

The Carnivore Diet

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PRACTICAL GUIDE TO STARTING THE
CARNIVORE DIET!



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Carnivore Diet

The carnivore diet means getting nutrition from animal proteins and fats. Removing all other types of foods.

Thousands have recovered from illnesses like diabetes, digestive disorders, depression, mental disorders, skin conditions, joint pain, hormonal imbalances, Lyme disease, chronic fatigue, candida overgrowth, pain, inflammation, etc. with a carnivore diet.

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Permitted Foods:

Beef

Lamb

Goat

Deer

Chicken

Seafood

Pork

Pork Rind

Eggs

Salt

Casein Free Ghee

Tallow

Lard

Duck Fat

Liver

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Forbidden foods:

Everything that is not animal protein and fat.

NO

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¿How can I start a carnivore diet?

Depending on previous dietary history, some people may be able to start directly on the carnivore diet, while others will benefit from a transition strategy.

If you come from years of high carb diets, a good strategy is to lower your carbs little by little until you reach a low carb diet (Keto), then you can go 1 or 2 days a week 100% carnivore and the rest of the days, low carb. Each week try to do more carnivore days, until the whole week is 100% carnivore.

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A Plan for how to transition from keto to carnivore in 6 weeks:

**Week 1: 3 100% carnivore meals - 8 low carb meals
(reduce fiber by 25%)**

**Week 2: 2 days 100% carnivore - 5 days low carb
(Reduce fiber by 50%)**

**Week 3: 3 days 100% carnivore - 4 days low carb
(Reduce fiber by 75%)**

**Week 4: 5 days 100% carnivore - 5 days low carb
(Reduce fiber by 100%)**

**Week 5: 6 days 100% carnivore - 1 day with avocado,
lettuce, cucumber.**

Week 6: 7 days 100% carnivore.

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What should I do during the adaptation period?

Make sure you eat and get enough rest. You can also add more salt, electrolytes, or meat and meat soup (cook max 1 hour) to replenish electrolytes. Avoid heavy exercise because it can take a toll on your body during the transition process. As you adapt you will get more energy. The transition can vary from person to person, some have a very easy time, while others need more time.

Herxheimer reaction to detox can be fatigue, headache, malaise, moodiness, insomnia, increased thirst or urination, changes in bowel frequency, constipation, diarrhea, joint or muscle pain, and skin rashes.



You will then begin to see improvements in energy, sleep, digestion, and inflammation.

How long does it take to see results?

After the first days to weeks of adaptation, you will begin to see improvements in energy, sleep, mood, digestion, skin, and more.

How much should I eat?

Some children will eat 2.2 lbs/ 1 kilo a day until they become adapted to the diet. This is fine and typical.

How often should I eat?

At the beginning of the diet, you may feel that your child is not well satiated, perhaps he eats a good piece of meat and in an hour asks for more food, don't worry, give food as often or as much as the child requests, the amount necessary to stay satisfied.

Over time those cravings will lessen or likely disappear, at which point you'll see the emergence of a regulated appetite, with age-appropriate amounts that meet the nutritional needs.

Is grass-fed beef healthier than grain-fed beef?

Grass-fed beef is preferred and enjoyed yet not imperative.

But most people who have successfully improved their health have done so simply with supermarket meat, without eating the organ meats. Only eat the organ meats if the animal is raised organically.

Who is the carnivore diet for?

It's for everyone. However, we know that each case is different, there are children who are very selective and eat 1 or 3 foods. These types of cases can easily adapt to a carnivore diet. While kids who like variety or get bored of eating the same thing over and over again, a low-glutamate diet may be better for them. The important thing is that you know that for all cases there are safe and healthy options.

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Bowel Movements:

Malabsorption, typically of fat, can often manifest as steatorrhea (greasy stools) or loose stools. As you transition to the carnivore diet, your microbiome will experience positive changes in composition.



What to do if diarrhea occurs? :



