Acid)

Like Oxalates, Phytic Acid binds to minerals (zinc, iron, copper, magnesium and phosphourous) to create Phytates that prevent their absorption. Phytates store

energy and minerals for the sprouting seed. When a seed sprouts, phytase enzymes break down the stored phytates and make use of them to grow.

Refining, soaking, sprouting and fermenting grains can reduce the phytic acid content, but this traditional wisdom has been mostly lost and in my opinion is not worth the time and effort required.

Due to its mineral stealing properties Phytates can cause iron deficiency anemia, fatigue and other mineral deficiencies including zinc which can increase susceptibility to infection and skin issues.

Foods high in Phytates include:

- Whole Grains
- Nuts
- Legumes
- Beans

Resources

Health Dangers of Phytic Acid (Article) – Kevin Stock

All About Phytic Acid (Article) – Precision Nutrition

isothiocyanates (Sulforaphane)

The cruciferous (Brassicas) family of vegetables use the chemicals known as isothiocyanates to protect themselves. When a predator eats the flesh of the plant glucosinolate and myrosinase are combined to create Isothiocyanates which breaks down and kills the cells of predatory insects, bacteria and fungi.

Sulforaphane is an isothiocyanates that increases oxidative stress through the creation of reactive oxygen species, inhibits Iodine absorption, damages cell linings and depletes the endogenous antioxidant Glutathione by activating NRF2 which binds and rids our body of the damaging compounds. It is this up regulation of Glutathione, our endogenous antioxidants, via NRF2 that give brocalli sprouts and sulforaphane their often-touted potential benefits. They are not antioxidants but a xenohormetic.

By inhibiting the absorption of iodine, isothiocyanates decrease the body's production of thyroid hormone resulting in hypothyroidism and goitres.

Steaming and boiling can reduce the amount of sulforaphane by up to 65% and is highly concentrated in the sprouts and seeds of the plant.

The Cruciferous family of vegetables includes:

- Broccoli
- Cabbage
- Cauliflower
- Kale
- Bok choy
- Brussels sprouts
- Turnips
- Mustard
- Radishes
- Watercress

Resources

Is Broccoli Good For You? (Article) – Georgia Ede

Health Dangers Of Cruciferous Vegetables (Article) – Kevin Stock

Polyphenols (flavonoids)

Polyphenols and flavonoids are plant pigments often called phytochemicals or phytonutrients by those that way inclined. They give fruit their bright attractive colours and for the most part are not a plant defence mechanism but in high doses can cause kidney damage, tumours, thyroid disruption

High dose In vitro (test tube) studies have shown Polyphenols to behave like antioxidants. However, unnaturally high dose human studies don't show much promise. This is probably because they are poorly absorbed, transformed by our small intestine, liver, and colon, into completely different substances and quickly eliminated from the body

Common Polyphenols include:

- Anthocyanins
- Quercetin
- Resveratrol
- ellagitannins

Foods containing Polyphenols:

- Green Tea
- Coffee
- Berries
- Apples
- Grapes
- Apricots
- Dark Chocolate

Resources:

The Anti Oxididant Myth (Article) – Georgia Ede

Polyphenols (aka flavonoids) (Article) – Georgia Ede

Fibre

We have all been led to believe that fibre is a wonder nutrient that feeds that magical bacteria in our gut and makes us regular and virtuous. The recommendations to eat 25 to 30 grams of fibre per day are, like most nutritional "Science", is based on weak Epidemiology heavily confounded by healthy user bias.

> Insoluble Fibre – indigestible plant roughage that adds bulk and comes over virtually intact
> Soluble Fibre – dissolves in water (hence the name), affects the consistency of the stool and feeds some of the microbes in your gut.

Many of the benefits of fibre are attributed to its fermentation by bacteria in the colon which produce short-chain fatty acids (SCFAs) - including butyrate, and although providing effectively zero fibre the Carnivore Diet does provide sources of fermentable food for the gut bacteria. These include Collagen, Casein and various compounds found in cartilage. Additionally, being in a state of Ketosis, which a Carnivore Diet will likely confer, can directly feed the gut and the rest of the body with SCFAs including Beta-Hydroxybutyrate.

