



# CARNIVORE DIET & PROTOCOL



# NUTRITION



# Carnivore

DIET & PROTOCOL

# WHAT IS A CARNIVORE DIET?



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## Understanding A Carnivore Diet

The Carnivore Diet is a restrictive regimen that involves consuming only animal products—primarily meat, fish, and other animal-based foods. This diet excludes all forms of plant-based foods, positioning itself as an extreme version of low-carbohydrate, high-protein diets. Proponents of the diet argue that it simplifies eating and provides numerous health benefits, which we will explore, including its potential effects on Chronic Inflammatory Response Syndrome (CIRS).

### Health Benefits of the Carnivore Diet

#### Weight Loss & Metabolism

The Carnivore Diet's impact on weight loss and metabolism is one of its most appealing aspects. This diet is high in protein, which is known for its satiating properties. Protein-rich diets can help reduce overall calorie intake by making you feel full longer, thus aiding in weight loss. Moreover, protein has a high thermic effect, meaning it burns more calories during digestion compared to fats and carbohydrates.

A study published in the American Journal of Clinical Nutrition found that high-protein diets could increase metabolism and fat burning, leading to significant weight loss. By consuming primarily meats, which are naturally high in protein and fats, individuals on the Carnivore Diet might experience an acceleration in metabolic rate, aiding in faster weight reduction compared to diets high in carbohydrates.

# HEALTH BENEFITS OF A CARNIVORE DIET

## Health Benefits of the Carnivore Diet

### Blood Sugar Control

For those struggling with blood sugar management, such as individuals with diabetes or insulin resistance, the Carnivore Diet offers a potential solution. The absence of carbohydrates means that blood sugar levels are likely to remain stable without the spikes that high-carb foods can cause. This stability might reduce the need for insulin and other diabetes medications. Research indicates that low-carb, high-protein diets can significantly improve glycemic control. A study from the journal *Nutrition & Metabolism* highlights that such diets can lower blood glucose levels and improve the lipid profile, reducing the risk of cardiovascular complications often associated with diabetes.

### Reduced Inflammation

Chronic inflammation is linked to a myriad of health issues, including autoimmune diseases, heart disease, and cancer. The Carnivore Diet might contribute to reduced inflammation due to its elimination of plant-based foods, which can contain anti-nutrients like lectins and phytates that some people find inflammatory.

A study from Harvard Health Publishing discusses how dietary protein from meat can help reduce inflammation markers such as C-reactive protein (CRP). By focusing on animal-based foods, individuals may see a decrease in systemic inflammation, potentially alleviating symptoms associated with chronic inflammatory conditions.

# HEALTH BENEFITS OF A CARNIVORE DIET

## Health Benefits of the Carnivore Diet

### Simplicity & Mental Clarity

One of the less discussed but highly valued benefits of the Carnivore Diet is its simplicity. This diet removes the need to track various food groups or worry about balancing food types, which can be mentally exhausting. This simplicity could lead to reduced decision fatigue and lower stress levels associated with meal planning.

Furthermore, some anecdotal reports suggest that following a Carnivore Diet can lead to enhanced mental clarity and focus. While direct research is limited, the reduction in carbohydrate intake and the stabilization of blood sugar might play a role in improving brain function. Low-carb diets have been studied for their effect on brain health, with findings suggesting improvements in cognitive function and stability in mood.

The Carnivore Diet's potential to support weight loss, stabilize blood sugar, reduce inflammation, and simplify eating habits makes it an intriguing option for many. As with any dietary change, it is essential to consult with healthcare professionals to ensure it is a safe and appropriate option for your individual health needs.

# HEALTH BENEFITS OF THE CARNIVORE DIET FOR CIRS



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## Health Benefits of the Carnivore Diet for CIRS

### Benefits of the Carnivore Diet for CIRS

Chronic Inflammatory Response Syndrome (CIRS) is a condition characterized by widespread inflammation caused by a biotoxin exposure, often leading to multiple symptoms across various organ systems. The Carnivore Diet may theoretically benefit those suffering from CIRS due to its potential impact on inflammation and immune modulation.