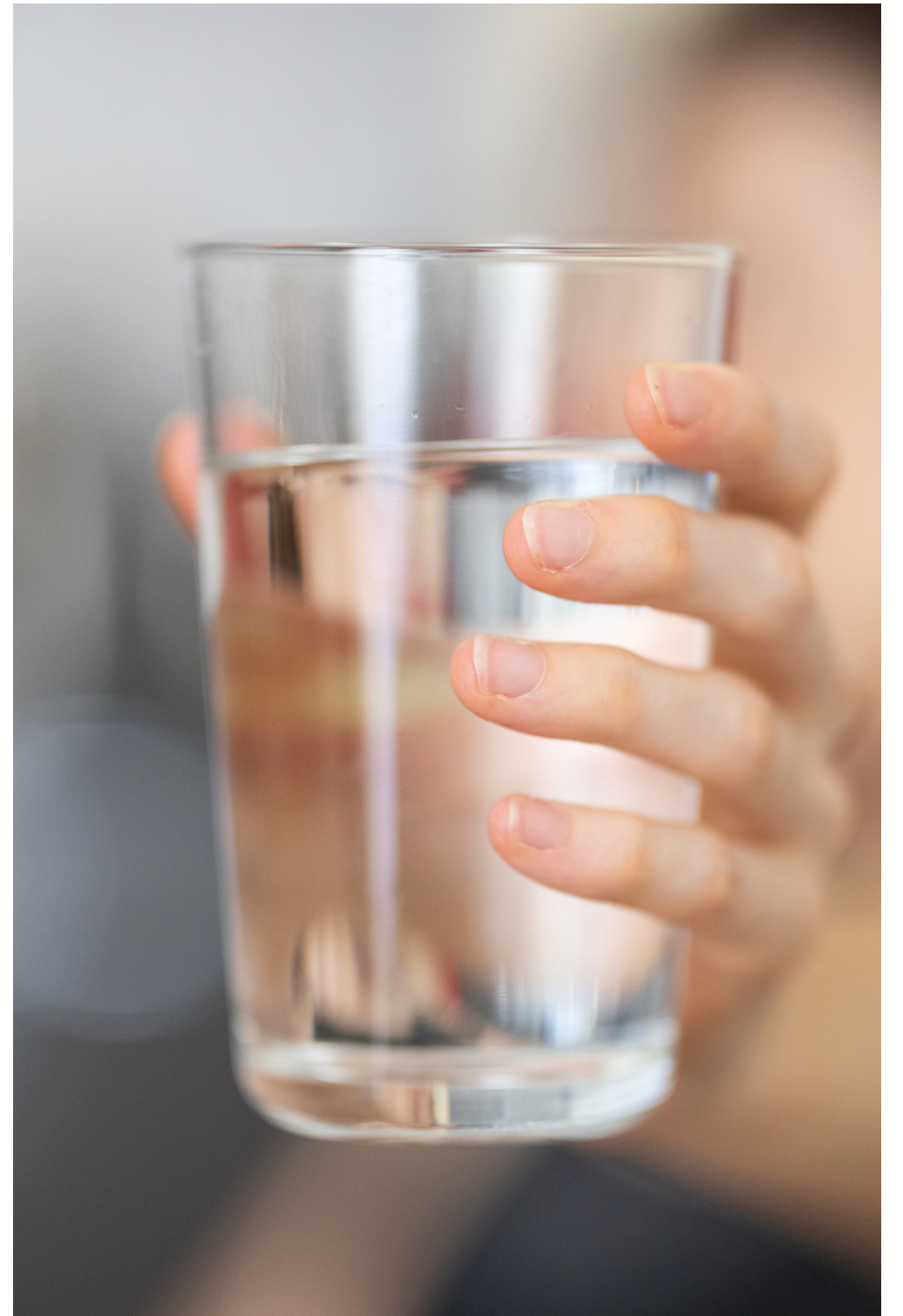
If diarrhea occurs or you have more than 3 loose bowel movements in one day, the first thing to do is take a double dose of Humic/Fulvic after each bowel movement.

Second, take 1 teaspoon of bentonite clay (*make sure the bentonite is certified and suitable for human consumption*) diluted in 2 ounces of water, 2 times a day (morning and evening). If diarrhea persists increase to 2 teaspoons of bentonite 2 times a day.

When the feces are very acidic, it can irritate the mucosa of the anus. To prevent this from happening after each evacuation, wash the area with water and neutral or glycerin soap, then spread cream that contains zinc oxide (the ones used for diaper rash) It will help you repair irritated skin in a matter of hours.

What can I drink?

All animals on the planet drink water. 70% of our body is made up of water, it is all we need to drink. As you wean yourself off sugar and artificial sweeteners, you won't feel the urge for other types of beverages.



Muscle cramps:



Muscle cramps are another occurrence that can occur on a carnivore diet, hydration or electrolyte problems are the cause of these cramps. It is important for your child to stay hydrated, it is said that for every 20kg of body weight they should consume 1 liter of water.

It is also important to take Humic/Fulvic 3 times a day. Magnesium glycinate and a daily dose of potassium citrate. This way the chances of a cramp will be completely nil.

How long can I do this diet?

There is no limit, you can follow a carnivore diet for a lifetime.

Can I drink meat soups?

You have to be careful with bone broths, when they are cooked for many hours the percentage of glutamine goes up a lot. Glutamate comes from glutamine, the second most abundant amino acid in bone broths, in autism this is usually a problem as many children are sensitive to glutamate and it results in the excitation of neurons, this means that it excites the neurons to such an extent the neurons die.

If you feel like a soup or a hot drink, we suggest making meat soups with fat and bones and that it does not exceed 1 hour of cooking.




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