



# CARNIVORE

DIET & PROTOCOL

# Nutrition



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# 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



# HEALTH BENEFITS OF A CARNIVORE DIET FOR CIRS

## 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



# APPROVED FOODS FOR A CARNIVORE DIET

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](#)

# FINDING FITNESS IN GREEN BAY



LINDGREN FUNCTIONAL NUTRITION

# FINDING FITNESS IN THE GREEN BAY AREA



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# FITNESS IN THE GREEN BAY AREA



## bCentered Training

Pilates Training Studio

Website: <https://bcenteredtraining.com>

Phone: 920-227-5167

bCentered Training Pilates Studio is the only integrated Pilates, Barre, and Yoga studio in Northeast Wisconsin. Under the direction of certified and experienced instructors, we offer private and semi-private training as well as a variety of small classes. Their studio was created to provide a supportive and professional fitness environment to help you on your journey for physical and mindful balance in your life. --- New! Yoga for Trauma individuals or small groups.

Drop in: \$18 Mat/Barre/Fusion (30-day expiration)

Drop in: \$26 Equipment/Circuit (30-day expiration)

10 classes: \$150/\$15 per class Mat/Barre/Fusion (6-month expiration)

10 classes: \$230/\$23 per class Equipment/Circuit (6-month expiration)



## Renee Eckberg Fitness

<https://www.reneeeckbergfitness.com>

email: [reneeeckbergfitness@gmail.com](mailto:reneeeckbergfitness@gmail.com) or via her website

To help you make sustainable changes and enjoy the journey!

Renee believes living a healthy lifestyle begins with maintaining a strong and fit body, especially as you age. Her aim is to help you identify your fitness goals, design a personalized exercise program that fits your needs and guide you every step of the way. Together, Renee will work with you on a sustainable way to exercise. This is a lifelong adventure; enjoy the journey!

## PERSONALIZED PROGRAM

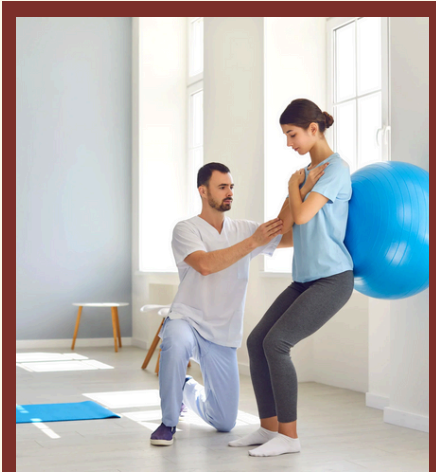
\$250-Every month

VIP Access-Unlimited access to Coach-Strength Training Program-Nutrition Guidelines



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# FITNESS IN THE GREEN BAY AREA



## MVMT Performance & Rehabilitation

<https://www.mvmtgb.com>

Phone: 920-309-6588

MVMT Performance & Rehabilitation loves helping people that want to stay active, healthy, in the activities they love, and living the lifestyle they deserve. They have helped people of all ages and fitness levels - from CrossFit athletes, hockey athletes, high school, and collegiate athletes, to parents that want to stay fit to keep up with the kids. The one thing they make sure you know how to do is move efficiently and take care of yourself. Their goal is to help you live the life you want free from medications, frequent doctor visits, and constant aches and pains.

### PELVIC FLOOR PHYSICAL THERAPY

Leaking while jumping is common but NOT normal. MVMT is here to tell you that there are things you can do to decrease these occurrences and get rid of pelvic floor issues all together!

At MVMT Performance & Rehabilitation, they do much more than kegels. Their pelvic floor physical therapy clinic in Green Bay, WI is customized to you and structured to help you reach your goals.

With their pelvic floor physical therapy specialists, they will work with you as a team to find a fitness forward program that works for you.

### COMMON SYMPTOMS OF PELVIC FLOOR DYSFUNCTION

- Incontinence
- Urgency
- Heaviness
- Pressure
- Bulging
- Pain with intercourse
- Poor core strength
- Diastasis Recti
- Lumbopelvic pain



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# FITNESS IN THE GREEN BAY AREA



Inspirit Therapy

<https://inspiritpt.com>

(920) 338-9670

## PILATES

STOTT PILATES is a contemporary, anatomically based approach to Joseph Pilates' original exercise method. Its exercises safely deliver optimal strength, flexibility, and endurance, without adding bulk. This stress-relieving method can be performed on a mat or using dedicated STOTT PILATES equipment.

