

Carbivore To Carnivore
The Fast Track to Releasing Weight &
Reclaiming Vitality

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Always seek advice of your doctor or other qualified health provider before starting and diet, detox or health program (even though they probably won't know as much as you do!) Especially if you have a medical condition, are taking medications, are pregnant or breastfeeding.

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Chapter 1

Introduction

Our health, in our own hands.

In a world overwhelmed by conflicting diet advice, where even so-called "healthy" options leave us feeling stuck, bloated, and exhausted. Finding a path to genuine health can feel like searching for a needle in a haystack. If you've been frustrated by yo-yo diets, stubborn weight, hormone imbalances, or gut issues, you're not alone, and you're not to blame.

The truth is, many of us have been led down a path of disconnection: from our food, from our bodies, and even from the natural rhythms that help us thrive. It's time to change that.

Welcome to the Carbivore to Carnivore Detox Program, a step-by-step journey designed to guide you away from the carb-centric traps of modern diets and into a way of eating and living that supports your body's innate ability to heal. This program is more than a diet, it's a reconnection with what your body truly needs.

For the past 40 years, I've dedicated my life to natural health, fo-

cusing on helping people take back control of their health. The last 15 years have been spent specialising in hormone balancing and weight release with over four years as a passionate advocate of the carnivore lifestyle. This experience has shown me the profound impact that the right foods - and the right mindset can have on transforming our health and vitality.

The Carbivore to Carnivore Detox Program was born out of this work. It's a culmination of science-backed methods, practical tools, and deep understanding of the challenges you face. Whether you're dealing with inflammation, hormonal chaos, or stubborn weight that refuses to budge, this book is your guide to a healthier, lighter, and more empowered version of yourself.

A Glimpse Into What's Possible

Let me introduce you to two incredible clients who exemplify the power of this program. Their stories illustrate that no matter how long you've struggled, change is always possible.

Sarah: Breaking Free After Decades of Diets

Sarah, a busy mum and business woman in her late 50s, came to me feeling defeated after years of yo-yo dieting and relentless weight gain. She had tried every program under the sun but felt stuck at 99 kilograms, a weight she hadn't been able to move from in decades.

When Sarah started this program, she embraced a weekly 24-48 hour fast alongside the carnivore lifestyle. Over the course of a year, she watched her body transform, reaching her goal weight of 65 kilograms, her lightest weight since her late teens. Now, at 60 years old, Sarah feels more vibrant, energetic, and alive than ever before.

Claire: Releasing More Than Just Weight

Claire's journey wasn't just about weight; it was about emotional healing too. On the third day of a liver cleanse, she woke up consumed by an unexpected wave of anger. Confused and overwhelmed, she reached out to me. I explained how the liver often stores anger and that detoxing it can bring up deep-seated emotions.

Armed with this understanding, Claire embraced the process. She journaled, meditated, and allowed herself to fully feel her emotions. By the end of her cleanse, not only had she shed physical weight, but she also felt lighter emotionally, like a burden she hadn't realised she was carrying had been lifted.

What You'll Find in These Pages

This program isn't about deprivation or quick fixes. It's about creating lasting change by addressing your body's unique needs. You'll learn:

- Why modern diets fail and how a low inflammatory carnivore approach can help you heal.
- The role of detoxification and fasting in resetting your metabolism and hormones.
- Step-by-step guidance through three transformative phases: cleansing, healing, and personalising your ideal way of eating.
- Insights into the emotional, mental and environmental factors that influence your health journey.

This book is designed to meet you where you are, whether you're new to the carnivore lifestyle or have been dabbling with low-carb eating. You'll find clear, actionable advice, science made simple, and plenty of encouragement along the way.

A Journey Back to Your True Self

Health is more than just the absence of disease, it's about feeling alive in your own skin. It's about clarity of mind, balanced energy, and the confidence that comes from knowing you're giving your body what it needs to thrive.

This program is your opportunity to step off the hamster wheel of failed diets and embrace a sustainable approach to food, health, and wellbeing. It's a chance to rediscover the connection between what you eat, how you live, and how you feel, inside and out.

Together, we'll navigate this journey with compassion, curiosity, and a touch of humour because let's face it, health is a serious topic, but life is meant to be joy filled.

One of the most common questions I hear is, 'Do I need supplements?'

The short answer is no, when you eat properly, your body thrives on real food, not pills. The focus of this program is to nourish your body with nutrient-dense, whole foods, reducing the need for supplementation. I also want to make health accessible for all, which is why this program doesn't rely on expensive products or require additional purchases. That said, there are exceptions: minerals like salt and magnesium are hugely beneficial. These we do cover in this book. Plus, Vitamin D is vital for our health in so many ways and when possible it is best sourced from sun exposure.

Supplements aren't mandatory but can provide support in specific situations. For those who wish to explore this further, the companion course includes recommendations tailored to support your journey in a natural and sustainable way."

So, are you ready to transform your health, your relationship with food, and your life? Let's dive in and take that first step toward becoming the healthiest, happiest version of yourself.



Chapter 2

Why "From Carbivore to Carnivore"?

Carbs really aren't your
friend

The title, *From Carbivore to Carnivore*, isn't just a clever play on words, it reflects a reality many of us face. For decades, carbs have quietly dominated our diets, often under the guise of "healthy choices" wreaking havoc on our blood sugar, weight, and overall health.

For nearly 40 years, I was in the same boat. I thought I was eating well, only to discover that even so-called 'healthy' carbs were holding me back. This book is about breaking free from that cycle and discovering a way of eating that supports your body, helps you heal, and

allows you to thrive.

Introduction: A Journey to Health and Vitality

If you're feeling stuck, constantly searching for solutions to weight struggles, energy crashes, or nagging health issues, you're not alone. The good news? You will find the answers here.

In *From Carbivore to Carnivore*, I'll guide you through a practical, step-by-step program to help you regain control of your health. This isn't just about weight reduction (though that will happen); it's about understanding why your body holds onto weight, why energy levels dip, and why health issues seem to pile up over time.

This journey is designed to be simple, effective, and empowering. Along the way, you'll watch the numbers on the scales drop, feel your energy soar, and notice symptoms start to fade all while you're eating in a way that feels satisfying and sustainable.

If you've been writing a journal, this is the perfect time to start reflecting. As you progress, take note of what's changing: the weight you've shed, the symptoms you've released, and the energy you've regained. Each step is a reminder of how powerful these changes can be.

If you haven't been a journaling advocate, now is definitely a time to give it a try.

Why We Gain Weight and Lose Energy

To fix a problem, we need to understand its cause. Think of weight gain as a symptom, a signal that your body is under stress or struggling to function optimally. When you start eating in alignment with your body's needs, you'll notice weight dropping naturally. That's a clear sign that healing is taking place.

I recommend stepping on the scales daily, not as a source of pressure

but as a tool. If the number goes down, fantastic! If it stays the same, it simply means your body is working through something or that a small tweak is needed. This isn't about perfection; it's about progress.

If the scales go up, something you have eaten or doing has caused an inflammatory process, by the way, excess stress can do this too.

The Three Stages of Your Journey

This program is divided into three stages, each carefully crafted to help you transition smoothly into a way of eating that transforms your health and vitality. I must add that, you can stay in any phase longer, it is up to you. If you are happy in phase 1, for example. Your weight is dropping and you are feeling energised then stay there. What you can do, is drop into phase two, if and when you are ready. Plus if you are like many of my clients who are loving how they are feeling in phase two, and have no intention of going back to where they were. Then phase 3 might not be for you!

Phase One: Reset and Prepare (40 Days)

We start by focusing on low-inflammatory foods and introducing intermittent fasting. This phase gently removes foods that stress your body and resets your metabolism.

Phase Two: Deep Detox and Carnivore (40+ Days)

The next stage takes things deeper. You'll extend fasting windows and incorporate powerful detox techniques. This is where the carnivore diet becomes the focus, helping your body heal and restore balance. For those already on a keto or low-carb diet, you could be on phase 1 for a week or so and then you can jump into the stage where you start dropping the amounts of vegetables you are having.

Phase Three: Reintroduction and Personalisation (40+ Days)

After 80 days (or longer if needed), you'll begin reintroducing foods one by one. This gradual process ensures you can identify what works for your body and what doesn't, empowering you to make informed choices about your diet going forward.

What Sets This Book Apart?

You might feel sceptical, and that's natural. Chances are you've tried other diets or programs before, only to feel disappointed. This program is different. It's not a quick fix or a fad, it's a lifestyle shift, grounded in science, designed for real and lasting results.

You'll discover how certain foods that seem harmless, or even hugely beneficial – like almond milk, can actually contribute to inflammation and discomfort for some people. This program teaches you to identify your unique hidden triggers, helping you make choices that genuinely serve your health.

This isn't just about food, it's about reclaiming your health, your vitality and your power. If you follow the steps I outline in the following pages you'll experience the release of pain, a return to energy, and a weight releasing journey where the results stick.

Why this program? Why make such dramatic changes?

Before we dive into the program, let's reflect on why change is essential. If you want real health and vitality, it's time to shift how you think about food, your body, and your environment. This isn't about deprivation - it's about freedom. Freedom from cravings, inflammation, and the cycle of diets that don't work.

Are You Ready?

This journey will challenge you, but it will also change you. If you're ready to transform not just your diet but your life, then let's get started. This isn't just a program, it's the beginning of a new, empowered chapter in your health and vitality.



Chapter 3

Standard Western Diet:

Why It's Time to Make a Change

Why It's Holding Us Back

You've probably heard of the classic "meat and three veg" meals from the 1970s and 80s, simple, balanced, and nourishing. But over time, those meals have been replaced by the avalanche of convenience foods that define the Standard Western Diet (SWD) today. Now, many of us consume a diet overloaded with carbohydrates, pies, bread, fries, pizza's, cereals, all marketed as "normal" everyday foods.

What's worse, these foods are often laced with hidden sugars, chemicals, and toxins that silently wreak havoc on our health. Let's

dive a little deeper into what makes the SWD so problematic and why breaking free is the key to reclaiming your health.

The Hidden Sugar Crisis

One of the biggest culprits in the SWD is sugar. Take a look at most food labels, and you'll spot ingredients ending in -ose, like sucrose, glucose, and fructose. These hidden sugars are in almost everything, from sauces to bread, and they wreak havoc on your blood sugar levels.

The result? A rollercoaster of energy crashes, weight gain, and increased risks for serious conditions like diabetes. What's worse, this constant sugar intake fuels cravings, keeping you trapped in a cycle that's hard to escape. These aren't the only sugars that can affect us though, if you look at other hidden sugars, like Maltodextrin found in many supplements, these can dramatically affect our health in very detrimental ways.

The Trap of "Diet" Foods

Then there's the diet industry, which loves to promise easy solutions with low-calorie or "sugar-free" foods. These products may sound like the answer, but they're often filled with chemicals and artificial sweeteners that trick your body into holding onto fat.

Even worse, they increase cravings and can disrupt your metabolism, making long-term weight loss nearly impossible. Later in this book, we'll explore the hidden dangers of these so-called "healthy" options and how to avoid them.

Chemicals in the Modern Diet

The SWD is more than just carbs and sugar, it's packed with chemicals. Take vegetable oils, for example. In the 1960s and 70s, animal fats

were vilified, and we were told to switch to “healthy” alternatives like margarine and seed oils.

Here’s the reality: these oils are highly processed and inflammatory, contributing to a host of health issues, from heart disease to arthritis. The shift away from natural, nutrient-dense fats has been a major factor in the decline of modern health.

Why This Matters

Eating a SWD means exposing your body to a constant barrage of sugar, chemicals, and low-quality ingredients. Even if you’re trying to eat “healthy”, modern farming methods have depleted the soil of essential nutrients, particularly minerals. This means even whole foods are less nutritious than they were only a few short decades ago.

The result? A mineral deficiency crisis that underpins many of today’s chronic health issues, from fatigue to autoimmune conditions.

The Pitfalls of the SWD

If you’re still wondering why change is necessary, here’s a sobering list of conditions linked to the SWD:

- Weight gain
- Depression and anxiety
- Arthritis
- Menstrual pain and infertility
- Irritable bowel syndrome (IBS)
- Cognitive decline (dementia, Alzheimer’s)
- Metabolic syndrome and diabetes

- Autoimmune disorders
- Leaky gut, bloating, and digestive distress

What do all these conditions have in common? Chronic inflammation.

What Causes Chronic Inflammation?

Chronic inflammation is often driven by three main factors:

1. Stress: Not just emotional stress, but also hidden stress from chemicals, heavy metals, parasites, and toxins.
2. Diet: Even low-carb or keto diets can include foods that unknowingly trigger inflammation.
3. Toxins: From processed foods to environmental pollutants, your body is constantly under assault.

When your body is in a chronic stress state, it triggers a survival response from the hypothalamus, the part of your brain that regulates hunger and metabolism. This causes your body to:

- Hold onto fat, thinking it's preparing for famine.
- Block leptin, the hormone that tells you when you're full, leading to increased appetite.

This stress cycle explains why many diets fail, your body is working against you.

