

Here some info on the Low Carb / Carnivore diet

I think it is a great way of eating and I believe it is the best for us as humans, with the odd low carb plant matter thrown in ?

Just by reducing the starchy carbohydrates, junk food and sugar, will bring great improvement in your blood chemistry and health within days, but for some, eliminating all plants from the diet has many health benefit and is the ultimate elimination diet.

We know that people with inflammatory bowel problems like IBS, Crohns, Celiac disease all do better after taking out ALL fibre, which means all plant material.

Low Carb / Carnivore is **species appropriate** for us humans. Our **biology** is especially suited to eat meat and fat.

- We only have 1 stomach compared to ruminants like a cow, who have multiple stomachs
- we don't have a large saecum to ferment fibre and turn it into essential fatty acids like a gorilla
- we have an acid/alkaline digestion: our stomach has a pH of around 1.5 which is extremely acidic at the same level as birds of prey, so we can very well digest protein. More than likely early humans would be eating the remains of already killed animals left behind by other predators, so we can actually digest rotten (fermented) meat if we needed to.
- Due to having been able to eat meat, our brains got larger and our digestive tract shorter (eliminating the need for the saecum (our appendix)

These are a few points why especially red meat is so good for us

- No need for vitamin supplementation like B12, D3, K2, iron, protein powders etc. Just eat some liver or fish row/ fatty fish every week and you will have had all of the essential nutrients
- Red meat is full of haeme iron, the best absorbable iron for us humans
- It keeps our stomach healthy by keeping our stomach at the right acid level, so no acid reflux
- meat and animal fats are easily broken down and well absorbed, which means that we can extract lots of nutrients out of a small amount of meat. Plant eaters cannot do this: ever wondered why they have to eat nearly all day?
- A small piece of meat is very energy dense so you will feel less hungry and are able to go without food for many hours. Caveman did not have a supermarket around the corner!

Here some links / resources:

Free carnivore book

https://www.amazon.co.uk/30-Day-Carnivore-Meal-Plan-Day-ebook/dp/B07S2ZDH22/ref=mp_s_a_1_2?keywords=cara+comini&qid=1577573413&sr=8-2

Please have a look at the following websites

<https://meatrx.com/category/success-stories/>

www.dietdoctor.com

Success Stories Archives | MeatRx

I've been struggling with my health for many years. After a period of plant-based diet I lost so much muscle. I was depressed, had low libido for years, couldn't work out anymore, had anxiety, insomnia, problem with coordination, chronic fatigue, raynaud syndrom, neckpain, backpain, pain in hips, hairloss, ringing ears, social anxiety, blurry vision, candida and the list goes on!

meatrx.com

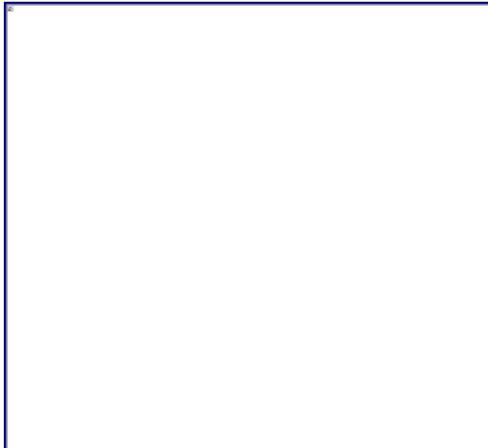
<https://carnivoremd.com/>

Home | Carnivore MD

"Dr. Paul Saladino is driving an incredibly compelling carnivore diet movement, with a thoughtful and measured presentation that compels everyone to pay close attention. With Paul's broad experience in both traditional and functional medicine, he is able to embrace the big picture of healing and achieve breakthrough results.

carnivoremd.com

<https://www.kevinstock.io/health/health-dangers-of-a-plant-based-diet/>



Health Dangers of a Plant-Based Diet | Kevin Stock

The Carnivore Diet. The Carnivore Diet is born out of 2 driving forces: What humans are designed to eat (meat-based diet); What humans are ill-equipped to eat (plant-based diet) In this series we covering #2 and talking about why eating plant-based foods may not be in your best interests.

www.kevinstock.io

Please have a look at this Youtube channel

<https://www.youtube.com/watch?v=MxW-JKLeu1k&t=37s>



Why We Should Be Eating MORE Meat, Not Less (The full story in 15 min) - YouTube

Most people out there are telling you to eat less meat Here's why they're wrong This is the whole story of why meat is the foundation of human health in one place in only 15 minutes BUY THE MEAT ...

www.youtube.com

If you would like more information or help with eating this way, please let me know, I have appointment availability online on Skype or Facetime.

I have been eating Keto /Carnivore now for about 12 years and would be happy to help you on the way and share my thoughts and experiences with you.

Take care and have fun experimenting with the diet.

Janet