



## Trim Healthy Podcast with Serene & Pearl

### Episode 349 – Top 3 Reasons to Avoid the Carnivore Diet!

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#### Quotables

- *“Regarding food... When you take **ONE THING** and say that it’s the only way (the end-all, be-all of food), you’re on a scary track and bad things happen! And we’ve both been there!” – Pearl*
- *“When you look at the intersection of **ANCIENT WISDOM** and **CUTTING-EDGE SCIENCE**, which is what we are all about... they bring us into balance and keep us from falling into the extremes.” – Pearl*

#### Overview of The Carnivore Diet... (and other insights)

We were designed to burn two fuels: Glucose and Fats... so to start the conversation it is important to keep this at the forefront of our minds.

- The gist of the Carnivore Diet is that it is a more extreme version of the Keto Diet consuming *only* animal products.
- If you go onto Carnivorism, you’re going from LOW CARB (with Keto) to NO CARB.
- It removes all plant foods.
- And Carnivorism purports that people don’t need carbs... that we can make the energy we need from a no-carb diet. (more on that later)
- Carnivore also touts the “theology” that plant foods contain anti-nutrients that “hurt” us humans.
- Examples of these anti-nutrients are lectins, oxalates, saponins, and phytates.
- It is thought plants have these anti-nutrients to ward off predators.
- The conclusion of those who push Carnivorism is that *we’re actually ingesting toxins when eating plants.*

While we do agree that anti-nutrients can be overdone (especially on a raw or extreme vegan diet), there is an important role that anti-nutrients have in our diet when consumed in moderation. With respect to anti-nutrients, it’s our stand that the Carnivore is essentially throwing out the baby with the bath water.

# The Top 3 Reasons to Avoid the Carnivore Diet

## 1. Carnivorism Decreases Gut Diversity.

- a. At first, the carnivore diet can certainly provide some healthy gains such as decreased bloating and detoxification in the digestive system. The gains are not long-term, however. They are more connected to removing things such as devitalized wheat, other grains you may be sensitive to, and sugars... which can often cause a host of negative side effects.
  - b. Good *and* bad gut bugs thrive on plant-based foods.
  - c. As the gut biome diminishes, you will have less bloating and gas.
  - d. Your gut bugs have a massive impact on your metabolism. If, once upon a time you ever had a well-working metabolism, it was thanks to pro-metabolic gut bugs. As we age, the diversity of our micro-biome decreases and if you cut out plant foods that decrease happens at an accelerated rate. The more plant foods you consume, the larger the diversity of your gut bugs.
  - e. The question we're posing is: *Why would we replicate what is happening with natural aging by accelerating the decrease in gut bug diversity by cutting out plant foods?*
  - f. Gut diversity provides quality of life and health— including greater longevity.
- Additionally, it's a huge deal for women and their hormones especially estrogen.
  - For aging women, when estrogen is depleted, gut bugs diminish.
- g. Plants ferment. They turn into pro-metabolic gut bugs... They love to feast on what plants break down into... Those same gut bugs don't eat meat because meat does not have FIBER. Fiber is the food for a healthy gut biome.
  - h. The fiber from all of these plants ferment into short-chain fatty acids—one of which is BUTYRATE... And *butyrate* helps your metabolism and your body as a whole.
- “Something that convinced me to start doing kefir was how Serene's test came back with a huge amount of butyrate. It's because of the kefir and the baobab.” – Pearl
- i. An overview of gut bugs. Healthy gut bugs feed on plant foods.
- *Firmicutes* generate inflammation in the body and slow down our metabolism. They absorb energy and deposit it into our fat cells. Obesity correlates with firmicutes in the gut.
  - *Bacteroidetes* are associated with high metabolism, and they block inflammation. Plant intake (diets rich in plant foods) keeps the *bacteroidetes* high.

