

**EPISODE 205**

[INTRODUCTION]

**[00:00:10] AVH:** Okay everybody, welcome to the podcast, thanks for being here. Today's episode is for anyone who has ever called them self a carnivore. Chances are, if you're listening to this podcast, you probably like to eat meat, maybe it's mostly fish, or maybe you're like me and you're all into the game meat and organs and all the really fun stuff and maybe you even call yourself a carnivore jokingly.

Because my guest today is, Dr. Shawn Baker is the founder of Carnivore Training Systems which is a nutrition and fitness based plan that uses a meat only diet and I mean, literally meat only. This guy eats like eight pounds of steak a day every day. His meals are like two giant rib eyes. No salad, no sweet potato, nothing, just meat.

If you don't believe me, you can check them out on Instagram @shawnbaker1967. He seems to be really enjoying his diet, he seems to be very healthy and robust and full of energy and he's got a lot of people trying this diet and who have found significant improvements in a lot of ways. At this point, you may be shaking your head and asking questions like, What about fibre? What about micronutrients? What about dark chocolate and black berries and all of the delicious foods that make life worth living?

From what I could tell, he doesn't advocate this diet for everyone certainly, or even forever but he is doing his due diligence research wise to see what the outcomes are of eating this way. I think that there is enough interesting evidence coming out about the anecdotal, N equals one trials that people are doing that it's getting me attention of people like Ryan Munsey, The Better Human Project. He's been on Joe Rogan.

I'm really excited to talk with him today to find out what's really going on. I think it's worth being open minded about these things because there are lots of things you can learn from other people and other experiences, whether you take some on yourself, right? I think that it's worth considering that there are a lot of people out there that still think our diet, the paleo diet, which is literally with or without the title is about eating real food and avoiding processed garbage, they

still consider our diet to be fringe and weird. I know that a lot of us are trying to work against the misconception that the paleo diet is basically all steak and bacon.

I do think that there is some interesting stuff coming out of Dr. Baker's work and it's still relatively new, but there are plenty of folks who are trying the carnivore diet and are improving blood markers, body composition, digestion, skin conditions and a lot more and even some people who are transitioning from diets that weren't just standard American diets full of grains and garbage but actual diets that we would consider healthy.

I think it's interesting to see all of the different perspectives and the different ways that people can approach what healthy eating really is, right? We don't know if this is something that's going to work for many people or even with that long term ramifications are at this point, he's just gathering a lot of anecdotal evidence that's showing that for some people, this could be a plausible diet, even if it's something that they do cyclically.

He's gathering this evidence at [nequalsmany.com](http://nequalsmany.com) so if you're willing to try this carnivore diet thing yourself, I'm not telling you to but if you're interested, you can try it and you can add to the knowledge at [nequalsmany.com](http://nequalsmany.com). Now it's time to open our minds, dive into a delicious medium rare steak and listen to what Dr. Baker has to say.

But, before we get into it, I want to mention our show sponsor, Chomps which is a very appropriate sponsor for a podcast that's all about meat. Chomps makes healthy meat sticks that are multiple paleo magazine, best of award winners, you don't have to take my word for it, these are very popular in the paleo community and they really do a good job of hitting those salty, meaty, beef jerky cravings but they're infinitely healthier and tastier than your typical gas station variety.

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You can go to [chomps.com](http://chomps.com) to learn more and I have an exclusive promo code for you if you want to get some, you can put in the code, paleomag at checkout for 15% off your entire order and free shipping. Do yourself a favor, get some awesome paleo snacks, go to [chomps.com](http://chomps.com) and let me know what you think.

[INTERVIEW]

**[0:04:56.2] AVH:** Alright, Dr. Baker, thank you very much for being on the podcast, it's great to have you.

**[0:05:01.0] SB:** It's my pleasure to be here, thank you Ashley.

**[0:05:03.4] AVH:** I'm very excited, we're here to talk about the carnivore diet. With the Paleo Magazine Radio Podcast, we're pretty – most of us pretty avid meat eaters and I think I'm an especially captive audience because I like to call myself a carnivore all the time because I eat a lot of meat but you take it to another level, you're pretty serious about it. I want to hear all about the carnivore training systems, I want to hear about this program and I have so many questions but I would love first if you could give our listeners a bit of a background on yourself personally and professionally.

Some of your background in terms of athletics and eating and how you came to the lifestyle that you have right now.

**[0:05:43.3] SB:** Yeah, sure Ashley, I had kind of a, just a varied career, I came up, went to medical school,, I went to college, I went to medical so I started medical school, I actually left medical school in my 20's, went to New Zealand to play semiprofessional rugby for a while, came back, went into Air Force, launched nuclear bombs for the Air Force, continued to play rugby for those guys. Until I got tired of playing when I was about 30 years old, I was getting kicked in the head by some team from Russia and I decided I was done with that stuff.

Then I went back to medical school, the Air Force paid for that, I switched over to power lifting, I broke a bunch of records, you know, drug free lifter, I got up to 350 kilogram or 772 pound dead lift. Then I went in to strongman stuff for a few years for a little bit, enjoyed that.

Then I went and did some throwing stuff where I broke a world record and won a world championships in the master's highland games after I had gotten into my 40s. You know, at that time, I became a surgeon, I did all the training there, spent some time, deployed to Afghanistan, did a lot of trauma surgery there and then continued just to compete in athletics but then I get into my mid 40's and stuff.

Even though I was training very hard, just like I'd always done, I was finding that my health was starting to suffer and so that I just kind of really looked into nutrition and I went through a whole bunch of different dietary measurements to see what worked best for me, I went through a paleo – first I went through a low fat, you know, high vegetable, low animal protein diet, you know, almost a vegetarian diet with a little bit of fish and lean chicken breast and I did actually manage to lose weight but I just didn't feel very good, I felt just kind of empty and a little bit depleted.

I remember I was just sort of irritable all the time, because I probably wasn't taking in enough animal protein and fat. I switched to a paleo diet after reading a lot of the paleo literature, enjoyed that for probably about a year and then I just kind of continued getting interested in nutrition as I studied it.

I kind of fell into the low carb or high fat and then ketogenic camps, I started noticing that when I applied that to my patients, they were getting very good results with regard to both weight-loss and a lot of medical conditions, particularly things like joint pain which is something that I was obviously dealing with on a day to day basis. I started – I noticed that myself as well and then I continued to pursue it, continued to learn about nutrition after spending about five years doing this, about six years actually. Now that I think about it.

**[0:08:16.7] AVH:** Two questions what you've told me already so far. One, when you were younger and you were doing rugby and all of these things, how were you eating, first? And then the second question is, when you were doing all this research and moving through paleo and

keto and then eventually to this carnivore diet, where did you find the literature about the carnivore diet or what were you reading?