Oxalates and Plant Toxins

Another hidden issue with the modern diet is plant toxins like oxalates, found in foods like spinach, rhubarb, and nuts. While small amounts

are harmless, over time, oxalates can build up in your body, causing joint pain, kidney stones, and more.

When you transition to a carnivore diet, your body naturally starts eliminating stored oxalates. This process, called oxalate dumping, can cause temporary discomfort, which is why our program starts gently with a low-inflammatory phase to ease your body into detox mode.

Why Many Diets Fail

Most diets fail because they focus on quick fixes, not true healing. Weight loss isn't just about cutting calories or carbs, it's about addressing the root causes: stress, toxins, and inflammation.

True healing requires aligning every aspect of your life, from what you eat to how you manage stress. When these factors come into balance, your body naturally sheds excess weight and regains energy.

Looking Out for Chemicals

One simple way to start transforming your health is to become more aware of what you're eating. Processed foods are packed with hidden sugars, chemicals, and confusing E-numbers.

Start by:

- Reading food labels carefully.
- Using a food additive app on your phone, when you are out shopping, to identify harmful E-numbers.
- Prioritising raw ingredients and cooking your own meals.

Coming Up Next, My Journey

In the next chapter, I'll share a small part of my personal story, the

highs, the lows, and the turning points that led me to discover the principles in this program. It's a reminder that no matter where you are on your journey, transformation is possible.

If you'd prefer to skip ahead, that's fine too, I promise I won't be offended! But if you want a bit of extra inspiration, I encourage you to read on.



Chapter 4

My Story: From Struggles to Success

With this Program, you're embarking on a journey to balance your hormones, improve digestion, and reset your health. This program isn't just about **losing** weight, it's about releasing what no longer serves you, both physically and emotionally.

It's normal to face roadblocks along the way. Challenges, whether physical or emotional, are part of the process. Our bodies hold onto memories at a cellular level, and when you begin to detox deeply, those blocks can start to release. This can result in temporary discomfort, old aches, pains, or even emotional lows resurfacing, but these are signs that your body is working through long-held issues.

Along this journey, I have learnt that once you clear these blocks, they rarely return. You'll find your body running more efficiently, your energy surging, and the weight that felt impossible to move finally releasing.

I'm sharing my story because I know what it's like to feel stuck.

Over the last 15 years, after working with thousands of clients, I've come to see weight as a symptom, a message from your body that something deeper is going on. I hope that by sharing my journey, you'll feel encouraged and optimistic about your own transformation.

The Start of My Struggles

My struggles began early. By the time I was 14, I had used calorie restriction as a way of living. Then, from the age of about 17, I went from calorie restriction to the infamous F-Plan loaded with wheat bran. From then I tried everything else I read about in women's magazines and diet books. Every attempt left me frustrated and stuck. I even tried eating just carrots for days, my hands turned orange, but my weight didn't budge.

Looking back, I was never going to fit society's ideal size. I've always had a curvier, muscular build, but as a teenager, I couldn't appreciate it. Moments like being weighed in front of my class or a friend's mother comparing my weight to hers left lasting scars on my self-esteem.

These experiences led me to hide my true self, feeling unworthy and inferior. My schoolwork suffered, and I turned to unhealthy coping mechanisms. By my twenties, although I was travelling the world and pursuing new adventures, I couldn't shake the feeling of inadequacy.

The Turning Point

In my mid-twenties, I hit rock bottom. Living in Melbourne, I woke up one day unable to get out of bed. My health had crashed. I was exhausted, physically and emotionally. With no trust in conventional medicine after a misdiagnosis at 18, I turned to natural health.

A nutritionist at a local health shop helped me get back on my feet, igniting a passion for natural healing. Over time, I studied nutrition, herbalism, homeopathy, and energy medicine. Every modality that

helped, I studied and qualified in it. I really dove deeply into these disciplines to heal myself and help others.

But even with all this knowledge, my health journey was a roller-coaster. I felt like I was doing everything “right,” yet I couldn’t find lasting relief.

The Lightbulb Moment

In 1999, after nearly 20 years as a vegetarian, five of those as a vegan. I woke up one morning, craving chicken. My body was screaming for it. When I finally listened, the impact was immediate, my energy soared, and I felt better than I had in years.

This moment led me to embrace a low-carb, meat-based diet. The stubborn weight I had carried began to melt away. I felt like I had found a missing piece of the puzzle.

New Challenges and Renewed Strength

Moving to New Zealand in 2003 brought new struggles. Homesickness, depression, and menopause caused my weight to spiral to an all-time high. But in 2007, I decided to take control again.

After 3 years of trials, I hit the jackpot!

I revisited a low-inflammatory food list I had created during my allergy-testing days and combined it with intermittent fasting. The results were life-changing: my energy returned, my focus sharpened, and once I created my Fast Track to Health homeopathic, I shed 25 kilograms (4 stone or 55 pounds).

The Birth of the Program

These dramatic results inspired me to develop the Fast Track to Health

program, which has since evolved into this book and the program within. This isn't just another weight-*loss* plan, it's a holistic approach to healing that supports your body's natural processes, helping you *release* weight physically and emotionally.

After the Covid crisis, I created the Ultimate Detox Program in 2022, a 12 week journey that takes these principles to the next level. Both programs have transformed countless lives, and now I'm sharing their most effective elements with you in this book.

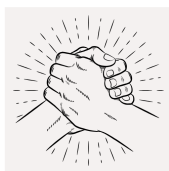
Now, however, I have amalgamated my two programmes to simplify the process to, work along with the information in this book, it is my New Fast Track To Health course and products, more on this later.

Why I'm Here

I've been where you are. I know the frustration, the self-doubt, and the endless search for answers. But I also know there's a way out. This program works because it addresses the root causes of weight gain, fatigue, and poor health.

I'm so excited to guide you on this journey, helping you reclaim your health, vitality, and confidence. Let's do this together, you've got this!

Before we get going on the program, I had to share, why I believe that our physical body is so important. As I have gone along this health journey I have also been following a spiritual path. However I have found that our spiritual journey is far more cohesive when our physical body is in the best of health possible.



Chapter 5

Why Physical

Clearing the Static so the soul can land

“The body is not a burden to carry, it’s the vessel through which we experience our divinity.”

From the moment I began my healing journey, I knew, deep in my bones, that true transformation meant working with the whole self. The mind. The spirit. And yes, the physical body.

Since being on my healing journey, I’ve always honoured this truth, even when the world around me seemed to pull focus in just one direction. Some people believe that mindset is everything. Others insist that spiritual practice alone would bring healing.

So many diets promise results without ever acknowledging the deeper energetic imprints we carry. I knew and still know that we are not meant to be compartmentalised. We are whole. Healing will only

happen when all parts of us are brought together. I've witnessed so many beautiful souls, clients, colleagues, seekers, commit deeply to one or two aspects of their healing, while unknowingly leaving the other parts behind.

Many who are immersed in spirituality are still battling exhaustion and inflammation.

Those eating a perfect diet but are stuck in old trauma loops and patterns. Some people work endlessly on their mindset while ignoring their gut, their blood sugar, or their nervous system.

This isn't a criticism. It's an observation and a gentle invitation? What part of you has been waiting to be included in your healing,

This book, *Carbivore to Carnivore*, is written with one clear intention:

To bring you home to a body that feels safe, clear, and vibrant enough to carry your soul's truth. Yes, we focus on the physical body. Because the physical is sacred. The physical affects everything else. You can meditate daily, but if your nervous system is stuck in fight-or-flight, you may never feel as calm as you could if your nerves were supported with good nutrition.

You can set the most aligned intentions, but if your blood sugar's crashing, you may feel anxious or unmotivated.

You can be spiritually aware, but if your gut is inflamed, your intuition will be cloudy. That's not failure. That's just static in the system. This book is designed to help you clear that static, so your soul can land. So your spirit can rise. You will feel like you've always known you could be, with a body that supports and sustains that version of you.

Is Plant-Based Really More Spiritual?

Let's talk about something that's rarely spoken about. There's a deeply ingrained belief in wellness circles and spiritual communities that a plant-based diet is somehow more evolved, compassionate, and "light filled."

I understand why people feel this way. I followed that path myself for many years and for some, for a time, it can feel aligned.

I've also seen, time and again, how many spiritually aware, deeply intuitive people on a plant-based or vegan diet end up feeling disconnected, depleted, and energetically fragile.

Because here's the truth that often gets overlooked.

Spirituality isn't about what you eat. It's about how you live, love, and show up and whether your choices support your energy, clarity, and connection.

Your body is made of cells, tissues, organs, hormones, and electric current. You are not just a vibration. You are a frequency, housed in physical form. That form requires deeply nourishing, bioavailable food to function.

Food that rebuilds the gut, balances hormones, sustains the nervous system, and fuels mitochondrial energy. For many people, especially those recovering from stress, trauma, or long-term depletion, that means animal foods.

Not as a step backward from their spiritual journey, but as a step deeper into it. Because when your body is truly nourished, Your brain is clear. Your gut isn't inflamed. Your energy is steady. That's when your soul can actually speak clearly.

This Book Includes the “Why”

As you read, you’ll notice I include some science, explanations, and deep dives into systems like the glymphatic system, leptin, the gut-brain axis, and more. Not to overload you. But because when you understand how your body works You are more likely to honour it. To trust the process. To stay the course. It’s the same reason you meditate, because you know what it does to your nervous system.

Once you understand how your gut, liver, and even your lymph are impacting your mood, your energy, and your weight, everything begins to shift. Now, if I were to include everything we teach in the Fast Track to Health course, this would be a 900+ page encyclopaedia. So don’t worry I’ve kept this book clear, grounded, and focused. Enough for deep understanding. Enough for real transformation. Enough to start your sacred return.

This Is a Homecoming.

Your soul didn’t come here to float above the body.

It came here to live fully in it.

To walk barefoot.

To breathe deeply.

To experience joy, connection, and vitality, not just in thought, but in form.

This journey from Carbivore to Carnivore is not a diet.

It’s a rebalancing. A re-booting. A return to clarity, physically, emotionally, energetically.

You are not here to control your body.

You’re here to partner with it.

To love it.

To understand it.

To live inside it with power and peace.

So let's begin.



Chapter 6

Take Your Journey Further:

The Fast Track To Health Course

Now that you've learned a little about my personal story and why I'm so passionate about this approach, I want to introduce you to an exciting part of this journey: the Fast Track To Health course. Yes, this is a promo, but it will be worth a look, I promise. I have been working diligently on the content, which is a culmination of decades of work and 15 years of fine-tuning this program.

The course was designed to accompany this book, offering a deeper level of guidance, support, and resources to ensure your success. Whether you're completely new to the idea of a low-inflammatory or carnivore lifestyle or you're looking for extra support to break through

barriers, the course is here to give you the practical tools and encouragement you need.

Why Join the Course?

Embarking on a journey of detoxification, weight loss, and healing is rewarding but can also be challenging. While this book gives you a comprehensive roadmap, the course acts like your personal GPS, guiding you through every turn and offering support when you need it most. Here's why the course is a game-changer:

Deeper Guidance and Resources

While the book lays out the foundation, the course dives deeper into every phase of the program. You'll gain access to:

- Step-by-step video tutorials that walk you through the program in detail.
- Expanded meal suggestions, with recipes to suit your individual needs and preferences.
- Weekly Live Q&A sessions where I answer your questions and provide real-time advice.

These resources ensure you feel confident and supported, even when the journey gets challenging.

Exclusive Tools and Protocols

The course goes beyond the book with advanced detox strategies and tools that make your transformation even more effective. You'll gain access to:

- Hydrotherapy guides for cold plunges, contrast showers, and

other techniques to stimulate detoxification.

- Advanced fasting protocols designed to suit different lifestyles and goals.
- Herbal and supplement recommendations to support your body's natural detox pathways.
- Plus, the opportunity to purchase the products that were designed to help support you on this journey. These products are homeopathic and nutritional. These are simple to use and make a massive difference to your success. (At the moment, only available in New Zealand and Australia)
- For those outside of New Zealand and Australia we have a way to send you frequencies that can help support you on your journey – of course if you live in NZ and Aus you can also enjoy these benefits.

These tailored tools make it easier to manage challenges like oxalate dumping, inflammation, and fatigue, helping you stay on track and feel your best.

Accountability and Community Support

Staying motivated can be one of the toughest parts of any health journey. That's why the course includes:

- A private online community where you can interact with others on the same journey, share your experiences, ask questions and celebrate your wins.
- Weekly check-ins to help you stay on track with your goals and overcome any obstacles.

- Group coaching calls, with me or one of my trained mentors, offering personalised guidance and support to address your specific challenges. What I know to be true, is that having a community and accountability system in place makes it so much easier to stick with the program and reach your goals.

Tailored Solutions for Individual Needs

The beauty of this course is that it is adaptable. Whether you've been on a keto diet and want to fast-track your transition to carnivore or just starting to explore a low-inflammatory lifestyle, this course provides tailored solutions for your specific situation and needs. You can:-

- Follow a fast-track option if you are already familiar with low-carb, keto eating.
- Access additional resources for those dealing with specific health conditions, such as Autoimmune issues, adrenal fatigue, gut issues etc.

