

# CARNIVORE BRAIN RX

## *Quick Start Guide*



## INTRODUCTION

I developed this guide to quickly get you started on your carnivore journey. Please get a journal, make notes and track your progress using the symptom checklist. Highlight any areas of the guide that you want to refer back to. I'm available for consults to help you customize the process. A new journey always awaits.

A carnivore diet is defined as an all-meat diet. Basically meat, water and salt. Others define it as anything coming from an animal and will include poultry, fish and dairy. If you're trying to resolve any kind of serious health issue it's best to start with just meat. I can help you decide which options are best for you based on your current diet and health status.

## OUR CARNIVORE HISTORY

THE HERBIVORE VS. OMNIVORE COMPARISON CHART			
<b>Teeth:</b>	<b>MAN</b>	<b>WOLF</b>	<b>SHEEP</b>
incisors:	both jaws	both jaws	lower jaw only
molars:	ridged	ridged	flat
canines:	small	large	absent
<b>Jaw:</b>	<b>MAN</b>	<b>WOLF</b>	<b>SHEEP</b>
movements:	vertical	vertical	rotary
function:	tear & crush	tear & crush	grinding
mastication:	unimportant	unimportant	vital function
rumination:	never	never	vital function
<b>Stomach:</b>	<b>MAN</b>	<b>WOLF</b>	<b>SHEEP</b>
capacity:	4 pints	4 pints	8 1/2 gallons
emptying time:	3 hours	3 hours	never empties
interdigestive rest:	yes	yes	no
bacteria present:	no	no	yes - vital
protozoa present:	no	no	yes - vital
gastric acidity:	strong	strong	weak
cellulose digestion:	none	none	70% - vital
digestive activity:	weak	weak	vital function
<b>Colon &amp; Caecum:</b>	<b>MAN</b>	<b>WOLF</b>	<b>SHEEP</b>
size of colon:	Short/small	Short/small	Long
caecum size:	tiny	tiny	Long
function of caecum:	none	none	vital function
appendix:	vestigial	absent	Caecum
rectum:	small	small	capacious
digestive activity:	none	none	vital function
cellulose digestion:	none	none	30% - vital
bacterial flora:	putrefactive	putrefactive	fermentative
food absorbed:	none	none	vital function
volume of faeces:	small/firm	small/firm	voluminous
gross food in faeces:	rare	rare	large amount
<b>Gaul Bladder:</b>	<b>MAN</b>	<b>WOLF</b>	<b>SHEEP</b>
size:	well-developed	well-developed	often absent
function:	strong	strong	weak/absent
<b>Digestive Activity:</b>	<b>MAN</b>	<b>WOLF</b>	<b>SHEEP</b>
from pancreas:	solely	solely	partial
from bacteria:	none	none	partial
from protozoa:	none	none	partial
overall efficiency:	100%	100%	50% or less
<b>Feeding Habits</b>	<b>MAN</b>	<b>WOLF</b>	<b>SHEEP</b>
frequency:	intermittent	intermittent	continuous
<b>Survival without:</b>	<b>MAN</b>	<b>WOLF</b>	<b>SHEEP</b>
stomach colon & caecum:	possible	possible	impossible
microorganisms:	possible	possible	impossible
plant foods:	possible	possible	impossible
animal protein:	impossible	impossible	possible
<b>Ratio of Body Length to:</b>	<b>MAN</b>	<b>WOLF</b>	<b>SHEEP</b>
entire digestive tract/small intestine:	1:5 1:4	1:7 1:6	1:27 1:25
	<b>Huge difference!</b>		<b>4 times Longer!</b>

## Low Carb Cows

Cows are ruminants. They graze on roughage, grasses, and shrubs. They eat a lot of cellulose. Humans can't use cellulose/fiber for any significant amount of energy, but cows can. Ruminants are "foregut digesters" which means they use their rumen, which consists of multiple stomachs filled with bacteria, to ferment fiber. This fermentation produces short chain fatty-acids (SCFAs) which make up the bulk of the cow's nutrition. So, via ruminal fermentation, **cows are eating a diet that consists of about 70-80% fat (mostly saturated), 20-30% protein, and virtually zero carbohydrates.**

