



Hormone Wellness

The Carnivore Diet has the main principles of eating good quality meat, meat fats such as dripping and suet plus organ meats, fish and eggs (if tolerated), whilst reducing all potentially inflammatory foods, we are able to heal the gut and relieve the immune system. These inflammatory foods include all plant foods, dairy, vegetable oils and ultra-processed foods.

This approach has been pioneered by the likes of Dr Shawn Baker, Dr Anthony Chafee and Dr Zsofia Clemens.

The Animal Based Diet has the same principles as the Carnivore Diet but is less restrictive as it also includes foods that our primal ancestors (and current hunter-gatherer tribes) would have also had exposure to such as sweet and savoury fruit, root vegetables, raw dairy, and raw honey. This approach has been championed by the likes of Dr Paul Saladino and Dr Kevin Stocks.

Based on these two approaches we have created 'The Systemic Reset Food Strategy' as a way of getting the benefits of both approaches and reducing the issues associated with this way of eating.

Whilst it may sound counterintuitive to the messages we have been blasted with since childhood such as "eat your greens" and "an apple a day keeps the doctor at bay", the research around this diet is truly mind blowing, and the reports of the millions of people who have chosen to eat this way and alleviated major issues are astonishing.

This diet highlights the fact that there are toxic chemicals inherent in plants, to stop them from being eaten by predators. Surprisingly, most of the plants that are supposed to be 'good for you' have the same toxins as plants that will kill you. It's simply the dose of the toxin that is different. Rhubarb leaves, for instance, are commonly known as being deadly because they contain a high amount of a pesticide called oxalic acid. But kale and spinach have the exact same toxin, only in smaller amounts. In fact, almost all plants have oxalic acid in varying amounts as a defence mechanism to keep insects and other pests from eating them. Oxalates are dangerous to humans as well as pests and exposure to them in everyday foods, such as spinach and tea, have caused previously healthy people to go into kidney failure from an overdose of these toxic compounds.

It has only been down to our human ingenuity in figuring out how to process plants, that have allowed us to mitigate their toxins sufficiently to eat them. For example:

- Wheat is indigestible uncooked or unsprouted.
- The lectins in beans and legumes can be deadly if left uncooked.
- Cassava (tapioca) contains deadly levels of cyanide unless specially prepared.
- Potatoes contain the toxin solanine, that needs to be cooked to become inactive.
- Acorns and olives need to be extensively soaked to remove tannins.
- Cashews contain urushiol, which will cause severe chemical burns unless deactivated by cooking.

Many plants contain ‘antinutrients’ that stop vitamins and minerals from being absorbed, such as:

- Phytates in grains and beans, block zinc absorption
- Lectins in legumes and grains, block mineral absorption
- Oxalates in green leafy vegetables and nuts, block calcium and iron.
- Goitrogens present in brassicas like broccoli, block thyroid hormones.
- Tannins found in tea, chocolate, and wine block iron absorption.
- Polyphenols found in ‘brightly coloured plants’ block iron absorption.

Once we start diving down the rabbit hole into this research you quickly come upon language such as “species appropriate diet”. This is an explanation about how we evolved to eat. As omnivores, Humans ‘can’ eat anything, but this diet focusses on what we ‘ought’ to be eating for real health and vitality based on our ancestral roots.

Whilst we might love a nice roast chicken on a Sunday, if you think about when we would be out hunting as a tribe, we would have needed a lot of chickens to feed say, a dozen people, whereas you would only need one goat or sheep. It would make energetic sense to focus the attention of multiple hunters on the one bigger kill to ensure there was enough food to feed everyone. Our diet was therefore heavy in ruminant meat also called red meat. Meats like chicken or pork are also renowned for carrying disease and therefore need careful cooking which may not have been possible but ruminant meat can be eaten raw if it is fresh.

Fruit and vegetables were only available if in season and would only be available if stumbled across during a hunt, so our exposure to them would have been minimal and there was certainly not enough available to feed a tribe. The kill was revered, and nothing was wasted. Today, we call this eating ‘nose to tail’.

A nose-to-tail meat approach includes high quality red meat, but it also includes organ meats, connective tissue (a good source of collagen), and some consideration of the fat to protein ratio. This strategy is best adopted to include nutrient dense foods such as fatty cuts of meat grass-fed minced beef, eggs, seafood, sources of animal fat like butter, lard, dripping, or suet.

Mainstream thinking would suggest that eating a lot of red meat would lead to cardiovascular disease, but this just isn't true when we look at the evidence shown by our ancestral health, the health of indigenous hunter gatherer tribes still in existence and, the positive changes in health markers of people who have committed to this diet (Claire's cholesterol dropped from 6.4 to 5.8 within a year of committing to carnivore).

What appears more likely is that insulin resistance is probably the main driver of plaque formation in our arteries because our blood becomes more 'sticky' when we can't remove the sugar from our blood stream, rather than LDL itself and this diet actively avoids foods which create an insulin response. This diet isn't without its challenges, however.