- A diet high in beef raised *firmicutes* and lowered *bacteroidetes*
- For long-term health, we simply need to keep things in balance—especially as we age.
- *Bifidobacteria* is another important gut-helping bacteria, and it doesn't come from meat. It is established in the gut through plant kingdom foods.
- You get bifidobacteria from plant foods such as onions and garlic, bananas, blueberries, oats, and barley.
- **Tip:** *If you're concerned about lectins and phytates in the oats, get sprouted oats.*
- *Akkermansia* also decreases with age. Many people don't have any of this pro-metabolic gut bug... People with healthy gut biomes have 2-5% of *akkermansia* in their gut. It's associated with lower blood sugar, insulin, and healthy fat distribution. Type 2 diabetics have very low *akkermansia*. You get *akkermansia* from apple peel, quinoa, and leafy greens.
  - j. On the Carnivore diet, many people do lose weight because they're removing entire food groups but it's not *sustainable* because it is taxing to your adrenals and thyroid. Despite what Carnivore gurus profess, the adrenal glands and thyroid require healthy carbs for robust function.
  - k. One of the pioneers of the Carnivore Diet and author of *The Carnivore Code*, [Paul Saladino](#), has broadened his mind regarding the diet and added fruit and honey... because it became clear to him that hardcore Carnivorism is *not* the way that humans are supposed to eat...He added fruit and huge amounts of raw, local honey because he came to understand that humans really need carbs!
  - l. Pearl: "The folks pushing the diet are going to start changing their tune soon."
  - m. Meat doesn't ferment into short-chain amino acids, It's impossible. You need plants for this process.
  - n. Meat is fantastic with plants – because meat won't form into a harmful *metabolite* when eaten alongside plant foods.
  - o. Meat, when digested, forms TAMO (Trimethylamine N-oxide) which can be harmful in our gut, especially as we age. But meat with plants neutralizes the harmful elements that can occur with meat on its own.
  - p. You can't access vitamin C through meat– and it provides incredibly important metabolic support. It supports adrenal health. Without adequate Vitamin C, you are at risk for all kinds of immune issues.

## 2. Carnivorism Lowers Your Metabolism!

- a. If you don't like eating, become a carnivore and you'll eat less. You will likely eat one meal a day.
- b. Carbs can help push protein into your muscle cells.
- c. Carbohydrates support your adrenal health!

**Pro Tip:** There's also a link between carbohydrate consumption and hydration (glucose from carbs holds water in your muscles).

- d. Carnivorism is especially detrimental for women. Women have two receptors for a peptide called *kisspeptin* in their brains. Kisspeptin measures the intake of fuel or energy. If we don't get enough, it affects our insulin pathways, lowers metabolism, and affects the thyroid and adrenals. *Leptin* is another significant measure of energy levels in the body. Going onto a low-carb diet can cause a woman's cycle to get thrown off kilter because leptin tanks on that diet; it can also cause issues with fertility.
  - Low *leptin* will also slow your metabolism within 3 days. It causes your body to go into survival mode.
- e. Whether women have babies or not, they are created to make and sustain life and they need food. We discourage intermittent fasting, and this is generally what the carnivore diet leads to.
  - *Cortisol* is spiked and your metabolism comes to a grinding halt with low carb / no carb / and fasting.
- f. The difficulty in accessing healthy energy on Low Carb / No Carb
  - *Ketones* are an available energy source derived from meat and animal products but *ketosis* or using *ketones* for energy is slower.
  - Your body has difficulty utilizing ketones very quickly—it's a slow process and being that it isn't readily available for use, it's difficult for your body to convert into energy. It's like "low gear" energy.
  - As opposed to carbs which are easily accessible and usable for our bodies. Therefore, it's better to utilize healthy carbohydrates as your primary energy source (but that's impossible on the carnivore diet).
  - Our eyes and brain can't use ketones for energy.
  - *Homeostasis* requires glucose-derived energy in the bloodstream to run properly... for the brain, certain organs, for the eyes.

### 3. It Goes Against Ancient Wisdom! We Are Omnivores, Not Carnivores.

- a. Don't resist our divine design!
- b. Removing any of the foods that we traditionally eat as people is counterintuitive and will cause issues.
- c. Raw veganism and carnivorism are two extremes that both end up causing harm to the body.
- d. We don't have intestines like the carnivores in the animal kingdom (our muscular intestines are much longer, roughly 24 feet versus just a few feet for carnivorous animals. Our longer intestines aid in the digestion of plants). We aren't designated to just eat meat!
- Plant food (fiber) forces our intestines to work out—and causes our digestive muscles to be more toned. And toned muscles burn calories.
  - e. Even fossilized ancient poop shows that our ancient ancestors had a variety filled diet.
  - f. Fiber prevents constipation...Carnivorism, on the other hand, can often cause serious constipation. You're not getting all that fiber for regularity in your system.
  - g. Fiber removes excess cholesterol and bile acids from your body.
  - h. Fiber regulates your blood lipid levels and blood glucose levels... and supports your immune system!