## Low Carb Gorillas

A gorilla eats a lot of leaves. Brooks – a gorilla at the Cleveland Zoo, died of heart failure – the #1 killer of captive gorillas – just like us humans. Leaves are about 60% protein and 40% carbohydrate (with just a miniscule amount of fat, less than 5%). And while we might be tempted to equate eating leaves (i.e. salads) and this high protein, low fat diet with a small gut and trim waist, the opposite is actually closer to the truth. Due to the gorilla's large gut (they are hindgut digesters) they can take all that fiber, which makes up about 75% of the leaves' dry weight and ferment it into short-chain fatty acids (SCFAs). So, in reality, the gorilla eats **a diet that is about 20% protein, 10% carbohydrate, and 70% fat – nearly all of which is saturated fat.**

Gorillas and cows are not unique in their ability to turn seemingly nutrient poor plant-foods into high energy fat. All herbivores use one or the other of these digestion methods.

## Low Carb Lions

Lions, like humans, can't use fiber as an energy source. Carnivores have a much simpler digestive system. But this is not an issue because lions eat nutrient-rich herbivores, which provide the lion with a high fat, low carb diet. The cow, the gorilla, and the lion all eat a high fat, moderate protein, low carb diet. The ancestral human diet also had macronutrient ratios similar to these. That is until humans thought they could outsmart nature.

## High Carb Humans

**Cows eat grass, gorillas eat leaves, lions eat antelope, and humans eat carbs.** Perhaps it isn't such a mystery why humans are the only chronically sick animal (besides those we domesticate). Wild animals don't tend to get obese, don't get diabetes, don't get osteoporosis, arthritis, allergies, IBS, autoimmune diseases, heart disease or cancer. For humans (and the animals we domesticate) these are commonplace. Only a few cells in the body require any glucose at all (ie. red blood cells and certain cells of the CNS/brain), and this small amount can easily be made in the body from proteins. About 80% of the central nervous system can use ketones, which leaves less than 30g of glucose/day actually needed by the brain, which can be easily obtained via gluconeogenesis. Today, most humans eat a diet that is over 60% carbohydrates. The USDA recommends up to 65%. And in many areas of the world this percentage is even higher. Fat and protein are sacrificed. Protein often falls below 15% of one's calories. And fat calories come from sources that are easily oxidized, proinflammatory and damaging. There are literally thousands of phytochemicals produced by plants that are highly toxic and prevent the plant from being eaten. These toxins cause severe issues for many people that eat a plant-based diet. Some of the most potent natural plant toxins, that were never eaten before, became food staples.

I want you to be armed with the insight to see through propaganda, advertising, and false beliefs that make up so much of "conventional wisdom" – the "wisdom" that has led to widespread health epidemics.

## WHAT IS A CARNIVORE DIET?

Who would have thought so many questions could arise from the “Carnivore Equation”

Meat + Salt + Water = Carnivore Diet

In my experience it's better to start with a more restricted diet and to carefully expand as tolerated/desired. That way, if or when food is reintroduced you can pinpoint the culprits that cause problems. And you will....

## KNOW YOUR WHY

People experiment with a carnivore diet for numerous reasons, and it's vitally important to “know your why” which may include:

- **Physical Fitness:** weight loss plateau or muscle gain loss/stalemate
- **Mood:** Brain fog, focus problems, mood swings depression, bipolar, suicidal or any other mental health or brain related disorder
- **Digestive:** like bloating and gas, heart burn/gastric reflux, Crohn's or colitis
- **Skin:** Psoriasis, eczema, rosacea, acne
- **Autoimmune:** Arthritis, asthma, MS, migraines, lyme's, CFS, lupus

In your journal make a list of ALL your current issues. These are your “why”. Download and use the symptom checklist to grade the significance. You can add to the checklist and make it more specific if needed or desired. Take “before” photos of anything that you want to visually track such as, hair, nails, joints, tongue, swelling etc... Weigh yourself once per week and enter into your journal. If you want a great health tracker get an “Oura” ring. It tracks energy, sleep and activity in great detail.