A number of studies have shown that the removal of fibre can improve constipation and high fibre diets can damage and irritate the bowel and make conditions like Diverticulosis worse. Although your gut micro biome will shift significantly to reflect your new protein and fat based diet there is no evidence that this results in a loss of diversity or negatively impacts gut microbes.

Resources

From Fibre to The Microbiome: Low Carb Gut Health (Video) – Dr Paul Mason

Fiber Menace (Article) - Konstantin Monastyrsky

Fiber (Article) – Gergia Ede MD

What About Fibre? (Video) – Dr Zoe Harcombe

Dietry Fiber Is Bad For Sex That's The Only Claim About It That Isnt A Myth (Article) – Mark Sisson

High Fiber Diet Might Translation (Article) – Amber O'Hearn

Fiber and colorectal diseases: Separating fact from fiction (Article) - Kok-Yang Tan, Francis Seow-Choen

Fiber and Colon Health On A Well-Formulated Ketogenic Diet (Article) – Stephen Phinney

Layne Norton vs Paul Saladino (Fibre Debate) (Video)

Myths And Truths About Fiber (Article) – Chris Kresser

4 Good Reasons Not To Add Fibre To Your Diet (Article) David Gillespie

Glycoalkaloids (Solanine)

Glycoalkaloids are produced by nightshades. Glycoalkaloids are bitter compounds which are found throughout the plant. They are there to defend plants against bacteria, fungi, viruses, and insects by binding strongly to the cholesterol in the cell membranes of predators, disrupting their structure and the cells to leak or burst open. Glycoalkaloids are also neurotoxins. They block the enzyme cholinesterase which is responsible for breaking down the neurotransmitter acetylcholine. Acetylcholine can then accumulate and electrically overstimulate predators muscle cells leading to paralysis, convulsions, respiratory arrest, and death. Military "nerve gases" work exactly the same way.

Significant glycoalkaloid consumption is linked with mental health problems including anxiety, insomnia, headaches, drowsiness, restlessness and even hallucinations. Symptoms of Solanine poisoning, which is a glycoalkaloid found in Potatoes, includes vomiting and diarrhoea, fever, low blood pressure and confusion. Very high doses are fatal! Many people know that old, green and improperly stored potatoes. are poisonous and the eating of raw potatoes has resulted in many cased of livestock death.

Cooking has minimal effect but peeling and deseeding can help lower the glycoalkaloid load from nightshades.

Side Note: The Tobacco plant is of the Nightshade family and all edible nightshades contain a small amount of the highly addictive plant pesticide Nicotine.

Glycoalkaloids are only found in Nightshades, these include:

Potatoes
Eggplant (Aubergine)
Tomatoes
Bell Peppers (Capcicum)
Tobacco
Goji Berries
Paprika
Cayenne Peppers
jalapenos

Resources

https://www.diagnosisdiet.com/nightshades/

Health Dangers Of Glycoalkaloids (Article) – Kevin Stock

What are Nightshades (Article) – The Paleo Mom

The Whys Behind the AutoImmune Protocol: Nightshades (Article) – The Paleo Mom

Lectins (Agglutinins)

Lectins is another very powerful plant defence mechanism, these proteins bind to carbohydrates on the cells surface and binding them together (agglutination). Modern grains have been genetically modified to increase the production of these natural insecticides making them more pest resistant.

Lectins, including Gluten, are very persistent and as well as interfering with nutrient digestion and mineral absorption they can adhere to, damage and then penetrate the cell inning (endothelium) of the digestive tract by opening the tight junctions between cells. This results in leaky gut or increased intestinal permeability. Once In the bloodstream, lectins can bind to red blood cells increasing the risk of anaemia and triggers and interferes with our immune system leading to allergies, chronic inflammation and a myriad of autoimmune diseases.

Certain Lectins are also found in animals but unlike plant lectins, animal lectins have not been shown to be anywhere near as harmful.

Lectin have also been shown to trigger the Insulin receptor thereby signalling the body to store fat and in addition interferes with the hormone leptin which inhibits hunger.