### Serene's Geek-It-Out Post-Workout Drink

#### Ingredients

- 1 Cup Water
- 2 Tbsp [TH Pristine Whey Protein](#) (unflavored)
- 1 Tbsp TH [ESSENTIAL](#)
- 1 Tbsp Local Raw Honey
- 1 tsp. Creatine Monohydrate Powder
- Pinch of [TH Pink Himalayan Mineral Salt](#)
- Optional: 1 Fertilized Egg Yolk... *Rooster required*
  - [Fertilized Egg Yolk Powder](#)
  - **Bonus Serene Factoid:** Fortetropin is the substance in fertilized eggs that boosts muscle synthesis.

#### Mixing Directions

- Blend and enjoy!

Okay... so Serene's drink is super geeky... don't have a rooster nearby... she gets more realistic with this one...

### Serene's Reality Post-Workout Drink

- 1 Cup Water
- 1 tsp. Creatine Monohydrate Powder (optional)
- 1 TBSP TH [ESSENTIAL](#)

Shake everything together and enjoy!

### What Are Your Favorite Fibrous Foods?!

- ✓ **Serene:** "Sweet potatoes and fresh raw figs."
- ✓ **Pearl:** "Oatmeal! *Honorable mention for lentil soup, leafy greens, and a golden potato.*"
- ✓ **Danny:** "Oatmeal with goji berries makes me very happy."

### THOUGHTS SHARED ON TH ESSENTIAL:

- You can't technically count the protein in EAA's because they are what protein becomes when it's broken down... but **ESSENTIAL** has 90 bioequivalent grams of protein – the same amount that's in a huge steak.
- It will help massively with muscle building! It triggers a "lightning bolt" of muscle synthesis... It's like an IV of protein into your bloodstream!

### Trim Healthy Wisdom (New Book ... Coming Early 2024)

Much of the content covered on this podcast will be available in more detailed, written form in our newest book, ***Trim Healthy Wisdom***.



## Trim Healthy Product Spotlight



### TH Pristine Whey Protein Powder

- ✓ Pristine Whey is different than most other whey proteins in that it is crossflow micro-filtered (CFM). This means it is the most undenatured form of whey available on the market. Its health-boosting native protein structures remain intact due to the gentle, cold-processed isolation method. Undesired particles, such as lactose, cholesterol, and even any de-natured fractions, are successfully removed. This means even those with dairy sensitivities can often enjoy our whey protein. Pristine Whey is potent and ultra-pure with the highest biological value of all proteins. It retains high percentages of immunoglobulin and minerals and is higher in calcium than other whey protein supplements.
  
- ✓ Like all Trim Healthy foods, Pristine Whey is of course free from sugar, artificial sweeteners, fillers, and other sneaky, toxic ingredients. Not only is it smooth, tastes fantastic, and comes without that chalky mouth feel that other whey proteins are known for... it also helps boost glutathione production in your body, which supports your immune system. Pristine Whey aids in serotonin production to help your mood, gives great energy, and has a fat-stripping form of protein to help slim you.
  
- ✓ Specifics:
  - Gluten-Free
  - GMO-Free
  
- ✓ Suggested Uses:
  - Shakes
  - Trimmaccino
  - Yogurt
  - Puddings

## TH Essential Powder Pure Amino Acid Formula

**ESSENTIAL** is a custom blend of pure essential amino acids that provide the highest bio-available protein. When properly compounded, essential amino acids feed muscles, cut fat, fuel your workouts, amp up the protein in your meals and snacks, enhance mental focus, and help you live a more active lifestyle.

Essential amino acids are the building blocks of protein. “Essential” means they are not made in your body. You must get them from your diet to build muscle, repair your body, enhance your energy, and support your immune system. Each essential amino acid in this powder is uniquely formulated in the correct proportions to trigger optimal muscle synthesis for lean body mass enhancement.

Be sure to read the **FAQ’s Section** found on the product page!

### **ESSENTIAL Benefits:**

- Helps body composition by raising lean body mass which cuts fat
- Pre- or post-workout fuel
- 90 bio-equivalent grams of protein in just one scant TBSP serving
- Swift muscle replenishment with 3 grams of liposomal leucine
- Amps protein in any meal or snack
- Fights loss of lean body mass and insulin resistance
- Gentle on kidneys and vegan-based
- Suitable for athletes requiring large amounts of supportive protein
- Helps aging adults with energy and recovery
- Excellent for those who are injured or convalescing and at risk of muscle loss from inactivity
- Gluten Free and non-GMO

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