Many people (ourselves included) need time to process that many of our commonly held beliefs around vegetables are incorrect and that broccoli and kale are not our friends.

It can feel restrictive and takes some forward planning. Knowing the tips of what to eat in an emergency and how to eat when travelling can take time to figure out.

There is a transition period for the gut microbiome to detox which can take a few weeks and during which we can feel unwell (commonly called 'carnivore flu')

It can be done incorrectly, and people can feel quite unwell.

It can be expensive if you've not planned well, but it is comparable to other ways of eating when you do plan and buy in large amounts from independent butchers.

Exponents of the diet, say that once you have got into a groove it is easy and it doesn't feel restrictive and for many eating a steak for breakfast feels like a treat every day.

Many people are concerned about making sure they have enough vitamins and fibre on this plan. Our fat-soluble vitamins come from the meat fats, our water-soluble vitamins are included in part in the meat itself but mostly in the offal and our fibre comes from eating all the meat including the chewy bits. Nose to tail eating offers a full spectrum of nutrition.

Ultimately for truly great health we do benefit from having carbohydrates in our diet and people who have had a history of long-term hormone dysregulation and gut issues very much benefit from having fibre in their diet. This is why we combined both approaches to ensure we could get the benefits of both aspects of this way of eating.

Phase 1 - Full carnivore - to remove all allergens and intolerances and offer a total gut and immune system reset.

Phase 2 - Meat based, low toxin plant foods (fruits and root), A2 casein and raw dairy with raw honey reintroduced.

Phase One – Full Carnivore.

Protein	Fat	Non-Starchy Carbohydrates	Starchy Carbohydrates
All Meat	Ghee	None	None
All Fish	Suet		
Eggs (if tolerated)	Lard		
Offal	Dripping		
Bone broth	Suet		

Avoid: All plant-based food and all sugars, alcohol, all vegetable oils, and ultra-processed food.

Don't do this without spending time researching it at the very least. We recommend working with a coach trained in this food strategy.

Ensure: You eat enough! The calculations for this swop between imperial and metric and can be quite confusing but the easiest way is to turn your weight into pounds by multiplying your weight by 2.2 i.e. 54.5kg = 120lbs

Then add a decimal after the 1 to find how much meat to eat a day. In the example, 120lbs body weight = 1.20lbs of uncooked meat. And, then you can use an online converter if your meat is sold in kilos. In this case 1.2lbs of fresh meat is 0.544kg of meat per day.

Someone weighing 75kg would be 165lbs which equals 1.65lbs of fresh meat needed per day or 0.75kg

Also ensure you are prepared and have snacks. Finding sources of foods that work on this plan are helpful. Foods like sugar free biltong, wheat free pork scratchings are helpful and think outside the box. Places like fast food restaurants can do burger patties without the bun and sauces as an emergency option when eating on the run.

Offal is an important component of this plan. If you can't bear eating offal, we recommend buying desiccated offal supplements.

Timeframe: Three months ideally before moving to animal based

Phase Two -Animal Based – reintroducing nonmeat fats, fruit, roots, and raw honey.

Protein 115-250g	Fat 2tbsp	Non-Starchy Carbohydrates	Starchy Carbohydrates ½ - 1 cup
All Meat	Ghee	Artichokes	All root vegetables
All Fish	Suet	Cucumber	All seasonal fruit
Eggs (if tolerated)	Lard	Courgette & marrow	Raw Honey

Offal	Dripping	Lettuce	White rice
Bone broth	Suet	Sauerkraut & pickles	(occasional)
	Avocado	(if no bloating occurs)	
	Coconut oil		
	Olives & Olive oil		
	A2 casein & raw dairy		

Avoid – reintroducing everything at once. Try one thing at a time and slowly build up. Alcohol is also to be avoided (for the most part), if alcohol or other foods are consumed, for example on holiday, consider a week of full carnivore if symptoms return.

Ensure – Honey MUST be raw and unfiltered. Raw honey does not spike blood sugars, but standard supermarket honey (including Manuka honey) is boiled and pasteurised and this becomes a high fructose syrup which is blood sugar spiking.

Timeframe – unlimited.

Troubleshooting with Systemic Reset Strategy

There are often some adjustment issues for the first 2-3 weeks but if you are experiencing issues for longer than this you may be eating a food that doesn't suit you.

If you adopt this way of eating and are not getting results, question whether you have meat food intolerances such as beef or chicken. Some people do not digest these foods well.

Question the origin of the meat source. There is a big difference in omega 6 content in farmed grain fed animals and grass-fed animals. Find suppliers that are careful about feeding animals a species appropriate diet!

Ensure you are eating enough fat in the forms of bone broth and fatty cuts of meat. Slow cooked meat and soups for digestive disorders is useful. These are easy to digest as they are well broken down and not chewy like a steak or a roasted joint of meat.

Bone broth can be very healing for intestinal permeability. If you have a reaction to broth, it may be a histamine response due to SIBO. This can also happen with aged meats. In this case avoid bone broth and ensure you eat non aged foods.

If you have a history of eating disorders, please work with a coach or practitioner.