Health Issues linked to lectin consumption

- Weight Gain
- Acid Reflux / Heart Burn
- Celiac Disease
- Anaemia
- Type 1 Diabetes
- Rheumatoid Arthritis
- Parkinson's disease
- IBS
- Various autoimmune conditions

Common Lectins

- Wheat Germ Agglutinin
- Gluten

Sprouting, soaking and boiling can inactivate lectins but once again this traditional wisdom has been mostly lost and why go to all that effort for something that provides minimal nutritional value (think survival food)

Foods high in lectins

- Whole Grains
- Beans
- Nightshades
- Legumes
- Nuts
- Potatoes
- Peas

Resources

Health Dangers Of Lectins (Article) – Kevin Stock

How Lectins Impact Your Health (Video) – Dr Paul Mason

Are Lectins Beneficial or Harmful? (Article) – Self Hacked

Worse than Gluten: The Agglutinin Class of Lectins (Article) – The Paleo Mom

Gluten (Article) – The Paleo Mom

Does Gluten Have Any Effect on Non-Celiacs? (Article) – Mark Sisson

Salicylates (Salicylic acid)

Salicylates are another phytochemical used to fight back against predators. There are many drugs developed from the salicylate family including aspirin (acetylsalicylic acid). And they are often used in perfumes and as a preservative.

Symptoms of salicylate intolerance include; fatigue, asthma like symptoms, hives, swelling and Gastro Intestinal issues, acne, headaches, Tinnitus and anxiety.

Like Oxalates, salicylates can bioaccumulate in the body over time increasing the risk of adverse affects.

Most fruits are high in salicylates. And like oxalates that bioaccumulate, they can be hard to pinpoint that they are the troublemakers.

Salicylates are present in most plant foods but are higher in:

- Avocado
- Berries
- Grapes
- Tomatos
- Olives
- Gherkins

Resources

Salicylates (Article) – Zero Carb Zen

Salicylate Sensitivity (Website) – Whole website dedicated to salicylate sensitivity

More Phytotoxins!

- Caffeine (Article) – Nutrition with Judy
- Saponins (Article) - Carnivore Aurelius
- Enzyme inhibitors - How Plant Enzyme Inhibitors Hurt Digestion (Video) – Elliot Overton
- Histamines (Article) – Zero Carb Zen
- Tannins

Red Meat and Saturated Fat

It is becoming increasingly obvious that animal foods and red meat in particular have been wrongly maligned -Its detractors have been wielding weak epidemiological science, religious dogma and industry influence to push a plant-based agenda on an unsuspecting public. The following resources make the case for red meat and dispel some of the myths that have infected the discourse of the common man.

Six papers about red and processed meat were published by the The NutriRECS Consortium in the Annals of Internal Medicine on 30th September 2019. This included a summary paper about the dietary guidelines, A systematic review of randomised controlled trials. Three systematic reviews and meta-analyses of cohort (observational) studies and one final paper on attitudes towards eating meat. This comprehensive analysis of all the available evidence utilised the widely accepted GRADE method to rate the certainty of evidence and to develop recommendations. The conclusion was simple. There is currently no good evidence that red meat is harmful to health.

Red Meat Intake and Asia

Unlike in the west Red meat is expensive in Asia, considered to be the food of higher status and is readily sought after. In contrast to western based studies epidemiological data out of Asia shows either no correlation or a positive correlation between red meat, saturated fat and health, including heart disease, stroke, cancer and longevity. Furthermore, as well as having the longest life expectancy in the world Hong Kong is also one of the biggest meat easting countries in the world, which the average person putting down an impressive 1.3 pounds of meat per day. In the west, Red Meat in particular has seen a decline in consumption over the last 50 years and is being mostly displaced in our diets by poultry.

Resources

Red Meat: The Evidence (Article) – Zoe Harcombe

Red Meat: Human and planet health (Article) – Zoe Harcombe

Meat Guidelines – the evidence (Article) – Zoe Harcombe

Red Meat and Health (Video) – Nina Teicholz

Why Meat Is Good For You (Article) – Chris Kresser

Meats (Article) – Georgia Ede

Red Meat: The Food they Love to Hate (Article) – Weston A. Price Foundation

Can Humans Digest Meat? (Article) – Roar Of The Wolverine

Fats (Article) – Georgia Ede

Taking the fear out of fat (Article) – Weston A. Price Foundation

Saturated Fat Does The Body Good (Article) - Weston A. Price Foundation

How Americans got red meat wrong (Article) – Nina TEICHOLZ

Meat: Grows the Brain or Rusts the Body? (Video) – What I've Learned

Hong Kong: Stop Living So Long. You Eat Too Much Meat! (Article) – Carnivore is Vegan