The course helps you to personalise the program, ensuring it fits your life and health perfectly.

What You'll Learn in the Course

The Carbivore to Carnivore Course is packed with practical guidance and advanced strategies to support your journey. Here's what you can expect:

Phase 1: Transitioning to Low-Inflammatory Eating

You'll learn how to identify and eliminate inflammatory foods, create sustainable meal plans, and simplify your shopping and cooking rou-

tines.

Phase 2: Fasting and Detoxification

Discover advanced fasting techniques, prepare for longer fasts, and unlock the benefits of detox protocols like liver flushes and lymphatic drainage.

Gut Health and Healing

Get in-depth guidance on repairing the gut lining, addressing leaky gut, and optimising your microbiome with targeted foods and supplements.

Emotional Resilience During Detox

The course offers tools to support the emotional aspects of detox, including guided meditations, breathwork practices, and journaling prompts to help you process and grow.

Ready to Take the Next Step?

By now, you've seen that this isn't just another diet—it's a lifestyle transformation. The book gives you the tools to start your journey, but the Fast Track To Health course provides everything you need to take it further:

- Deeper insights.
- Exclusive resources.
- A supportive community to cheer you on.

If you're ready to commit to real, lasting change, the course is here

to guide you every step of the way. The link is here.
www.karencreighton.com/fasttracktohealthcourse



Chapter 7

Why Diets Fail

Understanding the Stuckness

Now that you've learned about my story and the support available through the Fast Track To Health Program, let's talk about you. If you've picked up this book, chances are you've been feeling frustrated with your health journey. Perhaps you've tried various diets, including popular ones like keto, only to find yourself hitting the same wall over and over again.

You start strong, lose some weight, feel a burst of energy, and then, boom you're stuck.

Sound familiar? You're not alone. This chapter will help you understand why that happens and how you can finally break through the barriers holding you back.

The Frustration of Stalled Progress

There's nothing more disheartening than putting in the effort, fol-

lowing a strict diet, tracking macros, and sticking to a plan, only to see your progress stall. You might find yourself asking, “What am I doing wrong?” or “Why is everyone else *losing* weight, but I’m not?”

The truth is, it’s not your fault. The real issue lies in deeper, often overlooked factors that most diets fail to address.

Many diets focus solely on what you eat without considering the bigger picture, your body’s stress response, hidden food sensitivities, and even emotional health. This is why progress often stalls, even when following the plan to the letter.

Hidden Culprits: Foods That Keep You Stuck

Even diets like keto, which can work wonders initially, can include hidden culprits that sabotage your progress. Here are some common offenders:

- **Dairy:** Cheese, cream, and milk are keto staples, but for many people, dairy can be inflammatory, disrupting digestion and causing stalls in weight loss. However Butter is a different story, mainly because it has very little lactose and has components in it that are hugely beneficial.
- **Nuts and Seeds:** While keto-friendly, they’re loaded with anti-nutrients like oxalates and lectins, which can trigger inflammation and digestive issues.
- **Vegetable Oils:** Even “healthy” oils like olive or avocado can become inflammatory if they’re low quality or overheated. This is mainly because of the quality of the oil. For example, many olive oils are cut with other oils, although not mentioned on the labels. Even Extra virgin olive oils are often not what they are sold as.
- **Sweeteners:** Low-carb options like erythritol and stevia may

not spike blood sugar, but they can fuel cravings, making it harder to stay consistent.

Stress: The Silent Saboteur

Stress is one of the most overlooked reasons diets fail. When you're under stress, whether emotional, physical, or from hidden sources like toxins, your body enters survival mode.

Here's what happens:

1. **Cortisol Release:** Stress triggers the release of cortisol, which tells your body to hold onto fat as a survival mechanism.
2. **Leptin Blockage:** Cortisol interferes with leptin, the hormone that signals fullness. This makes you feel hungry, even when your fat stores are full.
3. **Fat Storage:** Chronic stress tells your body to store fat, particularly around the abdomen, while slowing your metabolism.

This stress-response cycle explains why even “clean eating” or calorie restriction often don't yield results.

Fructose: The Fat Storage Trigger

Another hidden culprit is fructose, a sugar found in many processed foods, fruit juices, and even some “natural” products.

Historically, fructose was available seasonally, helping our ancestors store fat for lean winter months. But today, fructose is everywhere, and it's wreaking havoc on our metabolism. More about fructose in

chapter 11. The bitter Truth.

Breaking Through the Barriers

If you've struggled with stalled progress or diets that don't stick, the good news is that these barriers can be overcome. Here's how:

1. Removal of Inflammatory Foods

By eliminating common triggers like dairy, nuts, seeds, and certain vegetables, you reduce inflammation and allow your body to heal.

2. Address Stress

Incorporate stress-reducing practices like intermittent fasting, meditation, and time in nature. These techniques help lower cortisol levels, restoring balance to your hormones and metabolism.

3. Embrace Intermittent Fasting

Fasting helps reset your body by giving your digestive system a break and allowing it to focus on healing. It also promotes fat-burning by switching your body's energy source from glucose to stored fat.

4. Focus on Healing First

Weight loss is a by-product of healing. When you prioritise reducing inflammation, balancing hormones and addressing root causes, the weight comes off naturally and stays off.

A New Approach to Dieting – in fact, it isn't a diet at all, it is a lifestyle

The Carbivore to Carnivore Program is designed to address the factors that most diets ignore:

- Inflammatory foods that keep you stuck.
- Stress and cortisol's impact on your metabolism.
- Hidden triggers like fructose and its role in leptin resistance.

This isn't just about weight, it's about creating a lifestyle that supports healing and long-term vitality.

By understanding the root causes of weight gain and stalled progress, you'll finally break free from the diet cycle. This program gives you the tools to remove what's holding you back, restore balance, and transform your health.

Sue's Breakthrough

When Sue first came to me, she was frustrated and on the verge of giving up. She had been following a keto diet for months and initially saw some great results, she **dropped** 7 kilos in the first six weeks and felt a surge of energy. But then everything ground to a halt.

No matter how closely she tracked her macros, the scales refused to budge. Even worse, she started feeling bloated and lethargic, struggling with constant cravings for sweet treats despite sticking to "keto-approved" foods. Sue felt like her body was betraying her, and she was losing hope.

When we looked closer, we uncovered some hidden culprits in her diet:

- Sue loved cheese and was having it with almost every meal. While it fit her macros, it was causing inflammation that stalled her progress.
- She relied heavily on nuts and seeds for snacks, not realising

their anti-nutrients were contributing to bloating and digestive issues.

- The “healthy” vegetable oils she was using for cooking weren’t the high-quality, cold-pressed versions she thought they were, adding another layer of inflammation.

We started by cutting out all of these foods and incorporating stress-reducing practices like deep breathing exercises and gentle walks after meals. Sue also began experimenting with intermittent fasting, starting with a simple 16:8 schedule.

The results were astounding. Within two weeks, the bloating disappeared, her energy returned, and the scale started moving again, she released another 5 kilos over the next month. Most importantly, Sue felt empowered. She wasn’t just following a diet but healing her body from the inside out.

In the next chapter, I am covering why, as you go through this process of healing, that you will at some time stop releasing weight.

Chapter 8

Plateaus

What do they really mean?

In the previous chapter, we touched on the concept of feeling stuck, especially when it comes to weight loss. It's a common experience, one that leaves many people feeling frustrated and questioning whether they're eating too much or not exercising enough. But as you work through this book you will understand that overeating and not going to the gym enough are not at the root of why we don't let go of the weight and don't feel as good as we know we can.

Before you dive into this program, it's crucial to understand about plateaus. Often when we get on a program, the weight starts to drop and we feel great. Then the numbers on the scales grind to a halt. We get discouraged, then we start to deviate. But what many books and programmes don't tell you is that it is not only natural, but a vital part of the journey to better health. They're about your body doing the important work of healing. The truth is, hitting a plateau doesn't mean you're not making progress. Instead, it's a natural part of the journey to better health. So, I thought I would include this chapter as I feel that understanding why stalls happen can help you push through without feeling defeated.

Why Do Plateaus Happen?

The body is not a machine, it's a dynamic, ever-changing system that constantly works to maintain balance. Sometimes, when you're healing, your body has to shift its focus from weight release to other areas that need attention.

Here are a few key reasons:

Healing Takes Priority: When your body is healing from years of inflammation, poor diet, or stress, it might put weight reduction on the back burner. Instead, it's focusing on repairing cells, balancing hormones, or clearing out toxins. This is a good sign! It means your body is prioritizing deeper healing.

Stress and Cortisol: Stress can be a major roadblock to weight release. When stress hormones like cortisol are high, your body goes into survival mode, holding onto weight as a protective measure. Addressing stress is just as important as the food you eat when it comes to seeing results. We cover stress and how to deal with it a bit later in the book, so you will understand this even more.

Superfoods Aren't Universal: We often hear about so-called "superfoods" that are supposed to be beneficial for everyone. But the truth is, not all superfoods are everyone's superfoods. For example, some people thrive on onions, while others find they cause digestive issues. Just because a food is labelled as healthy doesn't mean it's right for your unique system.

My Personal Experience with Plateaus

I'll be honest here, there have been times over the years when I felt completely stuck, even though I was following my plan to the letter. I remember one period, many years ago, where my weight didn't change

for weeks and it was frustrating. I was eating right, moving my body, and doing everything I knew worked. I even felt stronger and healthier, but the scale didn't show it.

After some reflection (and a few tears), I realised that during that time, I was under a lot of stress. My body was trying to protect me, focusing its energy on keeping me balanced rather than shedding the kilos. Once I addressed the stress, through saunas, stepping up my movement, better sleep and self-care, the weight started shifting again.

This experience taught me that **our bodies are wise**. They know what needs attention first. Weight release will come when your system is ready and balanced enough to let it go.

How to Work Through a Plateau

If you hit a plateau, here are some tips to keep moving forward:

1. **Focus on Non-Scale Victories:** Notice other signs of progress: clearer skin, more energy, better sleep, or looser clothing. Keep on using your scales as they can tell you so much. But they aren't the only indicator of success.
2. **Reduce Stress:** Incorporate relaxation techniques like deep breathing, gentle movement, meditation, or spending time in nature.
3. **Reassess Your Routine:** Sometimes small tweaks, like adjusting your meal timing, trying a new type of movement, or simply allowing yourself to rest. All of these can help your body break through the plateau.
4. **Check Your Foods:** Check to see if one or more of the foods you are eating aren't actually part of the problem. For Example some people struggle with tomatoes, or prawns. Even though they are on our low inflammatory list. Take out

a food that you might be eating everyday and see what the scales do. This is why writing a diary is so important.

5. **Trust the Process:** It's easy to feel discouraged, but know that plateaus are just a sign that your body is recalibrating. Trust that your system knows what it's doing.
6. **Take some time off social media and devices:** Devices are challenging as we use them every day to help us keep in touch and many of us use them as our main focus for business. However it is important to have some down time. Taking a day a week off devices can be the best thing to happen to you. It means that you are not available at all times. So you are free. Doing this makes you realise that we are under some level of stress at all times.

My story with devices – I work online, my clients and the way I promote is all on the internet. At the beginning of this year, I felt that I was joined at the hip with my phone. I was on call 24/7 and I felt trapped. So I decided, as a gift to myself, that I would have one day a week where I didn't go online or carry my phone with me. Plus when I go out to walk the dogs and exercise my phone stays at home. If I can, when I go and meet someone, I will leave my phone at home too. This is so freeing. Now, when I am with someone I am truly present with them, not always glancing at my phone. What this has done is remind me that I don't have to always be working and that I don't have to be at the other end of the line. I deserve to have time out and so do you. This has been bliss for me and I would like to encourage you to give yourself some bliss time, it is magical.

As you can see, plateaus are a natural part of the healing process and they don't mean you're doing something wrong. Rather than feeling

defeated, take them as a cue to support your body in other ways. Whether that's managing stress, fine-tuning your routine, or simply allowing time for healing. Remember, this journey is about more than just the number on the scale, it's about regaining your vitality and feeling your best.

One of my clients who has been sharing her ups and downs during the program and was my inspiration for this chapter.

Nikita - It's a simple thing but I'd just say how having the guidance and knowledge of the program and you, (Karen) is what made all the difference not to throw in the towel more than once. Recently on my second big stall I've realised my nails are all long and really strong - this has not been the case for years. Also my hair is growing faster and thicker and skin feeling healthier/clearer - so some big healing has been happening to have those results.

Now let's get going, next, we are going to dive into the old paradigm – the food pyramid.



Chapter 9

The Food Pyramid Lies

Why It's a Total Farce

How the Food Pyramid Came to Be

The food pyramid we grew up with wasn't created based on sound nutritional science; it was born out of politics, industry lobbying, and outdated ideas about health.

1977 Dietary Guidelines: The US government released the first dietary guidelines suggesting a low-fat, high-carb diet. These recommendations were based on flawed studies, including Ancel Keys' infamous "Seven Countries Study," which cherry-picked data to link saturated fat to heart disease.

Corporate Influence: Big food companies, especially those in the

cereal and grain industries, heavily influenced these guidelines. The result? A pyramid that prioritised profits over health.