Because when I look up carnivore diet, I go back to you. If you were the person who kind of really sort of popularized this, where did you find the information initially?

**[0:08:49.8] SB:** Basically, I read a few stories, there's Joe and Charlie Anderson which at that point they had been 17 years into it and you know, I think this visually looking at them, they just looked incredibly youthful and healthy. I look back at some of the stuff like Vince Gironda who is an old bodybuilder from the 1950's and he advocated the steak and eggs diet which he did and that was basically four or five days in a row, just steak and eggs and then they would have it refit.

Kind of like a ketogenic diet. But I felt so good on the steak and eggs part of it that I just felt that I continued to do that. I thought that there was a couple of facebook groups, I know how people have given me a lot of grief about using anecdotes I think there's data there. You know, I've seen a lot of people that really were suffering with a lot of health issues like really bad ones, crones disease, severe bipolar disorder, you know, all these, joint pain, all these health issues that they resolve for that.

I still had a few minor things, it wasn't like I was really sick but I was like, because I'm such a competitive athlete, I was like, well maybe you know, this may be a sense to me, if I can get as healthy as I possibly can be, then my athletic performance is going to kind of go up. That's what I – because I had already experienced, the fact that I was doing well on the ketogenic diet with very low carb anyway. I was only eating, you know, not that much in the way of vegetables and a few berries and stuff like that.

I felt that if I dropped all the carbs out completely, and that's really a little bit of a misnomer because there's still a little bit of carbs in animal products, you know, if you get dairy or eggs and stuff like that. But if I drop all those things out, it's not going to make much of an impact, I'm only eating 10, 15 grams a day as it is. Better with the animal nutrition.

You know, I started reading some of the stuff that people look at like some of the work from Vilhjalmur Stefansson who is an arctic explorer and he had spent 10, 12 years living this way, he actually did a study in the 1920s, I think it was 1928. Bellevue Hospital where he basically studied for a year on a completely meat diet and he did well. Later on in life, you know, he abandoned that when he did that and then he felt that his health deteriorated and later in life, he readopted that bit, I think in the 70s. He basically had some pretty bad knee pain arthritis and that went away again when he reintroduced a fully carnivorous diet.

It was just something – You know, I wanted to experimentally, there's a couple of people that are pretty intelligent about science about this one personal point as a gal named Amber O'Hearn who basically reversed her bipolar disorder and her severe depression doing this.

She just did that as a thought to try it at a weight loss but it turned out that it made all these other health improvements for her. Dr. George Eid has done some pretty good literature and pretty good writing on some of the stuff that she's researched a lot of these stuff, I got kind of some lose stream of consciousness stuff that I've got scattered everywhere, I need to consolidate and put it out into a book form I suppose in the near future.

Yeah, you know, it's pretty scattered, you have to really – you really have to have this – you have to have this theory and then you have to see if there's any data supports it. Obviously, you can disprove your theory with you know, negative data and that's certainly, I'm open to that for sure. But right now, you know, what I'm seeing is a lot of people getting healthy doing this which I think is fascinating to me.

**[0:12:14.6] AVH:** Right.

**[0:12:15.2] SB:** Hopefully that answers some of your question. But in truth, there is not a lot of data on this, I'm trying to change that, I'm trying to collect data, it's semi-informal right now but we are gathering a lot of – we've got something like a million data points already collected, me and another guy Matt Mayer are doing through nequalsmany.com and so he's still analyzing all that stuff so hopefully we'll be able to release that in the coming future, I hope.

**[0:12:41.9] AVH:** Great, before we get into some kind of more drilled down questions I have for you, if you can just – I guess, explain more clearly what exactly the carnivore diet is and I mean, it sounds self-explanatory, obviously, you're eating only meat but my understanding is that it's – you start out with like 30, 35 days of meat only but that it doesn't have to be, you know, I'm looking at your Instagram account, you eat a lot of steaks but it doesn't have to be all red meat, right? You can have some dairy, you can have eggs, you can have fish and shellfish.

Can you kind of just give us sort of a lowdown on what this actually means?

**[0:13:17.7] SB:** Yeah, a lot of people called it a zero carb diet which again is a misnomer because you know, you're actually probably taking a little bit of carbohydrates, through things like eggs and dairy if you do that. I think most people will find that – they'll find some sort of red meat typically tends to be the most satisfying, so most people who do this long term tend to gravitate to that.

But people, when they transition to it will often find they need more variety and so what a lot of people will do is they'll – you know, they'll eat some hamburger, they'll eat some steaks, they might eat some fish, they might eat some shrimp, they might eat some shellfish, they may have some cheese and some high fat dairy, like cream.

Those are typically the things that make up a little – they'll put a little bit of spices on their food, you know, we try to tell people to avoid heavily sauced or pre-marinade and stuff because a lot of times they put soy or sugar or vegetable oils in there so those things tend to be no-nos. That's basically, and it's not real complicated. Like I said, me personally, you know, I could eat a steak every day and as you know, I often do, that's pretty much what –

**[0:14:18.3] AVH:** Or a couple of steaks.

**[0:14:20.1] SB:** 98% of the time. I occasionally would throw in some shrimp or a little bit of butter, usually I cook with animal fat, usually the steak has about fat on it that I can cook with that. So yeah, these olive oil, I don't use coconut oil, you know, I just assume, you use animal fats, they taste better anyway.

**[0:14:36.9] AVH:** Would there be an issue with – now, I would imagine that most people who are willing to kind of try this are a certain type of person in terms of what kind of foods they gravitate towards anyway. Would there be some concerns with macro nutrient breakdown if people try it but they're tending more towards, like leaner cuts of beef? Or you know, white fees or chicken, they're not eating stuff that's as fatty as some of the red meat? Would that be a tall?

**[0:15:06.3] SB:** I think long term that if you, you know, because obviously we've got body builders and stuff that they would go on a cut and they'll eat a bunch of lean chicken – you know, the typical bodybuilding diet. They only maintain that for a period of you know, a month or at most, two months sometimes.

I think for most people, you know, we're talking about health, you have to have enough fat in your diet. I think most people, you know, I don't count macros, I'm not worried about hitting ketone levels or anything like that but I think if I analyze my diet, I probably getting typically around 60 to 70% of my calories are coming from fat and I think that's probably a ballpark estimate of what most people will feel better on.

I think from an evolutionary perspective, we were eating animals, animals have fatty tissue and typically, particularly the megafauna that we likely hunted 20,000, 30,000 years ago. I think most people will find that they feel better, taking in enough fats. If you try to live on skinless chicken breast and shrimp and really lean cuts of meat for a period of time, I think you'll end up not feeling good, your energy will be pretty low, I think you'll quickly find that you can't maintain that.

You'll end up craving all these other sugars and sweets and all this other stuff. It kind of defeats the purpose of your eating. Most people find a relatively fatty cut of meat, whether it's steak or you know, beef or lamb, typically is - works best for most people.