<https://ouraring.com/>

## CHAPTER ONE: WHAT TO EXPECT

### *The adaptation period:*

If you are coming from a keto, paleo or low carb diet the transition is generally easier than someone coming from a Standard American Diet that's high in carbohydrates. That said, most people experience at least some adaption symptoms. The symptoms you experience is your body's natural response to carbohydrate restriction and the elimination of addictive agents and chemicals. There's no way to avoid this, but it can be minimized. Adaptation varies greatly from person to person.

### *Symptoms include:*

Brain fog, headache, chills, sore throat, digestive issues, dizziness, irritability, bad breath/smells, bad taste in mouth (metallic), dry mouth, cravings (sugar), muscle soreness, nausea, diarrhea, poor focus, and decreased performance, energy, and drive, rapid heart rate, insomnia, night sweats, and nocturia (peeing a lot at night).

### *What's going on:*

- **Fluid Rebalancing:** Since you are eating fewer carbs, your insulin levels drop, which sends a signal to the kidneys to release sodium from the body. Losing 10lbs of water in a couple days is not uncommon as water follows sodium out of the body. Glycogen is then converted to glucose as the last energy usage before switching to mainly fatty acids.
- **Transitioning from Sugar to Fat for Energy:** As your body switches from burning mainly sugar to fat for energy, your body needs to make many modifications on the way. Your amount of suffering (or lack thereof) depends on your metabolic flexibility. This is your body's ability to adapt to different fuel sources. If you have been accustomed to eating a lot of high carbohydrate foods, it can feel a lot like giving up other addictions (nicotine, cocaine, etc.).
- **Hormone Response and Rebalancing:** *Thyroid Hormone* T3 thyroid hormone levels may decrease. T3 is a hormone produced by the thyroid that is closely connected with dietary carbohydrates. It plays a major role in regulation of body temperature, metabolism, and heart rate. *Cortisol* plays many crucial functions in the body, including regulating blood sugar and controlling inflammation. During this transition, your body thinks, "I'm starving for sugar," causing a release of cortisol to increase blood glucose. This is a natural sympathetic stress response, also known as "flight or fight" to go hunt for food.
- **Killing Addictions:** Besides the hormonal changes, you may also experience alterations in what I call the "brain-body highway" that controls signaling between the gut and the brain. This communication highway influences everything from hormones to neurotransmitters like dopamine, serotonin, and GABA that play huge roles in mood, cravings, and addiction. Not unlike many drug addictions, you may go through withdrawal symptoms from foods or other substances (especially sugar) which you have become physically and neurologically addicted to.