Why the Food Pyramid Fails Us

The food pyramid places grains, fruits, and vegetables at the foundation of our diet, with fats and proteins relegated to small portions. But this structure ignores how our bodies evolved to thrive on nutrient-dense, animal-based foods.

Carbohydrate Overload: Grains and carbs dominate the base of the pyramid. When consumed in excess, these turn into sugar in the body, spiking insulin levels and promoting fat storage.

Demonisation of Fats: The pyramid vilified fats, particularly saturated fats, despite their critical role in brain health, hormone production and metabolism. Meanwhile, processed low-fat products flooded the market, loaded with sugar and chemicals to compensate for taste.

Misplaced Confidence in Fruits and Vegetables: While often touted as "superfoods," many fruits and vegetables are high in sugar (like fructose) or contain anti-nutrients like oxalates, lectins, and phytic acid that harm gut health and contribute to inflammation.

The Results: A Sick and Fat Western World

Since adopting these guidelines, the health of the Western world has taken a nosedive.

- **Obesity Rates Soar:** In 1975, the global obesity rate was 5%. By 2016, it had risen to 13%. In the UK, obesity rates tripled between 1975 and 2016. As a teenager in the 1970s, I remember that there were no obese children. There may have been a couple with a few extra pounds, but not the large children that we see in today's world.

- **Diabetes Epidemic:** In 1980, 108 million people worldwide had diabetes. By 2021, that number had skyrocketed to 537 million.
- **Heart Disease Remains the Leading Killer:** Despite the low-fat push, heart disease remains the leading cause of death globally, accounting for 32% of all deaths in 2019. We don't have the statistics for the last 5 years, but you can guarantee that the stats will be higher than they were in 2019.
- **Chronic Diseases Skyrocket:** Autoimmune conditions, metabolic syndrome and digestive disorders have risen dramatically. For instance, diagnosis of Crohn's disease and ulcerative colitis have increased by over 50% in the past two decades. Also, we have to look at the huge influx of cancers over the last 5 decades. Now, many may say that it has nothing to do with food. However, I would say it has a huge part to play.

The True Cost of the Food Pyramid

The health guidelines it promoted have contributed to an epidemic of chronic illness:

Insulin Resistance and Diabetes: High-carb diets drive insulin resistance, the precursor to type 2 diabetes. Constant insulin spikes caused by grains, breads, and sugary foods lead to fat storage and metabolic dysfunction.

Inflammation: The pyramid's emphasis on grains and vegetable oils has flooded our diets with omega-6 fatty acids, which promote inflammation. Chronic inflammation is a root cause of diseases like arthritis, Alzheimer's, and cancer.

Nutritional Deficiencies: The shift away from nutrient-dense an-

imal foods has left many deficient in key vitamins and minerals, like B12, iron, and zinc. Modern agricultural practices further deplete soils, meaning even fruits and vegetables are less nutritious than they were 50 years ago.

Mental Health Decline

The brain needs healthy fats to function optimally, yet the pyramid pushes low-fat diets. Studies have linked low-fat diets to increased rates of depression, anxiety, and cognitive decline.

What the Pyramid Should Look Like

A healthier, more sustainable food pyramid flips the traditional model on its head:

Base: Fats and Proteins Include nutrient-dense animal products like beef, lamb, poultry, eggs, and fatty fish. These foods provide the essential building blocks your body needs to thrive.

Middle: Non-Toxic Plants (Optional) For those not going fully carnivore, include low-inflammatory vegetables like broccoli, cabbage, cucumber, and asparagus in moderation.

Top: Carbs and Fruits (Rare foods) Treat grains, fruits, and high-carb foods as occasional indulgences, not staples.

Client Story: Janet's Transformation

Janet was a 52-year-old office worker who followed the food pyramid to the letter. She started her day with oatmeal, snacked on whole-grain crackers, and avoided fats like butter. Despite her efforts, she struggled with fatigue, joint pain, and stubborn weight gain.

After learning about the flaws in the food pyramid, Janet decided to switch her approach. She replaced grains and processed snacks with

grass-fed meats, eggs, and healthy fats which are mainly animal fats. Plus intermittent fasting and slowly removing vegetables, like we outline in this book. Plus a liquid mineral supplement and plenty of good quality salt. Within three months, she dropped 10 kilos, her joint pain disappeared, and she felt more energised than she had in years.

The Honest Truth

- The traditional food pyramid is outdated, misleading, and harmful.
- High-carb, low-fat eating drives chronic illness, weight gain, and inflammation.
- Flipping the pyramid, prioritising fats and proteins, aligns with our evolutionary biology and promotes optimal health.

In the next chapter, we'll dive deeper into the hidden dangers of nuts, seeds, and vegetables and why they might not be as healthy as you've been led to believe.



Chapter 10

The Hidden Dangers of Healthy Foods

They aren't as they seem

After understanding the upside-down food pyramid and how it has steered us wrong, it's time to delve deeper into some hidden dangers within the very foods we've been told are good for us. These include chemical compounds like oxalates, lectins, goitrogens, and saponins.

While plants may seem like nutrient powerhouses, they often come with natural defence mechanisms designed to protect them from predators, including us humans. These compounds can wreak havoc on our health, especially for those who are already inflamed or unwell.

Let's break down each of these compounds a little, explore where they're found, and discuss the symptoms they can cause. By under-

standing these details, you'll be better equipped to make informed choices that truly support your health.

Oxalates: Crystals Causing Chaos

What They Are: Oxalates are naturally occurring compounds in many plants. They bind to minerals like calcium, forming crystals that are excreted through urine or faeces. However, when consumed in excess or when the body struggles to eliminate them, oxalates can also accumulate in tissues, causing pain and inflammation.

Where They're Found:

- Spinach
- Kale
- Rhubarb
- Beets
- Sweet potatoes
- Almonds and cashews
- Swiss chard
- Cocoa and dark chocolate

Symptoms Linked to Oxalates:

- Kidney stones
- Joint pain and stiffness

- Burning sensations in the skin or eyes
- Fatigue and brain fog
- Digestive issues like bloating or diarrhoea
- Vulvodynia (chronic pelvic pain)

Client Story: June's Journey to Pain-Free Living.

June, a 42-year-old yoga teacher, thought she was eating healthily with daily green smoothies loaded with kale, spinach, almonds, and beets. Yet, she struggled with chronic joint pain and fatigue. After slowly eliminating high-oxalate foods in this program, her symptoms dramatically improved. Reintroducing spinach later confirmed the culprit; within hours, her pain flared up again. June now sticks to a low-oxalate diet and feels more vibrant than ever.

Lectins: Gut Disruptors

What They Are: Lectins are proteins found in plants that act as a defence mechanism. They bind to carbohydrates, interfering with the gut lining and nutrient absorption.

Where They're Found:

- Legumes - Beans and lentils
- Peanuts and cashews
- Whole grains, including wheat and quinoa
- Nightshades (tomatoes, potatoes, peppers, aubergines)

Symptoms Linked to Lectins:

- Digestive issues like leaky gut or IBS
- Joint inflammation and arthritis
- Skin rashes and irritation
- Autoimmune reactions
- Fatigue and headaches

Lectins are, for many, very difficult to break down. For this reason, they are often at the root of food intolerances. If you think about undigested food in our intestines, it aggravates the lining of the gut, causing inflammation. This can be a root cause of stress in our bodies. Plus nowadays we have the added complication of chemicals like glyphosate, which can wreak even more havoc. (See the glyco biome chapter for more information on this)

Tip: Pressure-cooking can reduce lectins in beans and legumes, but during the detox phase, avoid these foods entirely to give your gut a chance to heal.

Goitrogens: Thyroid Saboteurs

What They Are: Goitrogens are naturally occurring chemicals that interfere with thyroid function by inhibiting iodine uptake. Over time, this can disrupt hormone balance and lead to hypothyroidism.

Where They're Found:

- Cruciferous vegetables (broccoli, cauliflower, kale, Brussels sprouts) especially when consumed raw.
- Soy products
- Peanuts

- Millet

Symptoms Linked to Goitrogens:

- Fatigue and low energy
- Weight gain or difficulty losing weight
- Hair thinning or loss
- Dry skin
- Hormonal imbalances

Note: Cooking or fermenting cruciferous vegetables can reduce their goitrogenic effects, so during the program, whilst you are eating vegetables we encourage you to only eat cooked of these vegetables to support thyroid healing.

Saponins: Gut and Immune Agitators

What They Are: Saponins are bitter compounds found in certain plants. They can irritate the gut lining, contributing to leaky gut and inflammation.

Where They're Found:

- Quinoa
- Legumes (beans, lentils, peas)
- Soy
- Nightshades (potatoes, tomatoes)

Symptoms Linked to Saponins:

- Bloating and gas
- Digestive discomfort
- Skin rashes or hives
- Increased inflammation in joints

Tip: Like lectins, saponins are reduced through pressure-cooking, but avoiding these foods altogether during detox can bring faster relief

There's More

Nuts and Seeds: Hidden Anti-Nutrients

Nuts and seeds often take centre stage in plant-based or health-conscious diets, touted for their protein and healthy fats. However, compounds lurk beneath the surface that can cause significant health issues. As you have seen above, they contain lectins and oxalates, but they also contain phytic acid.

- **Phytic Acid:** Found in high levels in nuts, seeds, grains, and legumes, phytic acid binds to essential minerals like calcium, magnesium, and zinc, preventing your body from absorbing them. Over time, this can lead to deficiencies, even if you think you're eating a nutrient-dense diet..

The Problem with Fibre

Fibre has been hailed as essential for good digestion, but the reality isn't so clear-cut. While some fibre can be beneficial, particularly for feeding healthy gut bacteria, too much can cause bloating, gas, and even intestinal damage.

- **Insoluble Fibre:** Found in the skins of fruits, vegetables, and grains, insoluble fibre can irritate the digestive tract, particularly in individuals with gut issues like IBS or Crohn's disease.
- **Soluble Fibre Overload:** Foods like beans and legumes are high in soluble fibre, which can ferment in the gut, leading to gas and bloating. In excess, it can also feed harmful bacteria, disrupting the gut microbiome.

Client Story: Lisa's Transformation

Lisa, a 45-year-old nurse, had spent years battling joint pain, fatigue, and digestive issues. She followed a “healthy” diet full of leafy greens, nuts, seeds, and legumes, believing she was doing everything right. But her symptoms only got worse.

After eliminating high-oxalate vegetables, nuts, and seeds from her diet as part of the Fast Track To Health Program, Lisa experienced a dramatic turnaround. Within weeks, her joint pain subsided, her energy levels improved, and she no longer struggled with constant bloating. For Lisa, the so-called healthy foods were the root of her problems.

The Evolutionary Mismatch

Our ancestors didn't consume vegetables, nuts, and seeds in the quantities we do today. These foods were seasonal or survival options, not daily staples. Their natural defences, like lectins and oxalates, were tolerable in small amounts but harmful in excess.

Modern agricultural practices have exacerbated the problem by selectively breeding plants for yield and taste, often at the expense of their nutrient profiles. The result? Foods that are higher in anti-nu-

trients and sugars make them harder for our bodies to process.

Why Eliminating These Foods Works

When you remove highly inflammatory vegetables, nuts, and seeds, your body gets a chance to heal. Here's why this approach is so effective:

1. **Reduces Inflammation:** Cutting out anti-nutrients and irritants will decrease systemic inflammation, leading to less pain and improved energy.
2. **Supports Gut Healing:** Without the constant irritation from lectins, saponins, and fibre overload, your gut lining can begin to repair itself.
3. **Improves Nutrient Absorption:** Without phytic acid, your body can more efficiently absorb critical minerals like magnesium and zinc.

What to Focus On Instead

- **Animal-Based Foods:** Prioritise nutrient-dense foods like beef, lamb, fatty fish, eggs, and organ meats. These provide essential vitamins, minerals, and fats without the anti-nutrients.
- **Low-Oxalate Vegetables (Optional):** If you're not going fully carnivore, stick to low-oxalate options such as asparagus, cucumber, and iceberg lettuce.
- **Bone Broth:** Rich in collagen and minerals, bone broth supports gut healing and provides hydration.

Many “healthy” foods are loaded with antinutrients that harm your gut, block nutrient absorption and promote inflammation. Eliminating or reducing these foods can lead to significant health improvements, from reduced pain to better digestion and more energy.

- Focusing on nutrient-dense, animal-based foods can give your body the building blocks it needs to heal.

Why This Matters: Healing the Body from the Inside Out

Removing these plant-based compounds during the detox phase allows your body to enter a true healing state. Many of the symptoms listed above, like joint pain, brain fog, and digestive issues, are directly linked to inflammation caused by these antinutrients. This is why the Carbivore to Carnivore Detox Program we take you through in this book focuses on animal-based foods that are bioavailable and gentle on the digestive system.

You will notice when you get to chapter 19, which is your low inflammatory food list that many the vegetables contain oxalates. The reason for this is that if you remove the oxalate containing foods all at once you can encounter what is called oxalate dumping. This is where your body, after it realises that no oxalates are coming into the system, will then start dumping them as it really does want to eliminate them. Sounds like a good thing, doesn't it. Well it's not, it can be very painful and for many it is the reason why they don't continue on this journey.