**[0:16:31.0] AVH:** Right, okay. Now, you mentioned that this is obviously a very low carb, not necessarily no carb diet and from what I've read from some other folks who are doing this diet and they're having success with it, they are finding themselves, when they're testing to be sort of in a mildly, if not strongly ketogenic state.

Is this diet, do you think does it overlap with keto, does it necessarily have to be keto, are you in ketosis when you're doing it? I guess, one thing that I always read was if you're eating too much protein, that's going to convert to glucose and that's going to kind of kick you out of ketosis.

What are your thoughts on that?

**[0:17:06.5] SB:** Yeah, I think certainly, there is some overlap with the ketogenic diet and particularly, you know, I think the things that impact that are meal frequency, if you fall into a pattern which many people do where they only eat maybe one or two meals a day which is pretty typical for most people, you have that period of time where you're not taking any nutrition so you probably have ketosis during those periods of times if you lean towards fattier cuts and some people are eating 75, 80% fat on this diet and so some of those folks will probably spend more time in ketosis.

Protein, there's a lot of thought that gluconeogenesis is more demand driven than supply driven. So that you know, your body will utilize and convert protein or fat into glucose as it needs it so it doesn't necessarily make extra glucose that's not needed. A lot of people, you know, I've seen a lot of people showing me their blood – their glucometers, you know, two hours after they eat 150, 200 grams of protein and I mean, they're typically showing pretty low glucose levels.

You know, the theory that is kind of automatically converted to glucose I think is being disproven by real life examples. And there's a number of papers that also kind of dispute that fact and so, I think there's quite a bit of it is demand driven and we do have a way to deal with excess protein, you know, we can delaminate it, we can get rid of it as you – through our kidneys, I think one of the things is,, if you allow the diet to do what it's supposed to do and you naturally regulate your appetite, you'll find that you're not going to take in too much protein because your appetite is going to kind of point you in that direction if that makes sense to you, you're not going to be hungry to eat excess protein I don't think in most cases.

Now, a bunch of protein powder, you can potentially do that, you know, a lot of people to ask about that but if you're eating in a form that it comes naturally which I would argue is a relatively fatty kind of meat, you're going to have a hard time eating too much protein.

**[0:19:05.0] AVH:** Right. Do you find then, when I'm asking these question, it's purely, you know, based on the research and the data points you've collected so far, do you find generally that this diet ends up being a lower calorie diet than most others for people? For that reason because meat is so satisfying? Because people don't tend to overeat it in huge quantities? Do you find that it's also then, happens to be just a lower calorie diet?

**[0:19:31.6] SB:** I think it depends, I think some people, you know, I'm particularly, initially on, some people will find that they have a hard time getting used to eating a pound of meat in a sitting or a pound and a half or even two pounds or you know, for someone like me, I can eat even quite a bit more than that. But I think initially, it is a lot of times, for a lot of people and a lot of people will report pretty dramatic weightless initially, you know, a lot of it is water and glycogen, same stuff with ketogenic diet but I'd say, it's particularly satiating, I think some people that I have seen, you know, even women that are small you know, 110, 120 pound women that will put away three or four pounds of meat and won't gain weight, which is I think is kind of interesting.

I think there is some caloric effect, you know, at some point but there's also, you know, I don't think it's black and white, calories in, calories out because there's a lot of things that happen in between the in and the out, you know, metabolically and hormonally and I think those things, how much of that protein we're taking in actually gets converted in energy versus how much of it is converted into structure, I think that sort of throws a monkey wrench in the straight calorie argument.

I think, you know, how does it affect things like you know, thermal regulation, how much heat your body puts up, as lot people will say they feel warmer. They may just be producing more body heat. Again, I have seen consistently people eating at a caloric, what would normally be a caloric excess and not gaining weight. Jose Antonio did an interesting study recently where he took resistance trained athletes and he had two groups and one group, he gave them additional 200 grams of protein a day and I think that was your supplementation.

They didn't gain any additional weight. 200 grams of protein is an extra 800 calories or so. Despite getting 800 calories of protein, they gained no weight. I think the protein effect sort of

mitigates the excess of calories. So I think a lot of people will find that they eat a lot more than they thought they could and they're either losing weight or not gaining weight.

Some people find that hard, it's hard even to put on weight. That's not the case with everybody, interestingly, some people do throw on weight, some people even put on some body fat with this. I don't try to say this as a weightless diet. What I do see is even though the people that have actually put on weight, they generally note that their health is better. You know, what I mean is they're subjective impression of their health.

Things like joint pain, digestion, mood, libido. Any skin conditions, all those things tend to get better, despite the fact that they may have gained some weight and some of that – I think some of that comes from a lot of people, particularly chronic dieters, people that are used to restricting calories, restricting macro nutrients when they get on the diet, they may actually getting some weight just because they're sort of re-nourishing your body. I think there's something to be said for that.

**[0:22:19.0] AVH:** Right. What role does fasting have in this diet, you mentioned it before, is it something that is – goes hand in hand with it or is it more like an intuitive thing where you do it as needed, how has that been used with the carnivore diet so far with people who are trying it out?

**[0:22:35.9] SB:** Yeah, there's a little controversial, there's a lot of people who come from intermittent fasting background and I have done that same sort of thing too. I think I prefer the term 'intermittent feasting'. I think what happens is you know, if you eat an adequate amount of nutrition, I'll argue that a fatty kind of meat is very good nutrition. What happens is your body will naturally fall into a pattern where you may not be hungry again for eight, 10, 12, 14, 16 or 24 hours typically, that's that I experienced. I don't call that fasting, I just call that eating when you're hungry again.

You have a long inner digestive period or reduced meal frequency which I think sort of accomplishes the same thing of consciously fasting but I don't set a stop watch. I'm not sitting there saying that, "I got to make it to 16 hours before my next meal," or compressing a meal when – what I'm doing is I'm eating. Then, it may be one day I go 14 hours before my next meal

until I'm not hungry for breakfast or maybe one day that I go, you know, 18 hours because I'm not hungry.

But I'm not going to sit there, personally, there are other people that have done this and they claim they have good results. I'm not saying that it's a negative. I do think that when you restrict your food intake to basically one type of food, you know, your body kind of knows, that's the only thing I'm going to get.

Then, when you're hungry, to me, that's a pretty good indication that it's time to get more nutrition. I think it's very intuitive, it's like any other animal will eat, you know, if an animal's hungry, it's going to try to feed itself. It may not always be successful and particularly a carnivorous predator, they may not catch the zebra but they're sure as hell going to try, they're not going to sit there and say, "I'm hungry or I'm not going to try to eat."