*Using some proactive steps can shorten or even eliminate adaptations:*

- **Eat more meat:** Undereating is the #1 reason people unnecessarily suffer. Early on, it's common to feel extremely hungry. EAT. Don't try and restrict calories or track macros.
- **Hydrate:** Divide your body weight by 2. This is the bare minimum amount of water that you need to be drinking (in ounces) per day. If you're having ill symptoms you definitely need to drink more. After adaptation, you drink to thirst, no need to measure/monitor.
- **Electrolytes:** As you lose a lot of excess water, you also lose a lot of electrolytes: sodium, potassium, magnesium, chloride. Supplemental electrolytes can help immensely. Celtic salt on your meat provides extra sodium and chloride. This is adequate for some people. You can also drink meaty Bone Broth. In addition to water and sodium, this will give you some potassium which will offset some of the discomfort caused at a cellular level. It's important that the bones have some meat on them because that's where the potassium is. Many people need additional help in the potassium and magnesium department as well though...
- **Colon problems:** Gastrointestinal (GI) issues are extremely common, diarrhea and constipation, especially if you are coming from a low-fat diet. This phase generally only lasts 2-4 weeks. Even though you are ready to dive all in, your gallbladder might not be ready to handle the increased fat intake. Start with a simple lipase supplement taken a few minutes BEFORE meals. For most people this does the trick. If you are coming from a very low-fat diet, your gallbladder may need some help until it can produce enough bile on its own. Taking Ox Bile with meals helps. Occasionally, low stomach acid is the problem (resulting in GERD) and a Betaine HCl supplement can help if you continue experiencing gastric reflux. In some people, the type of fat causes the GI distress-diarrhea. If the previously mentioned supplements don't help, then you may need to remove rendered fats. Rendered fat is fat that is cooked out of meats and becomes liquid. I normally drink this and you can too, but possibly not during this stage. Eating a little more meat and a little less fat can also help short term. Most people don't find the diarrhea phase inconvenient but if you do, these tips will help. You will likely notice that your bowel movement schedule changes. It's very common to go less frequently. Much less frequently. Don't worry, you're not constipated, and it's normal. Volume also tends to decrease. Your body absorbs and uses meat very efficiently. Not a lot goes to waste. Digestion issues or at least changes are nearly certain.
  - *Follow these steps if needed and it can save you from much suffering:*  
Supplement (taken together before meals) 1. Lipase – 1-2 capsules (6,000 – 12,000 LU) 2. Ox Bile – 1-2 capsules (500 – 1000 mg) 3. Betaine HCl with Pepsin – 1 capsule (500mg Betaine HCl : 20mg Pepsin). Customized recommendations are available by consult.
- **Sleep:** As someone who has treated many patients with sleep disorders, I can tell you one thing for certain, if you get good sleep, everything else in your life will be better. Insomnia is common during the adaption stage, and since you are purging water, nocturia is also an interrupter. Sleep hacks: Keep your room pitch black (blackout curtains, cover LEDs) and COOL • Start winding down 2 hours before bed (no screens or at the least put them in night mode) • Don't eat within a few hours of sleep if you can help it • Be conscious how much you are drinking later in the day • Be asleep before 11 (a cortisol spike happens if you are not asleep around this time)
- **Sweat:** Exercise helps. Sweating is a natural detox mechanism. Since you are finally giving your body the nutrition it has been craving, you give it the opportunity to expel toxins. Give your body a hand and help it detox by getting some exercise and sweating.

NOTE: Athletic and training performance almost always decreases for anywhere between 1 and 6 months, before you find a whole new level.

- **Nutrients:** I have a short list of prescription quality nutrients that address the specific needs for some people that require them, during and after adaption. They can be picked up or drop shipped to your door.
- **Coaching:** I'm available for coaching and questions by phone, email or text as you journey forward.



## CHAPTER TWO: WHAT TO EAT

Your primary focus should be on fatty meat, especially BEEF. Lamb, pork, chicken, and fish are next on your list. And after 30 days you can try eggs, and low carb dairy products like butter, heavy whipping cream and hard cheeses.

### *Your Go To Beef Cuts*

- Steaks (ribeye, sirloin, strip, chuck eye)
- Roasts (Prime rib, chuck, brisket)
- Ground beef
- Organs (liver, kidneys, brain, tripe, gizzard)

### *Additionally, for variety*

Lamb • Chops • Ribs • Shank

Pork • Shoulder • Pork Belly • Butt Roasts • Ribs • Bacon

Poultry • Wings • Thighs and Drumsticks

\*Chicken breasts are too lean so eat sparingly or with other fatty meats.

Fish • Salmon • Trout • Mackerel • Sardines • Crab • Lobster • Shrimp • Scallops

### *Beverages*

Water \*with or without carbonation or minerals • Bone Broth

### *Sides and Exceptions*

Coffee and Tea Coffee and tea are plant extracts and caffeine is a natural insecticide. But, if everyone tried to get through the carnivore adaptation plus caffeine withdrawal, carnivores would likely become endangered or extinct.

- If you are a coffee or tea drinker, I recommend you keep drinking it for the first 30 days. However, if you lose your desire for it or want to stop, go for it.
- Coffee and tea are an “OK’d” exception for most carnivores, though I do recommend removing these for a period of time, following your Quik Start. Though most people do fine with these, for some people cutting them makes all the difference. It’s worth it to find out if that’s you and I highly recommend getting rid of this habit.