This is one of the reasons why we are getting you into the carnivore diet nice and slowly, so that your body can get accustomed to the changes and it is so much easier for you to cope with.

The Bigger Picture

These compounds may have helped plants survive predators in the wild, but they aren't doing us any favours in the modern world. By reducing or eliminating them, you're not only giving your body a chance to heal. You are also, when you step into the carnivore lifestyle, regaining control over your health in ways that many never thought possible.

In later chapters, we'll explore how these compounds contribute to leaky gut syndrome, and how this program can help repair your gut.

In the next chapter, we'll delve into one of the most harmful substances in the modern diet: sugar. You'll learn how it sneaks into almost everything we eat and the profound impact it has on our health.



Chapter 11

The Bitter Truth

About Sugar and Carbs

Sugar and carbohydrates have long been staples of the Western diet. From bread and pasta to cereals and desserts, they've been marketed as essential for energy and health. But the truth is far more sinister. Sugar and carbs are not just empty calories, they are major contributors to chronic disease, inflammation, and the obesity epidemic.

Let's dive deeper into how sugar and carbs impact your body, why they're so addictive and how eliminating them can transform your health.

The Sugar Crisis: Hidden Dangers in Everyday Foods

Sugar is everywhere. It's in your morning cereal, your "healthy" protein bar and even your savoury sauces. It's disguised under dozens of names like fructose, sucrose, glucose, and high-fructose corn syrup, making it hard to avoid without careful label reading.

What Sugar Does to Your Body When You Consume it.

Sugar causes a rapid spike in your blood glucose levels, leading to a surge of insulin – the hormone that helps regulate blood sugar. This spike is followed by a crash, leaving you tired, irritable and craving more sugar. Over time, this rollercoaster leads to insulin resistance, metabolic syndrome and diabetes. The side effects of these are weight gain and inflammation. Plus, there is a whole host of other health issues.

Health Problems Linked to Sugar Overconsumption:

- Obesity
- Type 2 diabetes
- Heart disease
- Non-alcoholic fatty liver disease (NAFLD)
- Cognitive decline (including Alzheimer's, now being called "Type 3 diabetes")
- Increased risk of certain cancers

Fructose: The Hidden Villain

Fructose, often marketed as a "natural" sugar, is one of the most damaging forms of sugar. Unlike glucose, which can be used by every cell in your body, fructose is processed almost entirely by the liver. In excess, it's converted into fat, leading to fatty liver disease and systemic

inflammation.

This might be a surprise to you, after all, we have been encouraged to eat lots of fruit as it contains so many anti oxidants. However the benefits are far outweighed by the negatives.

Foods High in Fructose:

- Fruit juices and smoothies
- Fresh fruit
- Soft drinks
- Processed foods with high-fructose corn syrup
- Dried fruits

How Fructose Affects Your Body:

1. **Liver Overload:** Unlike glucose, fructose is processed entirely by the liver. Excessive consumption overwhelms the liver, leading to fat storage and conditions like non-alcoholic fatty liver disease (NAFLD).
2. **Leptin Resistance:** High fructose intake blocks leptin signals, making your brain think you're still hungry. This encourages overeating and fat storage.
3. **Increased Fat Storage:** The fat produced from fructose is often stored around the abdomen, contributing to visceral fat, one of the most dangerous types of fat linked to chronic diseases.
4. **Chronic Inflammation:** Fructose fuels systemic inflammation, further disrupting your metabolism and fat-burning ability

The program in this book and our Fast Track To Health course, addresses this by eliminating fructose-heavy foods, giving your liver a chance to heal and restoring leptin sensitivity.

Carbohydrates: Sugar in Disguise

As you have seen in chapter 9 The food Pyramid lies that carbohydrates have been sold to us as essential foods.

Carbohydrates are often considered a separate food group, but they are essentially long chains of sugar molecules. When you eat carbs, your body breaks them down into glucose, causing the same blood sugar spikes and crashes as eating pure sugar.

Why Carbs Are Problematic:

- **Inflammation:** Carbs, particularly refined ones like bread, pasta, and pastries, promote inflammation by spiking blood sugar and insulin.
- **Addiction:** Carbs stimulate the release of dopamine in the brain, creating a reward cycle similar to drug addiction.
- **Nutrient Deficiency:** Many carb-heavy foods are nutritionally empty, crowding out more nutrient-dense options like animal proteins and fats.

Carb Addiction: Breaking the Cycle

Carbs and sugar are addictive, there's no other way to put it. They hijack your brain's reward system, making you crave more even when

you're not hungry.

Why Carbs Are Addictive:

1. Dopamine Release: Sugar triggers the release of dopamine, the "feel-good" hormone, creating a temporary high.
2. Cravings: After the initial high, your blood sugar crashes, leaving you fatigued and craving another hit.
3. Emotional Eating: Carbs often become a go-to comfort food, reinforcing the cycle of addiction.

The Weight Gain Connection

When you eat more sugar or carbs than your body needs for energy, the excess is stored as fat. Over time, this leads to insulin resistance, where your cells become less responsive to insulin. This makes it even harder for your body to burn fat, creating a vicious cycle of weight gain and cravings.

Symptoms of Insulin Resistance:

- Fatigue, especially after meals
- Cravings for sweets or carbs
- Weight gain, particularly around the abdomen
- Difficulty losing weight despite dieting

The Solution: Eliminating Sugar and Carbs

The first step to breaking free from sugar and carb addiction is to

remove them from your diet. This can feel daunting, however, the benefits are immediate and profound.

What Happens When You Cut Sugar and Carbs:

1. **Improved Insulin Sensitivity:** Your body becomes better at using stored fat for energy.
2. **Reduced Inflammation:** Without constant blood sugar spikes, your body can focus on healing.
3. **Steady Energy Levels:** Fat becomes your primary fuel source, providing a more stable and sustainable energy supply.
4. **Clearer Thinking:** Many people report improved focus and mental clarity within days of cutting sugar and carbs.

Client Story: Mark's Transformation

Mark, a 57-year-old accountant, came to me feeling stuck. He had tried every diet under the sun but couldn't **lose** weight, and his energy was at an all-time low. His diet was filled with "healthy carbs" like whole grains, fruits, and smoothies, but he didn't realise how much sugar he was consuming, not to mention oxalates. After following our Program, Mark eliminated sugar and carbs entirely. Within three weeks, he had lost 7 kilos, his brain fog lifted, and his energy levels soared. For the first time in years, Mark felt in control of his health. He went on to let go of 5 more kilos. Lighter than he had been in decades and felt younger, he certainly looked it!

Reclaiming Your Health

Eliminating sugar and carbs is one of the most powerful changes you can make for your health. Allowing your body to reset, reduce, inflammation and breaking the cycle of addiction. The initial transition can be challenging, the rewards are worth it: steady energy, mental clarity, and the ability to burn fat efficiently.

Our next chapter, how to heal your gut and why it is so essential for true healing. By removing the foods that trigger inflammation, you'll create the perfect environment for your body to thrive.



Chapter 12

Understanding and Addressing Gut Issues

The Foundation of Health

Your gut health is the cornerstone of your overall well-being. It's not only essential for digestion but also influences your immune system, brain function, energy levels and of course, your weight.

Unfortunately, modern dietary habits, stress, environmental toxins and lifestyle factors have caused gut-related issues to skyrocket. These problems often lead to chronic inflammation, nutrient deficiencies and systemic health challenges.

In this chapter we will explore the most common gut issues such as leaky gut, IBS, Crohn's Disease and gluten intolerance. By understanding these conditions, you'll gain insight into how the Carbivore

to Carnivore Detox Program works to address the root causes, restore balance and set the stage for healing.

Understanding Common Gut Issues

Leaky Gut Syndrome

Leaky gut, or intestinal permeability, occurs when the gut lining becomes damaged. In a healthy gut, the intestinal barrier selectively allows nutrients to pass into the bloodstream while keeping harmful substances out. However, when the tight junctions between cells loosen, undigested food particles, toxins and microbes can leak into the bloodstream, triggering an immune response.

Symptoms of leaky gut:

- Bloating, gas, and digestive discomfort.
- Food sensitivities and intolerances.
- Joint pain and inflammation.
- Chronic fatigue and brain fog.
- Skin issues such as eczema or acne.

How it progresses: Over time, the immune response caused by leaky gut leads to systemic inflammation, which may develop into autoimmune diseases like rheumatoid arthritis, lupus, or Hashimoto's thyroiditis.

Irritable Bowel Syndrome (IBS)

IBS is a functional digestive disorder characterised by abdominal pain, cramping, bloating, and changes in bowel habits (constipation or di-

arrhoea). Although its exact cause is unknown, IBS is often linked to stress, gut bacteria imbalances and sensitivity to certain foods.

Key triggers are:

Stress which disrupts the gut-brain connection.

Parasite infestation – Many people don't like to think that they are probably carrying around some form of parasites. However the majority of us are, if we have a pathogen living off us and also leaving their waste products for our immune systems to deal with then they can be at the root of many health issues including gut issues.

High-FODMAP foods, which ferment in the gut and cause gas and bloating.

We will dive into how it affects the gut in a minute, however, just in case you are unsure what FODMAP is.

What are FODMAPs?

FODMAP stands for Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols, just a little bit of a mouthful. In simple terms, these are certain types of carbohydrates (sugars and fibres) that many people can't digest well.

Unlike most foods, FODMAPS are not broken down in the small intestine. Instead, they travel undigested into the large intestine, where they are fermented by gut bacteria. For some, this causes bloating, gas, cramps, diarrhoea, or constipation, especially if the gut is already inflamed or out of balance.

You will find high FODMAPs in foods like:

Garlic and onions

Wheat, rye and barley

Apples, pears and watermelon

Legumes like lentils, chickpeas and beans

Milk and other dairy products

Sweeteners like sorbitol and xylitol

Now, these foods aren't necessarily "bad" across the board. In fact, many are considered healthy. But if your gut or health is compromised, they can make things worse. This is why the majority of the FODMAP foods are not on the low-inflammatory food list that we recommend, especially to start with. What abstaining from these and other foods allows your gut to do is calm down, reduce fermentation and rebuild gut strength. Once your gut is stronger, you are likely to be able to reintroduce some or all, of these foods.

How IBS affects the gut:

IBS disrupts the normal muscle contractions in the intestines, leading to accelerated or delayed food transit and exacerbating symptoms. Anyone who has been diagnosed with irritable bowel will know how debilitating it can be. However, I have found that clients symptoms completely disappear when they follow this program. So if you are a sufferer, then you will be in for a treat when you get started.

Crohn's Disease

Crohn's is an inflammatory bowel disease (IBD) that can affect any part of the digestive tract but most commonly impacts the small intestine and colon. Chronic inflammation from Crohn's can lead to severe complications such as bowel obstruction, ulcers and malnutrition.

Symptoms of Crohn's Disease:

- Severe diarrhoea and abdominal pain.
- Weight loss and fatigue.

Underlying cause: Crohn's is thought to result from a combination of environmental and immune factors that trigger chronic inflammation in the gut.

Gluten Intolerance and Coeliac Disease

Gluten is a protein found in wheat, barley, and rye. While coeliac disease is a well-known autoimmune condition, many people suffer from non-coeliac gluten sensitivity (NCGS), experiencing symptoms without the autoimmune damage associated with coeliac disease.

Coeliac Disease:

Symptoms: Diarrhoea, bloating, weight loss, fatigue, and malnutrition.

Immune response: Even small amounts of gluten trigger an autoimmune attack on the gut lining, damaging the villi that absorb nutrients.

Non-Coeliac Gluten Sensitivity (NCGS):

Symptoms: Bloating, brain fog, fatigue, and abdominal pain.

Prevalence: Linked to modern wheat strains and glyphosate exposure, which disrupt gut bacteria and weaken the gut lining.

The Modern Grain Problem

Modern wheat and other grains have been genetically modified to improve crop yields, but these changes have also made it harder for the body to digest these. Combined with the widespread use of glyphosate, a herbicide known to disrupt the gut microbiome, modern grains are a significant contributor to gut issues.

Glyphosate's impact:

- Kills beneficial gut bacteria, leading to dysbiosis.
- Weakens the gut lining, increasing intestinal permeability.
- Worsens gluten sensitivity and other gut conditions.

Our next chapter is all about the Glycobiome, not sure what that is, then come and see what it is all about.....



Chapter 13

The Glycobiome

The Overlooked Protector of Gut Health

The Invisible Shield in Your Gut

When it comes to gut health, most of the attention goes to the microbiome.

This is the trillions of bacteria living in your digestive tract. But there's another unsung hero working behind the scenes: the glycobiome. This delicate sugar-based network is essential for maintaining a healthy gut, regulating immune function, and protecting you from harmful microbes. Unfortunately, it's often the first thing to be damaged by the Standard Western Diet, leading to a cascade of health issues.

Understanding the glycobiome and how it works is crucial to healing your gut and restoring balance in your body. Let's dive into what

the glycobiome is, what it does, and how it goes out of balance on a typical modern diet.

What Is the Glycobiome?