I think it's very controversial, it's a pretty interesting people debating about this. A lot of people to do this long term that will say, you know, people have done this for multiple years will almost all say that intentionally, fasting, denying yourself nutrition when you're hungry long term has resulted in failures, you know?

People that have been successful with it for five years, 10 years, you know, 20 years will just say, "I just eat when I'm hungry and that works pretty well." You generally find that it's only once or twice a day. It's kind of semantics, you know? It's intermittent fasting or is it just not eating when I'm not hungry.

**[0:24:52.5] AVH:** Right, I mean, I can absolutely see why this diet would be helpful in terms of intuitive eating and like you said, sort of knowing when you're really hungry and eating when you're hungry. I read a piece that Ryan Munsey of the Better Human Podcast which you were on, he talked to you about it and he did his own 35 day trial and he was saying, I'm only eating when I'm hungry because if I'm only basically eating steak like I'm not going to cook myself a steak unless I need to eat something, right?

We live in this world where there's just like snacks everywhere and things that are just easy to pop in our mouth, we don't even have to think. Are we hungry, do we need this food? But when

you're eating this way, you're not eating a pile of red meat unless you're hungry, right? I think that was kind of an interesting part of it.

**[0:25:37.4] SB:** Yeah, I think if we look evolutionary, you know, you think about it, you know, let's just turn the clock back 50,000 years and let's assume we're eating meals that have meat in them, right? We've killed some mammoths, we're sitting around in central Europe, it's a pain in the butt to cook you know?

Because you got to build a fire, you don't have pots and pans, you don't have dishwashers, you're probably cooking on a stove or with a big stick. It probably wasn't convenient to eat six times a day back then. I mean, I think it was, I think it was – you know, to make a meal, it was probably difficult and I agree, I think you know, for me, I usually cook once or twice a day and that's it. I mean, I eat a lot, I mean, I cook a lot and a I eat a lot but I'm very happy doing that.

Yeah, we have snacks and we've got a huge snack food industry that pushes that. There are billions of dollars in advertising spent to get us to snack constantly and obviously I think that has been a problem with – it's turned into health crisis, you know, my kids at school, they can't – apparently, kids can't go to school for more than two hours without having a snack anymore. It's kind of funny you know?

When my kids are at home with me, I give them – I load them up on fat and meat and protein and then I don't hear about them being hungry for six hours which is kind of nice as a parenting strategy. You know, I've said, eat till you're full and then I don't have to listen to them wanting to eat junk food every 45 minutes like other parents probably deal with.

**[0:27:01.2] AVH:** Right, do your kids eat a carnivore diet then? I guess, the second question to that would be, what do you think about younger people trying this out? Teenagers, kids.

**[0:27:13.3] SB:** Yeah, I don't think there's a big problem with it quite honestly. You know, I think it's more social acceptance, more than anything. I think nutritionally, it's fine you know? My kids, you know, they'll go days on, carnivorous days, I'll make up steak and bacon and you know, eggs or something like that, that's all they want to eat, that's fine, I don't force them to eat other

stuff. I will have like some fruits and vegetables on hand for them if they want to, sometimes they do, sometimes they don't.

I don't really push it. They've never been sort of disappointed that I don't force them to eat broccoli anymore you know? Which I used to do. I mean, they're healthy, robust kids. They're lean, their muscularly, they're strong, they're doing well in school. I think if that's what your kid wants to do, you know, it's tough to – I don't want to force this diet on anybody, you know, it's your choice, kids generally are pretty healthy in general.

Now, unfortunately, we got – we're seeing more and more kids that are becoming unhealthy early but I mean, normal kid is pretty robust, they've got pretty good for geologic reserve, they could probably handle a little bit of fruit and stuff like that and do okay with that.

What we see as they get older is we have all these metabolically deranged people, they just lose their capacity. I don't have my kids full time. It's hard to sort of impose a diet but they like it, I mean, they love – when I cook a steak, my daughters – I had two daughters that are seven and nine and I mean, they stand behind me and point to what part of the steak they want because they know what's the best tasting parts.

They're highly carnivorous, they're not totally carnivorous so I'm completely happy with that.

**[0:28:50.0] AVH:** Got it. Throughout the time that you've been experimenting with this, have you ever personally, just for your own edification, done like a crazy, either carb refit, it could be healthy carbs or like just had a day where you ate like a bunch of salad or something that wasn't meat just to see how your body would react or have you just kind of stuck with what works and what felt good for you?

**[0:29:11.4] SB:** Yeah, like I said, after 30 days, I did one day where I basically went back to eating – I think I had some nut butter and some apples and a couple of vegetables and some more fruit and some cream and I think I had like a perfect food bar, you remember those things are?

I mean, I did that for one day and I mean, literally, I just felt pretty darn bad. I mean, I felt sluggish, my intestines, my guts hurt, my back started hurting a little bit and I just was like, I just want to experience it again, I was doing so well on just meat and eggs and a little bit of dairy, I went back. I've had a few things like I've gone to a restaurant and I sauced stuff where I know there's probably been some sugar and stuff in the sauce and I felt a little worse when I've done that.

I haven't intentionally gone out there just to see, I'm going to eat a big salad. I don't really like the taste of vegetables, I know it's crazy that I sort of – we're always told it's an acquired taste, you know? To make a piece of broccoli taste good, you got to smother it in butter and mix it with bacon. I mean, I just don't even want to eat that stuff, you know, if I were going to binge on something, I would go eat a piece of chocolate cake or something like that but again, I don't really feel a big need to do that, I'm constantly competing with athletes.

That's the other thing, I don't want to impede my progress here but I've had where I've gone out to eat at a restaurant and I know they've cooked something probably in vegetable oil and they put sugar in it. I can tell that I don't feel quite as good, sometimes it will upset my intestines. I think what we have, you know, when you go on strict meat and water for a period of time, you know, you lose some of those defense mechanism.

What happens is, I think, and I think with a lot of evidence to support this. The things like fiber are inherently irritating to our digestive system and so what our body does is it lays down a defensive mechanism, it lays down extra mucus layers and stuff like that to protect ourselves from the fiber that we're ingesting. When you go away from that, now you don't have that defense system anymore so now the fiber or whatever else it is, whether it's the sugar or the plant toxins, the plant pesticides that are mixed in with the plant, get in there, they get to the digestive tract and then they cause for some people, it's joint pain, for some people it's digestive distraught, for some people it's a flare up in their skin. I've seen people where they've eaten some vegetables, they've gone out the diet eating vegetables and their skin breaks up in a rash and so, you know, those things are – can you mitigate that? does your body have the capacity to detoxify that stuff and to protect yourself from that?

Yes, obviously you do, is that necessarily a good thing? I mean, is it a good thing that you eat something that potentially harms you and your body defends against it? Or is it a better idea just not to eat the stuff that harms you? I think that's the point of this diet, I think when a nutrition standpoint, I think we're well adapted to eat meat, I think it's basically our food, I think we're high level carnivores, that's what our history shows. We've eaten every other animal on the plane, there's not another animal on the planet that has eaten as many animals as we have.