Dairy, most carnivores “OK” eggs and some dairy like butter, hard cheeses and heavy whipping cream. It’s best to think of these as “sides” or garnishes for variety and flavor but not main “dishes.” Since intolerances to these are actually VERY common, I recommend going without them during the first 30 days.

### *Avoid*

Everything that is not meat.

- Seasonings and Sauces
- Alcohol

\*I’ve seen a carnivore diet not only curb carb cravings but also things like nicotine, alcohol and caffeine. Might be the perfect way to start cutting back.



- Processed meats unless they don't contain additives.

### *How much should I eat?*

Eat when hungry. Eat until full. Listen to your body. I found the majority of people average 2 meals per day. But some people do best on 3 meals a day, while others do best on 1 meal per day. Neither 1, 2, 3, or 4 is better than the other. Let your appetite guide you. While your body is adapting and healing from years of malnutrition, it's common to eat twice as much. EAT WHEN HUNGRY. Your body has been dying for it. For shopping purposes: 2-4lbs of meat per day can be a guide NOTE: It is important that you do not intentionally restrict calories or food intake or force fasting.

### *Snacking*

If you eat enough fatty meat at your meals, you should not feel like snacking. If you feel continually hungry after eating you need to: 1. Eat more 2. Eat fattier cuts Many people have a habit of snacking, and find they have an urge to snack even when not hungry. If it is something you can't or don't want to kick, pork rinds can be used to snack on. Be careful what they are cooked in. NO vegetable oils. I've found that this snacking habit fades for most carnivores over time.

### *Breakfast*

Most people aren't hungry until several hours after waking as waking cortisol supplies energy. Many prefer a lighter breakfast like fish and bacon vs red meat. Or they skip breakfast all together, especially those that intermittent fast. These are options you can explore at the correct time and may require some consultation to determine what is best for you.

### *Steps to transition from your current diet to carnivore*

#### ***Phase one:***

- Meat or fish
- "Sides" and "Exceptions"
- Coffee and Tea
- Dairy: Butter, Cheese, and Heavy Whipping Cream
- Eggs
- Supplements (during adaptation) • Pink Himalayan Salt • Electrolytes • GI Support: Lipase, Ox Bile, Betaine HCl

#### ***Phase two:***

- Meat + Water
- No processed meats
- No "sides" or "exceptions"
- No coffee, tea, eggs, butter, cheese, whipping cream
- No supplements
- \* You can skip phase 1 and go straight to phase 2

#### ***Phase three:***

BEEF Only (ideally grass fed and finished) + Water

Phase 3 is the ultimate "elimination diet."

Many people have sensitivities to pork, various fish, and other "ok'd" meats. By eating only high quality beef, you are able to discover if you have any of these intolerances when you add them back in. Cut Everything but Grass Fed, Grass Finished Beef and Water. If you go this pure for 30 more days, it will be worth it.

After completing 30 days at Phase 3 you are in a prime position to personalize and perfect your diet. From here you slowly and systematically can add back in “test foods” and evaluate how you feel and react to them. 1. Start by adding back in BEEF that is not grass fed/finished 2. Then test other meats 3. Then test eggs 4. Then test “ok’d” dairy 5. Then test coffee/tea

Example: After completing Level 3 if you try adding back in pork and notice ill symptoms, keep it out of your regular diet. If you test back in dairy, like cheese, and notice bloating – cut it. You may try adding eggs back in, and you feel good with them and like having them as a side. Keep them. You may try having your morning coffee again and enjoy it. Add it back in. Personalize your plan. The best way to do this is to complete Level 3, and then only add back in 1 “test item” at a time using grass fed and finished BEEF as your baseline to test everything against.

### **Choosing which phase:**

I recommend most people start at Phase 1 for 30 days. If you are not a coffee drinker then starting off at Phase 2 (+supplements) is a often a great place to start. I do not recommend jumping to Phase 3 until having completed at least 30 days at either Phase 1 or 2. Please consult me if you need help customizing your Phases.