The glycobiome refers to the intricate network of sugar molecules (called glycans) that coat your gut lining and virtually every cell in your body. These glycan chains attach to proteins and fats, forming glycoproteins and glycolipids that play a protective and regulatory role.

Think of the glycobiome as a sugar-based shield that:

- Protects the gut lining from harmful microbes, toxins and irritants.
- Helps regulate immune responses, ensuring that your body knows when to defend itself and when to relax.
- Communicates with beneficial gut bacteria, creating an environment where good microbes thrive and harmful ones struggle to survive.
- Supports nutrient absorption and the integrity of the gut barrier, preventing leaky gut.
- A balanced glycobiome can help prevent parasites from setting up home in your gut and, therefore, the rest of your body.

So, before you think that sugar is necessary in your diet to help with this process, here is a short explanation.

Although the Glycobiome is built from sugar molecules, that doesn't mean we need to be adding sugar to create it. Our clever bodies are more than capable of making the necessary sugar structures from proteins and fats through a process called Gluconeogenesis. This is essentially the body's way of crafting glucose from non-carb sources. So while the word "sugar" might make you think of cakes and biscuits, the sugar in the microbiome is more like biochemical lego blocks – essential for cell communication and immune function, but not something we need to eat to build. Your body has got this covered, no sweets required.

What Does the Glycobiome Do?

The glycobiome isn't just a passive coating, it actively influences many aspects of your health. Here are its key functions, in a little more detail:

Protection of the Gut Lining: The glycobiome acts as a barrier, shielding the delicate cells of the gut lining from damage caused by pathogens, toxins and inflammatory foods. This protective layer prevents harmful bacteria from penetrating and triggering immune responses.

Immune Regulation: Glycans help your immune system distinguish between friendly microbes and harmful invaders. A healthy glycobiome reduces the risk of chronic inflammation and autoimmune responses by ensuring that the immune system doesn't overreact.

Feeding and Supporting Beneficial Bacteria: Certain glycans provide nutrients for beneficial bacteria, like *Lactobacillus* and *Bifidobacterium*, which in turn support gut health and overall immunity.

Maintaining Gut Barrier Integrity: The glycobiome supports the structural integrity of the gut barrier, preventing the gaps that lead to leaky gut syndrome. When the glycobiome is healthy, the gut lining remains strong and resilient.

How the Standard Western Diet Damages the Glycobiome

The Standard Western Diet, loaded with processed foods, refined sugars and artificial additives, is a major threat to the glycobiome. Here's how it wreaks havoc with your whole body's health.

Excessive Sugar and Refined Carbohydrates:

High sugar intake leads to an overgrowth of harmful bacteria and yeast (like Candida), which disrupts the balance of the microbiome and damages the glycobiome. Excess sugar also triggers chronic low-grade inflammation, weakening the protective glycan layer over time.

Artificial Additives and Chemicals:

Preservatives, emulsifiers and artificial sweeteners found in processed foods can erode the glycobiome, stripping away its protective functions. These additives also irritate the gut lining and increase permeability (leaky gut).

Lack of Nutrient-Dense Foods:

The Standard Western Diet is often low in nutrient-dense, whole foods that support glycobiome health, such as collagen-rich broths, butter, and animal fats. Without proper nourishment, the glycan network becomes fragile and less effective at protecting the gut.

Chronic Inflammation:

Processed foods and seed oils (high in omega-6 fatty acids) contribute to systemic inflammation, further damaging the glycobiome and weakening the gut barrier.

Signs Your Glycobiome May Be Compromised

When the glycobiome is damaged, it can manifest in various ways, including one or more of the following.

- Chronic digestive issues (bloating, constipation, or diarrhoea)
- Food sensitivities or intolerances
- Frequent infections or weakened immune function
- Skin issues such as eczema or acne
- Brain fog and fatigue
- Joint pain or inflammation

If any of these symptoms sound familiar, it's a sign that healing your glycobiome should be a priority.

How Can You Restore Your Glycobiome?

While we'll cover the full range of solutions for gut healing in the next chapter, here are a few foundational steps to start supporting your glycobiome:

Remove Harmful Foods: Eliminate processed foods, refined sugars, and artificial additives that damage the glycobiome. Following this program will help you do just that.

Introduce Gut-Healing Fats: Incorporate butter, tallow, and bone broth, which provide the nutrients needed for repairing the gut lining and glycobiome.

Eat Collagen-Rich Foods: Collagen supports the structural integrity of the gut and helps rebuild the glycan layer.

Support Beneficial Bacteria: Consume foods that encourage the growth of beneficial bacteria, which play a role in maintaining a healthy glycobiome.

Conclusion: Why the Glycobiome is Your Health Ally

Healing your gut requires more than just focusing on the microbiome. The glycobiome is the unsung protector that ensures your gut barrier stays strong, your immune system remains balanced and your body can properly absorb nutrients. By understanding and supporting this crucial sugar-based network, you're setting yourself up for long-term health and resilience.

In the next chapter, we'll dive deeper into specific solutions for healing gut issues, including practical tips and dietary strategies to restore balance and repair the damage caused by the Standard Western Diet.

Let's give your glycobiome the attention it deserves, because when it is strong, so are you. Our next chapter addresses how the Program Addresses Gluten Sensitivity and other gut issues.



Chapter 14

Solutions for Gut Healing

Simple but effective

Restoring gut health is a foundational step toward achieving overall wellness. This program is specifically designed to eliminate gut irritants, repair the gut lining and promote a balanced microbiome.

Whether you're addressing gluten sensitivity, leaky gut, or other digestive concerns, this program provides the tools to allow your gut to heal, transforming your health from the inside out.

Why Gut Health is Vital

Your gut plays a central role in nearly every aspect of your health. A well-functioning gut ensures:

- **Efficient Nutrient Absorption:** Your digestive system breaks

down food and extracts essential nutrients your body needs to thrive.

- **Robust Immune Function:** Over 70% of your immune system resides in your gut, defending you against pathogens and diseases.
- **Optimal Brain Health:** The gut-brain axis directly links gut health to mental well-being, affecting mood, cognition, and energy levels.

When the gut becomes imbalanced, inflamed, or damaged, it can trigger widespread issues, chronic inflammation, nutrient deficiencies, autoimmune conditions, mood disorders and more. That's why addressing gut health is the first step to lasting wellness.

Plus, I would like to add here that if our gut is happy, we can access more accurate intuition. As I share in chapter 5, if our physical aspects of our health are sorted, then our spiritual world opens up to us, too.

How the Program Heals Your Gut

Eliminating Inflammatory Foods

The cornerstone of gut healing is removing foods that irritate the gut lining and trigger inflammation. Common offenders include:

- **Gluten and Grains:** Known for causing intestinal permeability and inflammation, particularly in those with gluten sensitivity or coeliac disease.
- **Lectin - and Phytic Acid-Rich Foods:** Found in legumes, grains, and some vegetables, these anti-nutrients disrupt digestion and mineral absorption.

- **Processed Foods and Sugars:** These promote dysbiosis (an imbalance of gut bacteria) and feed harmful microbes.

Transitioning to a low-inflammatory, carnivore-based diet removes these triggers, giving your gut the break it needs to repair itself.

Healing with Collagen and Bone Broth

Collagen and bone broth are integral to repairing the gut lining. Packed with gelatine and amino acids like glycine, proline, and glutamine, they:

- **Seal the Gut:** Strengthen the gut lining and restore tight junctions, preventing harmful substances from leaking into the bloodstream.
- **Promote Digestion:** Soothe the digestive tract, alleviate discomfort and improve bowel regularity.
- **Enhance Nutrient Absorption:** A healthier gut lining optimises the absorption of essential vitamins and minerals.

How to Incorporate:

- **Bone Broth:** A rich source of collagen, drink daily for maximum benefit.
- **Gelatine-Based Snacks:** Homemade gummies made with natural citrus juices are an easy way to consume gut-healing nutrients.
- **Collagen Supplements:** Look for powders containing Types I, II, and III collagen for targeted support.

Types of Collagen for Gut Health

Type I Collagen: Found in beef and fish; strengthens the intestinal lining.

Type II Collagen: Found in chicken collagen and cartilage; reduces inflammation.

Type III Collagen: Found in beef and fish; supports gut structure and elasticity.

Restoring Gut Flora Balance

A healthy microbiome is essential for gut healing. The trillions of bacteria in your gut play key roles in:

- **Digestion:** Breaking down food and producing essential nutrients like B vitamins
- **Immunity:** Preventing the overgrowth of harmful bacteria
- **Inflammation Control:** Reducing gut inflammation and promoting overall balance

Probiotic Support:

While probiotics like *Lactobacillus Reuteri* (explored in the next chapter) help restore microbial balance, fermented foods like sauerkraut and kimchi can also support gut health. However, those with severe gut issues may need to introduce these foods gradually. I would also like to add that you are much better off healing the gut first before adding probiotics, as they will not be able to do their job effectively if the gut is leaky or the glycobiome isn't able to do its work properly.

Incorporating Fasting for Gut Rest

Fasting is a powerful tool for gut repair. By giving your digestive system a break, fasting allows your body to:

- **Focus on Healing:** Direct energy toward repairing the gut lining instead of constantly processing food.
- **Promote Autophagy:** A natural process where the body clears out damaged cells, including those in the gut lining.

Intermittent fasting, a key component of this program, supports the healing of conditions like leaky gut, IBS and Crohn's Disease.

Additional Gut-Healing Practices

1. **Fermented Foods Introduce sauerkraut, kimchi, or kefir gradually to support microbial diversity.**
2. **Herbal Teas: Peppermint, ginger and slippery elm soothe inflammation and improve digestion.**
3. **Mindful Eating: Chew thoroughly and eat slowly to improve digestion and nutrient absorption.**

The Power of Gut Healing

The Carbivore to Carnivore Detox Program offers a comprehensive approach to gut repair. By eliminating irritants, incorporating collagen-rich foods, and embracing supportive practices like fasting and mindful eating, you'll create a strong foundation for long-term health. Healing your gut will not only enhance digestion but also improve energy, mood, immunity, and overall vitality.

In the next chapter, we'll dive deeper into probiotics and their

critical role in further supporting gut health.

Join our course to unlock exclusive recipes, product recommendations, and additional tips for incorporating these gut-healing foods.



Chapter 15

Lactobacillus Reuteri

A Gut Health Game-Changer

As we delve deeper into the intricate connection between gut health and overall well-being. We cannot miss out on a very big subject and that is probiotics. There is one probiotic strain stands out for its remarkable benefits: Lactobacillus reuteri. When I first started learning about probiotics I found that Reuteri stood above all the rest, and since that time so much more research has been done on this strain. Why is it my go to, probiotic?

Well, it is the first bacteria we are exposed to when we come into this world. It is in the birth canal and also in breast milk. As a thinking bacteria it helps discern good bacteria from bad. Helping to eliminate the bad and encourage the good. In this chapter we will cover a small

percentage of some of the research that has been done on this amazing bacteria.

A Note on Reuteri

By now, you've seen just how powerful gut health is when it comes to overall wellbeing—and **Reuteri** is one of the most promising probiotics out there. But before you rush out to buy it, here's an important reminder:

Gut healing comes first.

We'll dive deeper into how to support and repair your gut lining later in the book, but for now, just know this: **it's best to wait at least six weeks** before introducing any probiotics, including Reuteri. If there's still inflammation or a leaky gut, they may not do what you're hoping for—and in some cases, could even cause discomfort.

Instead, focus these first six weeks on calming inflammation, starting the repair process, and laying down a healthy foundation. When your body is ready, adding in the right probiotics can make a world of difference—and you'll get far more lasting benefits.

The Power of Lactobacillus Reuteri

Weight Management and Metabolism

If you're struggling to shed weight or manage inflammation, *Lactobacillus reuteri* can offer critical support by addressing underlying gut imbalances. Research shows that this probiotic can:

- **Regulate Energy Metabolism:** Enhancing your body's ability to burn fat efficiently.

- **Combat Chronic Inflammation:** Balancing the gut microbiome reduces inflammation, a significant barrier to weight loss.
- **Improve Insulin Sensitivity:** Enhancing your body's response to insulin helps prevent glucose from being stored as fat.

By improving your metabolic health, *Lactobacillus Reuteri* aids in creating a foundation for sustainable weight loss.

Brain Health and the Gut-Brain Axis

The gut-brain axis is a critical communication network between your gut and brain, affecting mood, cognition, and stress responses. Imbalances in gut bacteria can disrupt this connection, leading to mental health challenges. *Lactobacillus reuteri* supports brain health by:

- **Reducing Stress and Anxiety:** Influencing neurotransmitter production, including serotonin and dopamine, to promote a stable emotional state.
- **Enhancing Cognitive Function:** Optimising gut health can improve memory, learning, and overall mental clarity.
- **Improving Sleep Quality:** Reducing gut inflammation helps regulate sleep hormones, supporting restful, rejuvenating sleep.

Balancing your microbiome with *Lactobacillus Reuteri* can result in clearer thinking, improved emotional wellbeing and better sleep.