We're the most successful hunters, predators, our brains made us that way, our anatomy has made us that way and anyway -

**[0:32:29.4] AVH:** Yup, it did, another question I have is, for folks who want to try this 30 day carnivore diet – just like they try a 30 day keto reset or 30 days with paleo or whole 30 or whatever. If they're going to do this 30 day solid, what are some proper bio marker tests or testing they should do before and during and after?

I mean, I think it's fair to say that we should pay attention to how we feel and how we look in our digestion and just pay attention to our bodies. But are there any tests, blood tests, blood bio marker stuff that we should be looking at to kind of see like is this really doing something good for us or not?

**[0:33:07.8] SB:** I want to emphasize a point that you should take, you should take an objective look at your subjective health and I think that is important. How is my digestion, how is my libido, how is my skin, how is my body composition, how do my joints feel? Those things are important I think those are very revealing as people dismiss this stuff. Well that is extremely important. That's the bottom line what counts for people long term.

So make a list of that, what's my knee pain at on a daily basis? Is it three out of 10? Is it five out of 10? Write those things down and then record it at that time but if you want to get blood markers and one of the knocks that I have is a lot of those blood markers can vary day to day pretty significantly and a lot of those very context dependent but things like you can certainly get your lipids done. You can get your blood lipids, what you may see is a decrease in your triglyceride.

You may see an increase in your HDL, 30 days may not be long enough for it. Your cholesterol may go up or down the total of LDL cholesterol. There is a lot of controversy on how significant that is, if it even means anything. If cholesterol is bad for us, I will maintain. I don't think it even matters very much at all. It is very context dependent. You might want to look at some inflammation markers like C-reactive protein. The other thing about that is you have to be cognizant of the fact that if you exercise, you can raise your C-reactive protein due to hard exercise.

So those things can vary from a day to day basis. You may want to look at your liver function test. You get your ALT-AST's, your GGT, things like that can be more cursive of sample. Again, liver function studies also can go up or down based on exercise so you have to be cognizant of that fact. You can look at your hemoglobin, your CBC is probably not going to be all that helpful. You can look at things like iron studies, you can get a total iron binding capacity, serum ferritin, serum iron.

Some of these other studies to some people are concerned about is excess iron overload. You might want to get a renal panel so you can work on your kidney function. Those things are all things to look at. There's a lot other things that you can take a look at, the problem is again, all those blood markers can vary a lot and there's a lot of things that go into it. So it's hard to read too much into those things sometimes. You can test some hormone levels.

And again, there are some things that you can look. I think insulin, I think if you can look at glucose, you need to look at insulin too. The insulin is probably a very important one you want to look at. You may want to calculate what we call a homeostatic mechanism of assessment for insulin resistance. There is a couple of things you can look at, you can compare your fasting insulin and your fasting glucose. There is a formula for that. You can look at your triglyceride to glucose index.

There is a formula for that, those things will pour into how much insulin resistance or if you are suffering from hyper insulin immune. I think that's important. Those things can be helpful again, I don't get too excited about that stuff because I know how variable it is. You might see some trends either way. If they vary only a couple of points. I see a lot of people get all excited or if their HTL goes up or down three or four points and I mean that is day to day variation.

So when people look at that - if you go to the doctor once a year and you get your blood drawn, this is the analogy I use. If you go and stick your thermometer out the window at 3:00 in the morning on January 2<sup>nd</sup> and look at the temperature and say, "That's my temperature for the whole year," you're going to see obviously that's not right because in July it's going to be a lot different. So it's the same thing about these blood markers. They vary a lot from day to day and then there's a lot of things that impact them besides diet so we have to be cautious with that.

**[0:36:42.9] AVH:** Okay, what about any kind of supplementation? And even if we talk about the idea that maybe fiber isn't as important as we think it is and the fact that things like eggs and liver and organ meats are some of the most nutritional dense foods on the planet in terms of vitamins and minerals, is there any kind of concerns still that we are missing some pretty vital micronutrients if we aren't eating any fruits and vegetables whatsoever?

**[0:37:10.4] SB:** Certain a concern for a lot of people and you know, what we are discovering and I think there is more and more research coming out this but if you look at somebody older research, we know that antioxidants they don't really work well. You know plant A and antioxidants which you're always been taught, it don't really work particularly well for humans. You know when we had a reaction test in humans. The other thing is most of them don't even make it through our digestive track.

So all these super berries that we're told, super foods that are rich in antioxidants and vital chemicals most of them don't even make it through our digestive system. They don't work really well in human, in vitro, they've shown that it has minimal effect. I think a couple of things, so we know that the micro nutrition that is found in plants is much harder for us to access, okay? They're bound up in fiber or they're bound up, they go with competing anti-nutrients.

They are not in very good bioactive forms compared to what we get in animal tissue. There are a number of studies out there that have shown and particularly historically, that are some of these vitamins and minerals that are found in plants and in vegetables -well let me use an example, something like manganese. You know meat does not have a lot of manganese in it, arguably simply with magnesium to some degree although it is probably enough if you eat enough.

Those things are co-factored for carbohydrate metabolism and so when you are running a carbohydrate metabolism, your requirements for certain vitamins, minerals and other co-factors go up. So what happens is you raise your requirements for those vitamins and minerals by eating plant food or carbohydrates. Not only do you raise requirements but you also make those more difficult to access in plant foods and so when you're running at strictly animal nutrition diet, your requirements for certain vitamins and minerals are lessened.

And the ones you get are more highly bio available. There is a nice summary slide I just shared on social media the other day out of hungry from researcher named Salve Toph and Sophie Clemens are doing a lot of research in this stuff and they are showing that people that are on a basically all meat diet show very good magnesium levels and then as their glucose goes up, those magnesium levels drop. The same thing with vitamin D and same thing with vitamin C actually, which is kind of surprising.

And so we are seeing that not only is the nutrition harder to access from plants but it also may drive up the requirements as well and so it is kind of a double edged sword with that. So what we are not seeing is people who have done this for 10, 15, 20 years here in western society are not coming down with any kind of nutrient deficiencies or they are just healthier innate. Quite honestly when they look very young, very robust and very healthy.

That is the same thing that I have experienced over a year now. When we look at these historical populations like Inuit, Masai, Sammy and all these other polar people, they didn't have vitamin deficiency issues. I mean they were robust people. Now some people will say, "Well maybe they got a little bit of this or that from the occasional berry they ate," but I think that's just speculation. I think there are people that lived, they say like the whale Mattock gave them vitamin C.