NOTE: While most people get great feedback 30, 60, and 90 days into a carnivore diet, for some people reversing the years of damage takes months to years. The longer your “test experiment” the better gauge you’ll have knowing if this diet is for you.

## CHAPTER THREE: SHOPPING LISTS

### Groceries

- Meat – all kinds
- Eggs (if you decide to consume)
- Cheese, butter, cream – if you tolerate dairy (and decide to consume)
- Tallow, ghee, lard, or duck fat as cooking oil
- Sparkling water
- CELTIC sea salt

### Equipment

These are ideas, each person is used to cooking with different equipment. Me, I keep it easy. I slice or chop my meat and throw in a pan with ghee or bacon fat.

- Air fryer – great way to cook meat quickly and easily (put in frozen at 400 for 10/10 each side)
- Vacuum sealer – keep meat fresh for a long time (optional)
- Big knife to cut meat, cutting board, knife sharpener
- Cast iron skillet – easy way to cook meat quickly and easily
- Frywall – put in the pan to prevent splatter on the oven surface
- Dehydrator – to make beef jerky (optional)
- Grill
- Pressure cooker
- Slow cooker
- Instant pot

### Note

- For cooking oil you can use animal fats such as tallow, lard, duck fat, ghee, suet, etc
- Always add extra fat to lean cuts of meat such as chicken breast or seafood.
- If you tolerate or include dairy, you can add ghee, butter, cheese, or heavy cream to your meals.
- Ways to cook meat include grill, air fryer, pan fry, oven roast, sear, sous vide, fry in animal fat, slow cooker, or pressure cooker.
- Getting an air fryer can make your life easier. It takes 10 minutes to cook steak or burger patties with minimum effort. Checkout Amazon.
- If you want to save money on groceries, you can eat more burger patties instead of steaks.
- I order all my meat, seafood and poultry from [www.butcherbox.com](http://www.butcherbox.com)

### If You Expand Your Eating...

#### Breakfast (optional)

- Eggs and bacon
- Eggs cooked in butter, ham, and cheese
- Eggs, bacon, sardines
- Shrimp, eggs, heavy cream
- Eggs, salmon, turkey sausage
- Eggs, chicken, sausage
- Eggs, small beef steak
- Eggs, small piece of liver
- Beef burger patty, cheese
- Pork sausage and bacon

- Beef burger patty
- Ribeye steak with sea salt
- Trout, shredded chicken, bacon

#### **Side dish**

- Cheese
- Heavy cream
- Eggs, egg yolks, or hard boiled eggs
- Bacon
- Shrimp
- Smoked salmon
- Bone marrow
- Beef liver
- Chicken liver
- Heart or other organ meats
- Scallops
- Muscles
- Oysters
- Crab
- Lobster
- Bone broth
- Steak tartare

#### **Snack**

- Jerky: beef, turkey, salmon (get sugar-free & soy-free jerky or make your own at home)
- Pork rinds
- Chomps
- Bone broth
- Sardines
- Shrimp
- Bone marrow
- Pemmican
- Steak tartare
- Dehydrator bacon
- Cheese
- Hard-boiled eggs
- Carnivore crisps

#### **Eating out**

- Steak
- Burger patties
- Beef ribs
- Pork ribs
- Rotisserie chicken
- Seafood: fish, shrimp, etc
- Barbecue: brisket, pulled pork, sausage, pulled chicken, ribs, etc
- Chicken wings

- Mexican: carne asada, carnitas, barbacoa, etc
- Mediterranean: beef kabob, chicken kabob, etc

\*Many restaurants have an “a la carte” option: they can charge you for the meats only

## CHAPTER FOUR: FOOD LISTS

Comprehensive food lists by type. I always recommend free range, grass fed, organic etc...