Digestive Health

At its core, *Lactobacillus reuteri* is a digestive powerhouse. It supports

gut integrity and function by:

- **Reducing Gut Inflammation:** Ideal for managing IBS, leaky gut and Crohn's Disease, this probiotic promotes intestinal healing.
- **Enhancing Nutrient Absorption:** Strengthening the gut barrier prevents toxins from entering the bloodstream and optimises nutrient uptake.
- **Improving Regularity:** Maintaining a balance of beneficial bacteria supports smooth digestion, alleviating constipation or diarrhoea.

Incorporating *Lactobacillus reuteri* into your regimen provides critical support for a resilient and efficient digestive system.

Immune System Support

Your gut is home to a significant portion of your immune system, and *Lactobacillus Reuteri* is a key ally in strengthening these defences. The strains DSM 17938 and ATCC PTA 6475 boost immunity by:

- **Enhancing Immune Response:** Stimulating white blood cell production to protect against infections.
- **Producing Natural Antimicrobials:** Reuterin, a compound produced by *Lactobacillus Reuteri*, inhibits harmful bacteria and reinforces the gut barrier.
- **Aiding Recovery:** This probiotic accelerates healing from illnesses such as colds or gastrointestinal infections.

A stronger immune system starts with a healthier gut, and *Lactobacillus Reuteri* provides tools to build that foundation. As does this program.

Cancer Prevention and Support

Emerging research highlights *Lactobacillus Reuteri*'s potential role in reducing cancer risks and supporting patients during treatment:

- **Inhibiting Cancer Cell Growth:** Anti-inflammatory and immune-modulating properties may reduce the proliferation of colon and stomach cancer cells.
- **Easing Chemotherapy Side Effects:** This probiotic helps alleviate digestive discomfort and immune suppression commonly associated with cancer treatments.

Although still under investigation, these findings underscore *Lactobacillus Reuteri*'s potential in supporting long-term health and resilience.

Incorporating *Lactobacillus Reuteri* into Your Journey

Integrating *Lactobacillus Reuteri* into the Carbivore to Carnivore Detox Program amplifies its gut-healing effects. As you transition to a low-inflammatory lifestyle, this probiotic supports:

- Restoring gut balance for better digestion.
- Enhancing metabolic flexibility to support weight release.
- Bolstering immunity for sustained health improvements.

Look for high-quality probiotic supplements that specify strains DSM 17938 and ATCC PTA 6475. Include these alongside gut-friendly practices like consuming bone broth and eliminating inflammatory foods to maximise the benefits.

Your Ally in Transformation

From improving digestion and immunity to supporting mental clarity and weight management, *Lactobacillus Reuteri* offers unmatched benefits. Its evidence-backed effects make it a cornerstone of any gut-healing protocol. As part of the Carbivore to Carnivore Detox Program, this powerful probiotic empowers you to restore balance, improve resilience, and thrive in your health journey.

In the next chapter, we'll explore metabolic flexibility, an essential component of achieving lasting vitality and health.



Chapter 16

Metabolic Flexibility:

The Key to Unlocking Fat Burning

Understanding Insulin, Leptin, and Cortisol Resistance

Have you ever wondered why it can feel impossible to let go of weight, even when you're doing everything "right"?

Or why your energy levels fluctuate wildly, leaving you drained and reaching for snacks?

The answer often lies in hormonal resistance, specifically insulin, leptin, and cortisol and their profound impact on your metabolism. These three hormones regulate how your body processes energy, stores fat and responds to stress. When they're out of balance, they create

significant barriers to weight release, energy stability and your overall health.

Let's take a closer look at how these hormonal resistances develop and how addressing them is key to unlocking your metabolic flexibility.

Insulin Resistance: The Fat-Storage Trap

Insulin is a hormone that helps regulate blood sugar by moving glucose (sugar) from your bloodstream into your cells to be used for energy. However, when you consume too many carbohydrates or sugary foods over time, your body can become less sensitive to insulin, so we then create more insulin, which is a condition known as insulin resistance.

With insulin resistance:

- **Fat storage increases:** Chronically high insulin levels signal your body to store fat, especially around the midsection, making it difficult to burn fat for energy.
- **Cravings and hunger intensify:** Insulin resistance often leads to sugar cravings and energy crashes, leaving you in a cycle of overeating and snacking.
- **Energy plummets:** Difficulty regulating blood sugar results in spikes and crashes that drain your energy.

This fat-storage trap is why traditional diets often fail. No matter how many calories you cut, your body remains programmed to store fat rather than burn it. Phase 1 of the program addresses this by reducing carbohydrate intake and focusing on low-inflammatory foods to break free from the grip of insulin resistance.

Next let's cover why so many of us are feeling hungry all the time, it is not just habit.

Leptin Resistance: Hunger Signals Gone Awry

Leptin, the hormone that tells your brain when you're full, is produced by your fat cells. It communicates with your hypothalamus to signal that you've had enough to eat and don't need additional calories. However, with leptin resistance, your brain stops responding to these signals. It's as though your body is stuck in starvation mode, even with adequate fat stores.

With leptin resistance:

- **Hunger feels constant:** When your brain believes you are starving, you feel driven to eat, especially calorie-dense foods like sugar and carbs.
- **Fat storage increases:** To conserve energy, your body holds onto fat rather than burning it.
- **Cravings spiral:** The lack of leptin sensitivity amplifies cravings, particularly for sugary and starchy foods.

Leptin resistance is often a result of chronic inflammation and long-term weight gain. Our program combats this by eliminating inflammatory foods, increasing nutrient-dense proteins, and resetting leptin sensitivity to help your brain register satiety accurately.

Cortisol Resistance: Stress Sabotaging Your Metabolism

Cortisol, your primary stress hormone, is essential for short-term sur-

vival. It helps your body respond to immediate threats by providing energy, raising blood sugar and regulating inflammation. However, chronic stress, such as poor diet, emotional strain, low-grade infections, or exposure to toxins, keeps cortisol levels elevated, leading to cortisol resistance.

Long term high cortisol levels:

- Encourage fat storage: Cortisol promotes the accumulation of visceral fat around your abdomen, which is the most harmful type of fat.
- Increase cravings: Elevated cortisol fuels the desire for sugary and high-carb comfort foods, exacerbating insulin resistance.
- Disrupt sleep: Poor sleep cycles caused by cortisol imbalance worsen hormonal resistance, perpetuating weight gain and energy depletion.

Cortisol resistance often coexists with insulin and leptin resistance, creating a vicious cycle of fat storage and energy instability. Our program incorporates stress-reduction techniques, intermittent fasting and stabilising blood sugar levels to address cortisol imbalance.

The Key to Metabolic Flexibility

The common thread between these hormonal resistances is their disruption of your body's ability to switch between burning glucose (sugar) and fat for energy. This flexibility, called metabolic flexibility, is crucial for achieving long-term health, healthy weight management and consistent energy.

When your body regains metabolic flexibility:

- Fat becomes your primary fuel source: Your body efficiently burns fat when glucose is unavailable, helping you shed excess weight.
- Blood sugar stabilises: Energy levels remain steady, without crashes or cravings.
- Energy efficiency improves: Your body uses fuel more effectively, enhancing both physical and mental performance.

When you dive into this program your body will prioritise restoring metabolic flexibility by addressing insulin, leptin, and cortisol resistance. Through dietary adjustments, fasting and stress management, you will unlock your body's ability to transition seamlessly between fuel sources, promoting fat reduction, energy stability, and overall health.

Moving Toward Hormonal Balance

Understanding these hormonal resistances is the first step to breaking free from the frustrating cycles of fat storage and energy instability. By addressing insulin, leptin and cortisol resistance through targeted strategies, you can transform your metabolism and reclaim your vitality.

As you progress through the program, you'll notice dramatic shifts: improved energy, reduced cravings and the ability to burn fat efficiently. These are the hallmarks of metabolic flexibility, and the foundation for sustainable health and weight management.

I have found that many of my clients, find they are more sated/less often hungry, more in tune with what their body wants/needs and enjoy eating a simple meal with less and often mono style eating - as in less combinations of foods on the plate.

In the coming chapters, we'll explore the specific steps to rebuild metabolic flexibility, including how fasting, nutrient timing and mindful eating play pivotal roles in achieving metabolic balance. Stay tuned!



Chapter 17

The Hypothalamus: Your Body's Command Centre

Before we dive into the program, we are nearly there. I feel it is very important to introduce you to the hypothalamus, a gland that we need to keep functioning at optimal levels.

At the heart of your brain lies a small but mighty gland known as the hypothalamus. Though it may only be the size of a pea, its influence on your overall health and ability to manage weight is profound. Acting as your body's command centre, the hypothalamus regulates essential functions like appetite, metabolism, hormone balance and even your stress response.

When the hypothalamus is out of balance, achieving optimal health or releasing excess weight becomes an uphill battle. Let's delve into the

critical role of this gland, how it impacts your journey to wellness and the steps we can take to restore its balance.

What Does the Hypothalamus Do?

The hypothalamus sits at the base of your brain, acting as the control hub for your autonomic nervous system and endocrine system. It works by maintaining homeostasis, your body's internal balance, and ensures that various systems function harmoniously. Its responsibilities include:

Regulating Appetite and Metabolism: The hypothalamus monitors your energy needs and sends signals to either stimulate or suppress hunger. It also controls how efficiently your body burns calories and stores fat.

Balancing Hormones: The hypothalamus communicates with the pituitary gland to regulate the release of critical hormones and interacts with other hormones, including those that influence stress (cortisol), hunger (ghrelin) and satiety (leptin).

Managing Stress Responses: When you're stressed, the hypothalamus activates the fight-or-flight response by signalling the release of cortisol. Chronic stress can overburden this system, leading to hormonal imbalances and weight gain.

Regulating Sleep-Wake Cycles: Through its connection to the circadian rhythm, the hypothalamus ensures you get restorative sleep, an essential factor for metabolism and overall health.

Controlling Body Temperature and Hydration: The hypothalamus helps maintain optimal body temperature and fluid balance, which are crucial for metabolic efficiency and energy.

Hypothalamic Imbalance: A Barrier to Weight Reduction

When the hypothalamus is disrupted, whether by poor diet, chronic

stress, toxins, or inflammation, it becomes dysregulated, leading to significant health challenges, like the following:

(You will notice that the Hypothalamus has a big part to play in our metabolic flexibility).

Leptin Resistance: The hypothalamus becomes resistant to leptin, the hormone that signals fullness. As a result, you feel hungrier, overeat, and store more fat.

Cortisol Overload: Chronic stress keeps the hypothalamus in a state of overactivation, leading to persistently high cortisol levels. This promotes fat storage, particularly around the abdomen.

Sluggish Metabolism: A dysregulated hypothalamus slows your metabolic rate, making it harder to burn calories and shed fat, even with a healthy diet.

Increased Cravings: When the hypothalamus misfires, it triggers cravings for sugar and high-calorie foods, perpetuating the cycle of weight gain and metabolic dysfunction.

Sleep Disruption: An imbalanced hypothalamus interferes with your circadian rhythm, leading to poor sleep quality and further hormonal imbalances.

Supporting Hypothalamic Balance for Optimal Health

Restoring hypothalamic balance is key to unlocking your body's natural ability to regulate weight, energy and health. Here's how the Carnivore to Carnivore Detox Program supports hypothalamic health:

Eliminating Inflammatory Foods. Chronic inflammation impairs hypothalamic function, particularly its ability to respond to leptin and insulin. By focusing on low-inflammatory foods, the program helps reduce systemic inflammation and restore proper signalling.

Incorporating Healthy Fats: The hypothalamus is highly sensitive to omega-3 fatty acids, which improve its function and protect against inflammation. Foods like grass-fed meats and fatty fish support

hypothalamic health.

Fasting for Hypothalamic Reset: Intermittent fasting promotes hypothalamic neurogenesis, the growth of new neurons, allowing the gland to function more effectively. It also improves insulin and leptin sensitivity. *Hypothalamic Neurogenesis: The Key to Rewiring Your Health – more in Chapter 26*

Managing Stress: Stress reduction techniques like mindfulness, breathwork and time in nature lower cortisol levels and protect the hypothalamus from overactivation.

Prioritising Sleep Quality: Sleep is vital for hypothalamic repair. The program encourages practices like consistent sleep schedules, avoiding blue light at night and creating a relaxing bedtime routine.

Another aspect to look into is detoxing from Environmental Toxins. Heavy metals, pesticides and endocrine-disrupting chemicals can in the long term be vital for optimum hypothalamic function. This program's detox phase supports the removal of these toxins to promote balance. (Plus our products that support our Fast Track To Health program really enhances this effect).

The Hypothalamus as Your Health Compass

Your hypothalamus acts as the compass for your health, guiding your body toward balance and optimal function. When it's working well, your metabolism hums along, your weight stabilises and your energy levels soar.

When it's out of sync, everything feels harder, weight won't budge, cravings take over and stress feels overwhelming.

By supporting your hypothalamus through the principles of the Carbivore to Carnivore Detox Program, you'll not only unlock the ability to release excess weight but also experience profound improvements in mood, energy and overall well being.

Before we dive into the programme properly I have to cover one of the most important aspects of the program, well I believe it has a huge impact on the long term results.

Magnesium....