But there are a lot of Inuit who didn't live by the sea, they live inland and they only lived on caribou. And so I think it is more simple to say that meat gives you what you need. You know if you think about this, just think about this in very simplistic terms okay? If I ask you, "What do you need to run animal tissue?" Now let's assume that you and I are made out of animal tissue.

What's in every cell in your body? What kind of nutrients, what kind of vitamins, what kind of minerals are in there?

What's required to run those and you will list off all the things, the vitamin A, the vitamin C, the vitamin D, the vitamin K, that stuff is in those animal cells. It has to be. If it's required, it has to be in there right? Turn around and eat animal cells and you eat them in quantity like what I do, to three or four pounds of steak a day. I am getting everything that is in those animal cells. Everything is required to run those animal cells in a very bio efficient, very bio available form.

I think it's just as simple as that. What does it require to run an animal cell? Everything is in the animal cells and so when you are eating an animal cell you are getting everything you need.

**[0:41:29.7] AVH:** Right, okay. So you mentioned like Inuit diets and different diets are obviously very high in animal protein and fat and there's a lot of talk in sort of health and holistic nutrition circles about people eating what their ancestors ate and that's specific to their ancestry. So if you are from different places in the world, you'd eat like your ancestors did. So many of us would not have the ancestry of people who ate tons of meat and fat.

So in that case, is that something that we may need to consider if we want to start this kind of diet? Like if we came from a place where we were eating a lot higher fruit or even grains or things like that, is that something that we may want to consider or is this something that you think could be beneficial to people across the board?

**[0:42:17.6] SB:** Yeah, I think if you look at it from an evolutionary standpoint, I think if we look at when were grains introduced into human population, you know we would say maybe it was 10,000 years ago. If we look at the things like dairy, same thing. So these things are recent additions to our human diet. Obviously, if you look at the modern foods which is Crisco and all the vegetable oils and the high fructose corn syrup, that stuff is only a 100 years old or 50 years old depending on which ones you're talking about.

So those stuff no one has had genetic adaptations for. If we look at how far back do we go when we are eating meat, that goes back many millions of years ago. Certainly through homo Habilis which is three million years ago and probably some of [inaudible] that we likely evolved from

those guys are probably eating meat four, five, six million years ago. So we've been eating meat as a genus, as humans, you know human beings are not just homo sapiens. Human beings are everything with a homo in front of it, Homo Erectus, Homo Habilis, homo erg-aster I think, those guys have been eating meat in their diet for literary millions of years and we are all well adapted to do that. We don't have to be Inuit, we don't have to be whatever else now. The capacity to maybe handle grains, the capacity to maybe handle more dairy, the capacity to handle some of these other foods, these more novel foods that may be different.

So you might be able to handle more grains if you grew up in sort of a fernal crescent, the Middle East if that's where your ancestors come from. You might have more capacity to handle some of the grains and somebody that grew up in say Central Europe, where it was colder and grains hadn't been introduced yet. So they may come some plausibility to that and I think the basic is can everybody handle an all meat diet. I think generally most people can.

There's a few rare genetic exceptions and there's going to be people that – there is going to be psychological things and so there's things that people can't do about anything. From pure physiological standpoint, I think we are all well adapted to eating meat. I mean I think we have both the anatomy and the biology and the physiology to support that. So I think when you talk about what else can I handle then I think you've got – I think there maybe some of that, "Where do my ancestors grew up?"

**[0:44:36.9] AVH:** Got it, okay that makes sense. So the questions that I have in terms of information that you have gathered from anecdotal evidence from people who have tried this diet, you have mentioned throughout our chat that some of the things that seemed to be responding really well to this diet are things like decreasing inflammation and gut health and maybe some fat loss, strength gains, generally feeling good. I know some people have mentioned that their skin is better.

Like all of these things, is there anything else that you found that this diet has really been helping people with and conversely, do you think that there are certain people who for whatever reason would not benefit from this kind of diet? And the reason I ask is because it does seem that it's something that for some people would be effortless but for most people would not be

and that many people would probably find a more sustainable lifestyle to be something that is not strictly meat, right?

So if there are certain issues I guess that they are trying to fix that the current war diet would assist with, what are those and if there are certain issues or challenges or ailments that people are trying to fix that maybe this diet wouldn't be best suited for?

**[0:45:45.9] SB:** Yeah, so I think in general I think what we are seeing is really kind of across the board pretty interesting improvements in pretty much most things I can think of. Certainly most good scale of type issues, digestive issues, things like Crohn's disease or Well syndrome, also Colitis, Psoriasis, Eczema, acne, depression, bipolar disorder, anxiety, things like, certainly body compositions, strength improvements, those things have all been helped.

You know a lot of the auto immune diseases, you know there is a lot of woman who have regained their fertility and dealt with things like Amenorrhea that have noted significant improvement. So I think for anyone that is suffering from any kind of health ailment it's worth probably a 30 day or a 90 day trial of just doing that and try to eliminate that stuff and then putting stuff back in to the diet as tolerated might be something that you can play with.

I think a lot of people, they sit there and they have this sort of weird, "I can't figure out, the doctors can't figure out," they've spent five years going from doctor to doctor, specialist to specialist, they get put on medication after medication, they get side effects, they don't get better. It's really frustrating and then they try an elimination diet where they'll take one or two things out of their diet but they've still got 50 things in there so they don't know what is going on.

So I think this is the ideal way because I think you clearly can live on just meat and water very, very well. Just from a, "Am I going to get sick or die? Am I going to miss anything?" I don't think that's the case. I think it is a very good elimination diet. That is probably the best elimination diet out there and probably one of the most powerful health interventions you can do particularly from a dietary standpoint.

Are there people that wouldn't benefit from that? You know I have seen some people that really have struggled with transitioning through it particularly with energy. I think some people that

have maybe some of the digestive disorders where you don't produce much hydrochloric acid. You might have to find that that becomes a challenge for you. There are some people that have histamine sensitivity that they'll find eating meat, particularly certain types of meat, aged meats and stuff like that become a problem for them.

There's people they really can't get away from the carbohydrate sort of I hesitate the word addiction but I think that is what it is in a lot of cases and so I think a lot of these people really find that it trouble for them and I will say that I think there's probably a bias towards men succeeding on this more. It's been my experience, I think men tend to gravitate to this more, they tend to do better on this more. Some of the women I think one of the things that when we go to the difference between men and woman.

And not to say it is disparaging woman, men tend to have a little bit less body fat than women. It's just how we differentiate the sexes. Woman need more body fat to help with reproducing and supporting their hormones and so I think a lot of women if they get too lean, they don't feel as good and so I think that is something that sometimes is a problem and I think that historically carbohydrates are pretty good at keeping us not as lean.