### Elimination of Mold and Toxin Exposures from Diet

Since CIRS is often triggered by environmental biotoxin exposure, including mold, the elimination of plant-based foods might reduce further exposure to potential mold or toxins present in grains, nuts, and legumes. This can be crucial in managing CIRS symptoms.

### Support for the Immune System

High intake of animal protein provides essential amino acids necessary for tissue repair and immune function. Proteins serve as building blocks for antibodies and immune system cells. Thus, the Carnivore Diet might support the body's natural defense system, helping individuals manage the immunological aspects of CIRS.

### Potential Reduction in Inflammatory Responses

As mentioned, reducing dietary sources of inflammation may benefit individuals with inflammatory conditions. For CIRS patients, whose symptoms are often exacerbated by inflammatory responses, a diet that potentially lowers inflammation could contribute to symptom relief.

### Considerations & Conclusions

Those considering the Carnivore Diet, especially individuals with health conditions like CIRS, should consult healthcare providers to tailor the diet to their specific needs and monitor their health closely to prevent potential adverse effects.

# APPROVED FOODS FOR A CARNIVORE DIET



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The Carnivore Diet focuses exclusively on animal products, avoiding all plant-based foods. Here is a detailed and specific list of items that a patient can eat while adhering to this diet:

## Meats

**Beef:** All cuts, including steaks (*ribeye, sirloin, filet*), roasts (*chuck, rump*), ribs, and ground beef.

**Pork:** Pork chops, ribs, bacon (*preferably sugar-free*), pork belly, and tenderloin.

**Lamb:** Chops, legs, and ribs.

**Chicken:** All parts including breasts, thighs, wings, and drumsticks; skin-on options are preferred for higher fat content.

**Turkey:** Whole turkeys, breasts, legs, and ground turkey.

**Organ Meats:** Liver, heart, kidney, brain, and sweetbreads from various animals for nutrient density.

## Seafood

**Fish:** Salmon, mackerel, sardines, trout, haddock, and other fatty fish for their high omega-3 content.

**Shellfish:** Shrimp, scallops, oysters, lobster, and crab.

## Other Animal Products

**Eggs:** Whole eggs including the yolk, which is nutrient-dense.

**Dairy:** Hard cheeses (*Parmesan, aged cheddar*), soft cheeses (*Brie, Camembert*), butter, and heavy cream. **Note:** Dairy tolerance varies; some individuals may exclude dairy to optimize health outcomes on this diet.

**Animal Fats:** Tallow, lard, duck fat, and bone marrow can be used for cooking and enhancing flavor.

**Bone Broth:** Made from simmering bones of chicken, beef, or fish, providing minerals and collagen.

## Processed Meats

**Jerky:** Beef or turkey jerky without added sugars or artificial ingredients.

**Sausages:** Look for varieties without fillers like grains or sugars; natural, minimally processed options are best.

# MORE INFORMATION TO KNOW ABOUT A CARNIVORE DIET

## Supplements

**Fish Oil:** To ensure adequate intake of omega-3 fatty acids.

**Vitamin D:** If sun exposure is limited, especially in winter months.

## Beverages

**Water:** Still or sparkling without added flavors.

**Bone Broth:** As mentioned, for hydration and nutrients.

**Animal-Based Supplements:** Such as collagen peptides.

## Seasonings

**Salt:** Essential for electrolyte balance on a zero-carb diet.

**Other Natural Spices:** Minimal use of spices like black pepper or herbs may be acceptable depending on individual tolerance and purist approach to the diet.

This diet excludes all fruits, vegetables, nuts, seeds, grains, legumes, sweets, beverages other than water, and any other food that is not sourced from animals. Consulting with a healthcare provider or a dietitian before starting this or any radically restrictive diet is crucial to ensure it meets all nutritional needs and addresses any pre-existing health conditions.

# ADDITIONAL RESOURCES FOR A CARNIVORE DIET



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*Dr. Paul Saladino Carnivore Diet*

## The Ultimate Human Podcast with Gary Brecka &

With Paul Saladino, MD

A 100% Carnivore Diet

Impacts of Cholesterol & the Value of Insulin

Click Here For

The Ultimate Human Website