Meat Consumption in Japan (Article) – Carnivore is Vegan

The Carnist Collection

Kevin Stock

Shawn Baker

Judy Cho

Ken Berry

Amber O'Hearn

Paul Saladino

Michael Anthony

Scott Myslinski

Mike Davis (Carnomad)

Siobhan Huggins

Josh blackburn

Zsofia Clemens

Ashley and Sarah (Strong Sistas)

Ketogenic Endurance

Charles Washington

Venessa Spina (Ketogenic Girl)

Dana Spencer

Craig Emmerich

Kelly Hogan

Mikhaila Petterson

Esmée La Fleur (ZeroCarbZen)

Paul Mabry

Bart Kay

Andrew Graf (The Carnivorous Entomologist)

Ash Simmonds (High Steaks)

Tristan and Jessica (Primal Edge Health)

Frank Tuffano

Meat Of The Matter

Carneval

Goatis (Sv3rige)

Carnivore Books

The Carnivore Cookbook – Primal Edge Health

The Carnivore Diet – Shawn Baker

The Carnivore Cookbook – Craig and Maria Emmerich

The Contemporary Carnivore Diet – Ketogenic Endurance

Facultative Carnivore – Amber O'Hearn

The Carnivore Cure – Judy Cho

The Carnivore Code – Paul Saladino

Carnivore Success Stories

ketogenic Endurance Success Stories

MEATRX Success Stories

Related Books

Steak – Mark Schatzker

Dirt to Soil – Gabe Brown

Defending Beef - Nicolette Hahn Niman

Grass-Fed Nation – Graham Harvey

The Killing of the Countryside – Graham Harvey

Cows Save the Planet -Judith D. Schwartz

Cow – Hannah Velten

Veganism

Is Veganuary Healthy? (Article) – Zoe Harcombe

The Carnivore Diet is more Vegan than a Vegan Diet (Article) – Carnivore is Vegan

Vegan Propaganda

What the Health

What the health a wolfs eye review (Article) - Robb Wolf

The Game Changers

Debunking the Game Changers (Article) – Chris Kresser

The Game Changers Documentary (Article) – Menno Henselmans

Debunking the Game Changers (Article) – Paul Saladino

The Game Changers Review a Scientific Analysis (Article) – Layne Norton

The Game Changers Debate on Joe Rogan (Article) – Layne Norton

Game Changers Debate (Article) – Paul Salidino

Joe Rogan Show Notes Debunking the Game Changers (PDF) – Chris Kressser

Why the Game Changers Is Dangerous (Article) – Beef Magazine

Game Changers DEBUNKED (The Film) w/ Deleted Scenes (Video) – Food Lies

Did James Wilks Get Anything Right Against Chris Kresser? Joe Rogan Debate Breakdown (Video) – Food Lies / Paul Saladino

The China Study

The China Study Smackdown Roundup (Article) - Richard Nikoley

Rest in Peace China Study (Article) – Chris Kresser

The China Study (Article) – Denise Minger

https://www.westonaprice.org/health-topics/abcs-of-nutrition/the-china-study-myth/

The China Study (Article) – Science-Based Medicine

The China Study Revisited (Article) – Science-Based Medicine

Forks Over Knives

Forks Ove Knives: Is the Science Legit? (Article) – Denise Minger

Cowspiracy

A Movie Review – Cowspiracy: Truth or Propaganda? (Article) – Regenetarianism

The "Cowspiracy" Conspiracy: Anti-Animal Agriculture Movie Producers Change Their Story (Article) - Frank Mitloehner

Movie Review: There's a Vast Cowspiracy about Climate Change (Article) - UCSUSA

To Do / Coming Soon

Vitamins and Minerals on an all meat diet

Vitamin C

Magnesium

Folate

Calcium

Manganese

Environment, Sustainability and Ethics

Green House Gass

Land Use

Water Use

Animal Welfare and Ethics

Regenerative Agriculture