So if that makes sense to you like I said, why do we eat berries in the fall? Probably because we're trying to prolong fat for when it might have gotten hard to access meat and so I think women try to run too low on body fat might not do as well. They might find that they need some carbohydrate in their diet to make them feel a little better. There are other people that –

**[0:49:09.4] AVH:** Yeah, I know. It's funny that you mentioned that because that was going to be my next question. I thought it was interesting when I was looking at your Instagram account and you were showing some pictures and some stories, success stories of people who have tried this and there are some women out there. I mean there's woman who have found a lot of success which I don't want to say I was surprised but for reasons that you just described and the same reasons why women sometimes find it harder to find success in a keto diet because we do tend to, A, our bodies don't want to get too lean and we tend to hold onto our carbs, our little bit of carbs, a little bit harder maybe than some men do but there have been some women really having a lot of success with this too.

Have you found people's stories generally that women are just mentally find it tougher? Or because I personally think and I haven't done this carnivore diet yet.

Although I certainly have days that are completely carnivorous, I feel like I wouldn't have a problem getting too lean because I have a pretty big appetite and I like really high fat meat and so I don't think I have a problem getting too lean but I guess maybe that's one of the concerns with a lot of women trying this?

**[0:50:13.7] SB:** Yeah, I think there is a couple of things and one is women have been socially pressured for years to eat a salad with dressing on the side with a little piece of chicken. I mean there is just a lot of social pressure to not eat meat and I mean I think a lot of women almost felt guilty about eating a nice juicy steak. I mean that stuff goes back 100 years, some of the puritanical Christianity stuff where red meat was considered to make people lusty.

It says that it is sinful to eat meat and what's happening is that a lot of people are finding that yeah, in fact if I eat a lot of steak my libido comes back. Which I think is a sign of health but there are religious overlying context here. This is not sinful for me to eat too much meat because those things are going to happen but I think the other thing with women is they still have this – a lot of them they really have a hard time eating the fat on the meat.

That is another thing because they've been so conditioned to avoid the fat and so they're constantly cutting all the fat from the meat, that is the good stuff in my mind and so women have this unnatural fear of fat and this "you've got to be as lean as possible," or the society is not what it should be and I think that backfires a lot of times. But there are some women that are doing extremely well. I mean they are getting strong, they're getting muscular, they're getting lean, they've very happy.

I mean they are lean but they are feeling good and that is the difference and you can get real skinny and lean on a diet eating a bunch of high fiber plants but a lot of those people don't feel very good. Their energy is low, their digestion is bad but I think women are doing it this way. They're leaner, they're muscular, they're stronger but they feel good. I think their hormones are probably better balanced.

**[0:51:57.8] AVH:** I'd like to think that with things like carnivore diet, with the keto diet even with paleo and primal eating that our opinions about eating fat, especially for women, are changing because I agree with you. I mean the fatty part of the animal is the most delicious part. I think if people would just let go a little bit of that guilt and just try it, they would find that, I would hope. Okay so another question that I have for you, I listened to the Better Human Podcast with Ryan Munsey.

I read all about his 35 day trial and I thought it was really interesting that he talked about his process, his experience being a relatively easy and uneventful, that his blood markers were good, his micro biome was good, he got leaner, he felt great, he had great energy, everything was very positive. But he said that by the end of the month or so he still was not planning on keeping it up and that he would maybe add some fruit and vegetables back in and some nuts.

That we aren't really I guess he says mono food animals, we may be better off incorporating some certain high antioxidant plants and things like that. So I guess what my question would be is do you foresee this plan for a lot of people being something that can be used almost cyclically? Like sort of like keto. So for people who need to fix their gut or to lean out a little bit or just to get on track after eating unhealthy for a while or maybe they have been traveling and they are sick. Is it something that you could see people doing for a month, twice a year rather than doing is forever?

**[0:53:26.3] SB:** I'm certainly a proponent of do what works for you. I mean I am not out here saying that everybody needs to do this and there is only one way to do it but I think that a lot of people will find and particularly what I am seeing in the community is a lot of people will do it for a period of time. Maybe it will be three or four months and then they will go away. They will go off of it and they'll always come back to it because they see and they feel they're the best on them.

So I think what people will find is that they'll find what works for them, what they feel good on. They may find that, "Hey, I can do a carnivore stat for a couple of months and maybe in the winter time and feel pretty good and then maybe I'll be okay in the spring," and then they'll notice their health declines potentially. Not always but sometimes, they'll go back to them and sometimes people will continue to stick with cycles, some people will completely abandon it.

There will probably a significant percentage of people and what I am seeing that will just stick with it. So I think you could do it either way you want. I think I guess a good way to solve those mysteries more than anything. If you've got this health issue, if you are in perfect health and perfect athletic capacity, you've got great whatever, everything is going perfect for you then keep doing what you are doing. I don't think there is anything wrong with that.

If you are not where you want to be either body composition wise, health wise, mental focus wise, worth probably a try for. I put it out there as 30 days, we did these 30 day trials. Honestly 30 days is probably just a taste of things. Probably most people are going to benefit more from 90 days but you know 30 days is easier to sell if you're selling something. You know it's either commit 30 days, if we look at some of the ketogenic literature particularly with athletes, much of the studies are three to four weeks long.

And most of those guys are transitioning. They're adapting and so we see that their performance hasn't quite even got back to normal yet and so that is one of the problems with stuff like this. If you do it for 30 days, you may spend three or four weeks transitioning to the diet and then you give it up. But at least it gets a lot of people in there. I am finding that the people, what I am finding is just surprising because most of the people that started doing this years ago were really sick people.

People who have all these horrible diseases where it was just out of desperation, right? These people were trying because nothing else worked for them. They finally found something that got rid of all of those weird health auto immune type issues that no one else could solve. But now, I am seeing younger healthier athletes doing it and they tend to transition a little easier because they're not dealing with all these health issues and so they are finding, "Hey two weeks in I am feeling like the king of the world." It's kind of an interesting observation that is happening now.

**[0:56:01.7] AVH:** Yeah, I mean I think ultimately, the answer that we keep coming to whether you land on a carnivore diet or a paleo diet or something in between is all about taking the time to figure out what works for you personally. It's great to take in information and learn from other people but you have to put that time and that effort and to see what works for you, right? I mean that's where we are all heading towards and I think that makes the most sense.

So we got to wrap it up pretty soon. I don't want to keep you all day, I know you have a house to sell but for your program, for Carnivore Training Systems, can you talk really quickly about what goes along with this program? I mean I would imagine there's some information support in terms of the eating protocol but is there a specific kind of physical training element to it as well?

**[0:56:48.5] SB:** Yeah, I mean it is mostly physical element. Like I said, I have been a competitive athlete for four decades. I have really good success with a whole bunch of different sports. I have trained in a bunch of different styles and so I just incorporated everything that I thought was the best of all of those different sports, whether it is powerlifting, strong man, indoor rowing where we're work on world records, throwing and so I kind of developed a system.