### Beef

- Ribeye steak
- New York strip steak
- T-bone steak
- Ground beef burger patties
- Short ribs
- Beef back ribs
- Brisket
- Skirt steak
- Tri-tip steak
- Porterhouse steak
- Filet mignon
- Striploin steak
- Tenderloin steak
- Flank steak
- Chuck roast
- Round roast (for beef jerky)

### Chicken / Duck

- Rotisserie chicken
- Chicken wings
- Chicken thighs
- Drumsticks
- Chicken breast
- Duck breast
- Duck thighs

### Pork

- Pork ribs
- Pork belly
- Pork chop
- Pork shoulder
- Butt roast
- Pulled pork
- Bacon

### Seafood

- Salmon and other fatty fish
- Trout fillets
- Mackerel
- Shrimp
- Scallops
- Mussels
- Oysters
- Crabs

- Lobsters
- Clams
- Oysters

**Lamb**

- Lamb chops
- Lamb burger patties
- Lamb shank

**Organ meats**

- Liver
- Heart
- Oxtail
- Cheeks
- Tongue
- Brain
- Kidneys
- Feet

**Other foods**

- Eggs
- Cheese
- Heavy cream
- Bacon
- Sausage
- Ham, bologna, salami, etc unprocessed and no nitrates or smoke

## CHAPTER FIVE: NUTRIENTS

For your convenience. Nutrients are available through me for pick up or drop ship. Some people will need select nutrients to support the transition process, others have unresolved epigenetic issues that require additional support for a period of time.

These are examples of some the nutrients that you may require:

*MANDATORY* to get started

*Hydrant*- flavors water and provides electrolytes

*Magnesium powder*- flavors water and most people are deficient which can lead to cramping

*Vitamin C blend*- flavors water and provides full mineral support

*OPTIONAL* and may be needed as your progress

*Butyrates*- balances the Ph of the digestive tract

*HCL*- controls gerd and acid reflux

*Glutamine*- heals the mucosal membrane of the gut-leaky gut

*B Complex*- important for mitochondrial and immune health

*D3 K2*- important for mitochondrial and immune health

*Zinc*- important for mitochondrial and immune health

*Chromium*-controls blood sugar

*Inositol*- controls blood sugar

*Selenium*- supports thyroid

*Iodine*- supports thyroid

*Grass Fed Organs*- Heart, Lung, Spleen, Thyroid, Liver, Pancreas, Thymus, Blood etc....



## CHAPTER SIX: TIPS, TRICKS & SIDE EFFECTS

### Beware of the Following!

*Breaded Meats* – Breading, Breadcrumbs, and Batter have wheat and other carbs in them and should be avoided.

*Cured Meats* – Honey and Sugars are used in curing meat. Pick cured meats that are free from sugars. Read labels always.

*Glazes and Sauces* – Glazes and Sauces can be packed with Sugar, Cornstarch, and Flour, all of which can mess up your diet. AVOID.

*Processed Meats* – Some processed meats have starchy/carb fillers added to stretch the product. Watch the ingredients closely on these products and read all labels.

*Seasonings* – Many rubs and seasonings contain dextrose and/or maltodextrin, herbs and pepper. Best to avoid these ingredients.

*Dairy*- Certain types of dairy can be enjoyed by some people if tolerated. Some dairy is just fine, because it won't raise your blood sugar or your insulin level. Other dairy is full of milk sugar and should be avoided. Drinking any milk, from Skim to Whole, will mess up your carnivore diet, as they are all loaded with Lactose, a milk sugar. Never eat/drink any dairy product labeled as low-fat or fat-free. The fat in dairy is actually the good part, not bad. Any time a corporation removes the fat from a natural product they must add sugar and/or chemicals to get the product to have a any flavor.

The following list of full-fat dairy products can be enjoyed on your diet if tolerated: Blue Cheese Brie Butter Cheddar Cheese Colby Jack Cheese Cottage Cheese, full fat Cream Cheese, full fat Feta Cheese, full fat Goat Cheese Gouda Heavy Cream Clotted Cream Double Cream Whipping Cream Mozzarella Cheese, full fat Parmesan Cheese, full fat Provolone Cheese Ricotta, full fat Sour Cream, full fat Greek Yogurt, full fat Plain

Call, text or email with questions or to book a consult. [RX@carnivorebrainrx.com](mailto:RX@carnivorebrainrx.com) 612.627.9999