## Classes:

Pre-paid: \$15 per class

Drop-in: \$18 per class

Private: \$75 per 1-hour training

\$560 for a package of 8 trainings

Private: 2 times per week

\$60 per 1-hour training

\$480 for a package of 8 trainings

Semi-Private: \$88 per training

\$640 for a package of 8 trainings (\$320 per person)

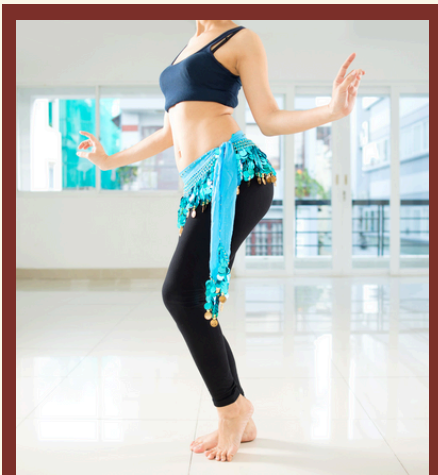
*For class times and descriptions, please visit their calendar of events*

- Yoga
- Functional Fitness
- Yoga Foundations
- Dynamic Sculpt
- Seated Yoga Stretch



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# FITNESS IN THE GREEN BAY AREA



MORE CLASSES FROM INSPIRIT

## BELLY DANCING

Learn about the history of belly dance and why it's more than just fitness. What is belly dance? The answer to this question depends on who you ask and where you believe it is from. The Orient, Middle East, Africa, Greece? This ancient form of dance has many names and shares movements most natural to the body from around the world. But each culture that has embraced its gifts from the beginning of time has created meaningful movements that tell stories about the people who dance them. You are invited to take the time required to learn about belly dance cultures, styling, and interpretation.

There is not one name for this art form simply because so many styles and forms of the dance exist throughout many cultures. However, most Americans call this beautiful expression "Belly Dance".

## Thursday Night

6:30 PM to 7:30 PM- Beginner Belly Dance

7:45 PM to 8:45 PM - Mixed Level Belly Dance

## Upcoming Session Dates

- April 29th to June 10th (7 weeks)
- June 24 to August 12th (8 weeks)
- September 9th to October 28th (8 weeks)

Prices vary due to the length of each session.

Check their website: <https://inspiritpt.com>

- \$90.00 6-week session
- \$105.00 7-week session
- \$120.00 8-week session
- \$18.00 drop-in

## MEDITATION

Meditation is a practice to train the mind and body in stillness to attain a deeper inner awareness. The benefits of meditation are vast. It builds focus, calmness, peace, connection, mindfulness, and stillness. Get to know yourself on a different level and join a meditation class. The class involves minor body movement and breath work to ready the body and mind for meditation. If you want to learn how to meditate, or how to breathe more effectively, come join Alex.

Meditation Ages 14+ -- Kids Meditation Series -- Saturday mornings

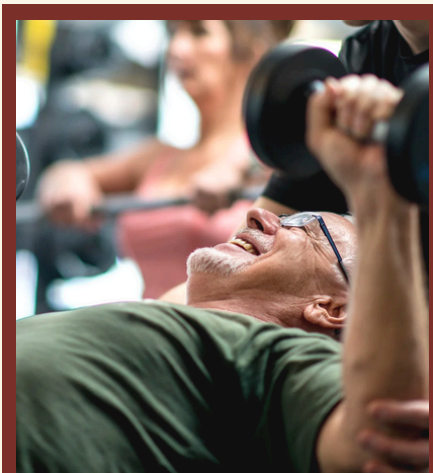
For more information for times and dates, checkout their website:

<https://inspiritpt.com>



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# FITNESS IN THE GREEN BAY AREA



## ABOVE AVERAGE FITNESS TRAINING

<https://aboveaveragepfs.com>

(920)-321-4254

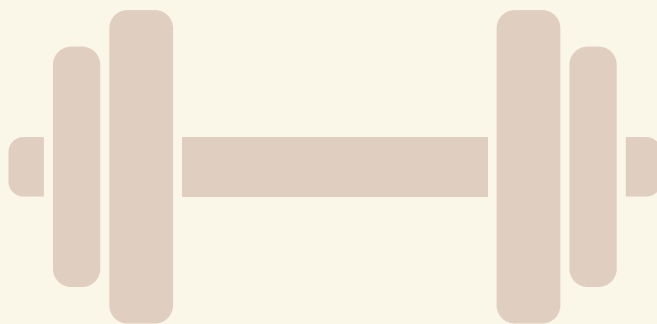
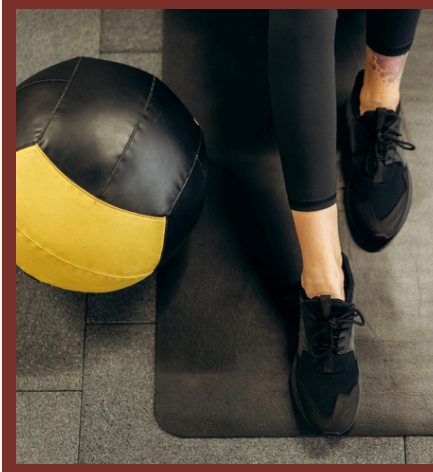
Above Average Personal Fitness Systems offers the benefit of Dan, a certified personal trainer and sports nutritionist with over 15 years of experience. For Dan, it's about a focus to consistently continue his education to bring the latest research to the work he offers his clients.



So many people are intimidated by walking into a public gym, which holds them back before they even start. Which is why all of the training sessions offered at Above Average Fitness Training are completely individualized and private. You won't be in the awkward position of feeling watched or judged.

No matter what age or physical condition you are in, you are capable of working out, and working out hard. Dan works with you to help you get on the road to a long, healthy life with a fitness and nutrition program crafted specifically for you. Not only will Dan help you reach your goals, he'll help you exceed them!

"There is no better time than the present to get started on your fitness journey."



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