Which I think is number one, very efficient. I don't have to waste my time with stuff that I don't think is very effective. It is very safe so I don't think you're going to get hurt doing it or the odds are very low. What I find to be the most effective things because I have gone through all of these different training things over the years and I have thrown out the stuff that doesn't work, I kept the stuff that does, made it where it is accessible to people.

It's is scalable and either because people from all types of walks of life that do this and then I talk to support, I talk about the diet, the carnivore diet and how to transition into diet, how it impacts workouts and how you should strategize some of that stuff. Some of it talks about psychological stuff, how I treat my training based on mental mindset I guess is what I would use for that and that's what that includes. So it's basically once a week you get a whole set of workouts.

You do that just layered out each week, rolled out each week and then I do live sessions a couple times a week typically where I just had people that anybody that has any questions about anything where there is diet, there is exercise, nutrition, really anything and then we just talk to the people and see how they are doing and answer their questions and it's a good fun way. Quite a few people are doing it right now. They are enjoying it, most of the people are having a lot of fun.

You know it incorporates strength training, a little bit of high trooper, high perch works and conditioning, some sprinting type of work and then some explosivity work which I think is very important to be able to move quickly and fast and maintain that capacity just to be very functional.

**[0:58:40.7] AVH:** Functional, yeah I was going to say it sound like a very primal, functional approach to being strong and healthy. What if somebody came to you and said, “I want to do this carnivore thing but I am also training for an Iron Man,” or, “I am training for a strong man competition,” are there different – are there any kind of adjustments you would make or do you think that if you’re checking in with yourself and you are eating enough that it doesn’t really make much of a difference on what your training modality is?

**[0:59:09.9] SB:** Oh yeah, as far as if you are eating a carnivore diet yeah and different sort of things. So I’ve got – it’s interesting because I am getting all kinds of different athletes that are doing this. I’ve got one of the members of the New Zealand All Blacks just started doing it and he’s more of top athletes in the world. We’ve got a lot of mix martial arts guys that are doing it all with success. I’ve got some top level power lifters who’ve started doing this.

They are doing very well on this. I’ve got a lot of endurance athletes, you know cyclists, triathletes, marathon runners who are doing this. So I think in general from just an overall physiologic adaptation period, that tends to be several weeks to a month or two. I do think the athletics stuff takes a little longer for many people depending on particularly the more intense cardiovascular type of stuff takes more than a couple months to transition to.

So I think that you have to respect the fact that you may not transition over in a week or two. You’ve got to give it that time, you have to push through some of your workouts, you are going to suffer, you just have to push it. That’s what I did, you know I found that I just kept with it because I was interested in that and it took me about two months before having already been through keto adaptation, so I already have been into keto so that was –

For me, it took me about six months to get better after I did a ketogenic diet whereas to carnivore, it took me about two more months after coming from keto to where the performance that I was doing which was on the rowing machine which is highly glycolytic stuff took an effect.

A lot of is you've got to really eat, when you are pushing yourself or even if you're an athletically you are going to have to probably even eat pass the point of society in many cases.

**[1:00:41.6] AVH:** Right, okay. So if people want to be brave and try this and connect with you, where do they go online to follow you and to learn more about the program?

**[1:00:53.0] SB:** Right, so my Instagram is probably my most – it has probably have the most information there right now as far as just social media stuff. So that's @shawnbaker1967. I am fairly active still on Twitter which is @sbakermd. I've started a Facebook group called The World Carnivore Tribe. So the World Carnivore Tribe just in a month we've got over 4,000 members to that. That is growing by about 75 to 100 people a day and there is a lot of information in there. A lot of people that are talking back and forth.

I started meatheals.com which is just a bunch of people putting their stories together. So we're categorizing it for people that have health issues and hopefully we'll have some performance athletes in there pretty soon too but like if you say I've got issues with, say digestive issues then you can search by digestion and you can find all the people that have stories that have been improved by this particular diet.

So those are the main things, I've also got nequalsmany.com where we are collecting data. We'll be sharing once we analyze all these data from the people that are inputting their data, we'll start sharing more of that information on that site as well.

**[1:01:58.3] AVH:** Very cool. Well Dr. Baker thank you very much for your time and for walking us through it. I am really interested to see where it goes and to keep following it and I have a giant venison liver currently thawing in my fridge right now but I can't wait to get to it and keep you proud. So I am going to get to that but thank you very much and hopefully we'll connect to maybe learn some more again in the future and get back to the podcast and chat some more.

**[1:02:23.0] SB:** Yeah, that would be fun. I'd love to do it, thanks Ashleigh.

[END OF INTERVIEW]

**[1:02:29.9] AVH:** All right everyone, thanks for listening. I think based on this interview you will all be either craving a steak right now or never want to eat one again. But either way it was interesting, right? If you want to talk about it more, if you have any questions, if you want to follow up, feel free to reach out on Instagram or any social media @paleomagazine or you can reach out to me personally on Instagram @themusclemaven.

So next week, we are staying on the whole nutrition track. This time I am talking to Dr. Lily Nickels who just wrote a book called Real Food for Pregnancy. So she's a real food dietician, a specialist in prenatal nutrition and gestational diabetes and she's going to talk about some of the best ways to eat and feel your body before, during and after pregnancy. This is not a paleo book but she does talk a lot about approaching nutrition from an ancestral health and nutrition standpoint which I think is great and it's interesting because we also get into a lot of the biological reasons behind weird pregnancy cravings and even aversions to healthy foods, right?

I thought it was always interesting that sometimes your body would not want you to eat things that are healthy. We talk a lot about that and we also dispel some of the myths about pregnancy and food like things you should always eat, things you should never eat. It's really good. I think for anyone who is looking to become pregnant or who is pregnant, this would be a very valuable interview.

Now I'm going to stop saying the word pregnancy because I feel like I'm just asking for trouble. Anyway, thanks again to our show sponsor Chomps. If you want to try out their delicious grass fed, grass finished, high protein, yummy, beef sticks, you can go to [chomps.com](http://chomps.com) and put in the promo code paleo mag for 15% off and free shipping and you should totally do it because they're delicious and try them out and let me know what you think.

And as always, if you are enjoying the podcast, please leave a nice review and a rating on iTunes for me so I know what you like so I'll do more of it and I might just read your review on the podcast and send you some swag, maybe you'll get a paleo mag water bottle or a t-shirt.

Even more incentive is if you needed any to leave us a review and that's my shameful plug and I will see you here next week.

[OUTRO]

**[1:04:32.8] AV:** Paleo Magazine Radio is brought to you by the Paleo Media Group and is produced by We Edit Podcasts. Our show music features the song *Light It Up*, by Morgan Heritage and Jo Mersa Marley, and on behalf of everyone at Paleo Magazine, thank you for listening.

[END]