Chapter 18

The Magic Of Magnesium

Why it matters.

This chapter isn't just about a product, it's about giving your body one of the most powerful, supportive tools for healing, resilience and balance.

I speak from experience. Magnesium oil/gel changed my life and many thousands of my clients.. I believe it can do the same for you.

Before we move into Phase 1 and the food list, there is a vital piece of the puzzle I need to share with you, **magnesium**. Anyone who knows me, has heard me speak or has read one of my blogs will know that I am passionate about this product.

It's the quiet support act that, for many of us, becomes the hero of the whole journey.

Let me explain why I believe it's the most underrated yet essential element for healing, energy and lasting weight release.

The Magic of Magnesium – Why It Matters More Than You Might Think

If there's one mineral I believe every single person needs more of, it is magnesium.

My own journey with magnesium started in the late 1980s when I was studying nutrition. I learned early on how important magnesium was for hundreds of bodily processes, from energy production to muscle function to nervous system balance. So naturally, I tried magnesium tablets – and recommended them to my clients.

But here's the truth: I didn't notice any difference. And neither did they.

As new forms became available powders, then liquids, I gave those a go too. Still nothing changed. Despite knowing the science and seeing all the right theories on paper, the real-world results just weren't there. Then in 2006, while I was back in the UK, a practitioner I had trained with asked me if I had ever tried magnesium oil. Transdermal magnesium applied directly to the skin. I hadn't. So I gave it a go.

That was the moment everything changed. From the first application, I felt the difference. There was a noticeable shift in how I felt, calmer, more grounded, more balanced. It was one of those “aha!” moments where everything just clicked. I had finally found a missing piece.

When I returned to New Zealand, I tried to get more, only to discover there was no supplier of magnesium oil here at the time. So we began importing the raw ingredients ourselves. We researched and found the best we could, which came from the Dead Sea.

That led to the development of our own. Which is now called Fast Track To Health Magnesium. Which started as pure magnesium oil, and eventually evolving into a gel.

In 2010, I began enhancing the oil with homeopathic remedies, essential oils, and herbal tinctures to create targeted blends that worked not only on a physical level but also energetically. It's been evolving for over 15 years alongside my programs, and it continues to be a cornerstone of everything I teach and offer.

Why Magnesium Matters, Especially on This Program

Magnesium is essential for over 300 enzymatic reactions in the body. It's involved in nerve transmission, muscle function, hormone regulation and detoxification. It also plays a major role in stress resilience.

But here's why it's especially critical when you begin this program:

- **Magnesium and Ketosis:** When you move into ketosis (either via fasting or a low-carb diet), your body flushes out fluids rapidly, and along with them, electrolytes like sodium, potassium and magnesium. If you don't replenish magnesium, you'll likely feel fatigued, sluggish and irritable, what many call "keto flu."
- **Magnesium and Stress:** Magnesium is used up quickly during times of stress. And let's be honest, starting any health journey, especially one involving detox and dietary change, can be a bit stressful for the body and mind. Magnesium helps your nervous system stay grounded, your digestion stay regular and your sleep stay deep.
- **Magnesium and Weight Release:** In my experience, the people who succeed long term with this program, the ones who release the weight and keep it off, are the ones who use magnesium oil or gel daily. It's that simple. The magnesium

helps support the detox organs, keeps energy flowing, and prevents many of the blocks that cause people to give up too soon.

- **Magnesium and digestive enzymes:** If we don't have enough magnesium then our body will not create sufficient digestive enzymes to utilise our food and break it down so that we can access all the nutrients we need to keep us high in energy and vitality. What this means is that you may be eating an amazing diet taking awesome supplements, but your body cannot utilise them. This is a double whammy, not only are you not getting the nutrition that you need from your food. You also won't be absorbing your supplements and that includes magnesium. So you won't be topping yourself up.
- **Magnesium and insulin:** If you're low in magnesium, your body can't produce insulin properly. Magnesium is one of the building blocks needed to make insulin work the way it should. Without it, the insulin your body makes is less effective, and the receptors don't communicate clearly. As a result, your body produces even more insulin to try to compensate, pushing you toward insulin resistance over time.

How to Use It

I recommend applying Magnesium Oil or Gel 3–5 times per day, especially during the detox and fasting stages of the program. Rub it into the skin, arms, legs, stomach, wherever you feel tension or where your intuition guides you. You may feel a slight tingling at first, especially if your magnesium levels are very low. That usually settles with regular use.

If you're using our gel version, you'll also be receiving the added benefits of the homeopathic remedies, essential oils, and herbs we've added, each carefully chosen to support different detox pathways and emotional clearing.

You can also apply it before bed to support deep, restful sleep.

Magnesium is not a nice-to-have, it's a foundational part of this process. If you've tried oral supplements in the past and felt no difference, you're not alone. Transdermal magnesium is different. It bypasses the gut, goes straight into the bloodstream and you can feel the results.

In the next chapter, we'll dive into the practical aspects of implementing the program with a detailed low-inflammatory food list and a step-by-step plan to kickstart your transformation. Stay tuned, it's time to put this knowledge into action!



Chapter 19

Phase 1 food list

Food list to stick to in your first 40 days

The food list on this page is your starting point.

I recommend that you stick to this list- do not add anything else into the mix. It will interfere with the process.

Over the 15 years of sharing lists with clients, I know that it works, if you stick to it.

If you add things in, you might be lucky and it still works for you. However nine times out of ten, it won't.

This list came about when I specialised in allergy testing and the foods on the list seldom came up as causing problems.

However there are two that can and they are tomatoes and prawns. So if you eat those foods and your weight and aches and pains aren't dropping, then drop them and see what happens.

Take a look at the list and memorise it. We have a PDF of this so if you would like a copy to print off, email me and I'll send it you.



LOW INFLAMMATORY FOODS

PROTEIN

Chicken organic
 Venison
 Beef
 Turkey
 Whitefish & oily fish
 Veal
 Prawns
 Crayfish/lobster
 shellfish
 Eggs (2-3)
 Tinned tuna, in olive oil

PLUS:

2 dessert spoons Gelatine powder made into jelly with either your two fruits or using lemon or lime juice with stevia . This is an extra serving that you can have.

HAVE AS MUCH OF THE FOLLOWING AS YOU LIKE!

Lettuce (all types)
 Tomatoes
 Cucumber
 Celery
 Onions (all varieties)
 Fennel
 Leafy green vegetables
 Cabbage (all)

CARBS & FLAVOURS

Asparagus
 Leeks
 Brussel Sprouts
 Broccoli
 Ginger or Garlic
 Herbs & Herb teas
 Himalayan salt
 Black pepper
 Apple cider vinegar
 Lemon juice
 Green and white tea
 Spices
 Olives and capers

YOU CAN HAVE LIMITED AMOUNTS OF THE FOLLOWING:

1 tablespoon milk with a hot drink

Two pieces of fruit but only three choices:

- Apples
- Grapefruit
- Strawberries (large handful)

1 teaspoon of either Butter or olive oil with each meal
 Coffee - 1 or 2 cups daily



Your Low inflammatory food list



Chapter 20

The 40-Day Plan: What to Eat, What to Avoid

Phase 1: Transition to Low-Inflammatory Eating

Welcome to Phase 1 of the Carbivore to Carnivore Detox Program! This phase is about gently transitioning your body from a typical high-carb, inflammatory diet to a low-inflammatory, healing way of eating. If you've been on a Standard Western Diet (SWD) full of processed foods, sugars and carbs, this transition is crucial for preparing your body to move towards a carnivore or low-carb lifestyle without shocking your system.

This first phase lasts for 40 days.

You will start with the low-inflammatory food list, and as we move through the program, you'll gradually shift your diet to include more

protein sources while reducing your intake of vegetables. This process will naturally eliminate the common culprits of inflammation. The goal is to give your body time to adjust, reduce stress, and allow your digestive system to begin healing.

Why Are We Doing This Gradually?

If you've been following a Standard Western Diet, your body is likely accustomed to running on carbohydrates, sugars and processed foods. Jumping straight into a carnivore diet without preparation can be overwhelming, both physically and mentally. Your body needs time to adapt to burning fat for fuel instead of relying on carbs. A sudden drastic change may lead to uncomfortable symptoms like fatigue, headaches, digestive issues, or even emotional swings as your body adjusts to a new energy metabolism.

Mentally, a gradual transition avoids the shock of cutting out all carbs and familiar foods at once. This method reduces feelings of deprivation, helps you stick with the program and allows you to adapt to the changes comfortably.

Phase Overview: Low-Inflammatory Focus

In Phase 1, you'll focus on low-inflammatory foods. The list is in the previous chapter, do not change it, otherwise you will not get the results you desire. We are doing this to reduce stress on your body and begin the healing process. You'll eliminate foods that cause inflammation, disrupt digestion, and trigger stress responses, such as grains, legumes, nuts, seeds and most processed foods. Over time, you'll increase your protein intake while gradually reducing vegetables until your meals are primarily protein-based.

Plus, you are encouraged only to have 2 meals a day – more about this next.

Weekly Breakdown

Days 1-14: Start with one protein source (e.g., chicken, beef, eggs, or fish) with each of your two meals, paired with a variety of approved low-inflammatory vegetables. For example eggs for lunch and beef for dinner. Use herbs and spices to keep meals flavourful and enjoyable.

Keep the combinations of herbs and spices simple and keep away from spice and herbal mixes as producers will often add extra ingredients which can cause you problems. Instead, play with individual ingredients and enjoy what you can create.

Days 14-20: Gradually add a second protein (like adding eggs to your prawns for example). to one of your meals while keeping your vegetable intake consistent. Continue focusing on reducing inflammation with the approved foods list.

Days 21-30: Begin reducing your vegetable intake, selecting one or two vegetables per meal while maintaining 1-2 protein sources. You'll notice your body adjusting to this change as inflammation reduces.

Days 31-40: Make your meals consisting primarily of protein with no more than two types of vegetables. This will prepare you for Phase 2, where you can fully embrace the carnivore diet if you choose. In phase 2 we will take you fully into carnivore, reducing your vegetable intake completely.

Personalising the Pace

If at any time you are happy with the foods and the results you are getting then please, stay on the step you are on. However, it's essential to monitor progress. If you're not seeing positive changes such as a reduction in weight or reduction in symptoms, don't hesitate to move

forward. it really will be so rewarding.

Fast Track Option for Keto-Adaptive Individuals

If you've already been following a low-carb or ketogenic diet, you can do this phase in a week or so and transition to a carnivore diet more quickly. Since your body is accustomed to burning fat for fuel, you can begin incorporating more protein and reducing vegetable intake sooner, reaching full carnivore mode by the end of 40 days.

Incorporating Intermittent Fasting

Benefits of Intermittent Fasting

Intermittent fasting (IF) is a powerful tool to support your body's healing process. By adjusting when you eat rather than what you eat, fasting allows your body time to rest, repair and shift into fat-burning mode. Key benefits include:

- **Improved Insulin Sensitivity:** Fasting lowers insulin levels, helping your body burn fat more efficiently.
- **Cellular Repair Through Autophagy:** Fasting triggers autophagy, where your body cleans out damaged cells and regenerates new ones.
- **Enhanced Fat Burning:** Fasting encourages your body to use stored fat for energy, especially beneficial for breaking sugar dependency.
- **Reduced Inflammation:** Fasting lowers inflammation, supporting overall healing.
- **Improved Digestion and Mental Clarity:** Giving your digestive system a break enhances nutrient absorption, reduces

bloating, and boosts brain function.

Structuring Your Fasting Window

During Phase 1, start with an 8-hour eating window, giving your body 16 hours of fasting each day. Choose a schedule that suits your lifestyle:

- **Option 1** (11 AM - 7 PM): Skip breakfast, focusing on lunch and dinner.
- **Option 2** (9 AM - 5 PM): Start with breakfast, followed by an early dinner.

The most popular is the first one, as most people can cope without breakfast.

Stick to nutrient-dense, low-inflammatory foods during your eating window. In two meals, don't snack in between meals. Consistency is key to training your body and improving metabolic flexibility. As well as intermittent fasting and keeping to the food list, drink 3 litres of fluid per day. You will also need to make sure that your salt levels are increased.

So, why Salt is Essential for Your Health During the Program

Salt is more than a seasoning, it's a vital nutrient that supports many of your body's essential functions. During this Program, your body will undergo significant changes as it transitions from relying on carbohydrates to burning fat for fuel. This shift, often referred to as entering ketosis, can lead to an increased loss of electrolytes, including sodium. Here's why replenishing salt is so important:

Rebalancing Electrolytes

As you reduce your carbohydrate intake, your insulin levels drop. This signals your kidneys to release excess water and sodium. While this is a natural part of the process, it can result in an electrolyte imbalance, leading to symptoms like headaches, fatigue, dizziness, muscle cramps and even heart palpitations, often referred to as the "keto flu." Adding high-quality salt to your diet helps replenish lost sodium, keeping your electrolytes balanced and these symptoms at bay.

Supporting Hydration

Sodium plays a critical role in regulating fluid balance in your body. Without adequate sodium, the water you drink won't be effectively retained, potentially leading to dehydration. This is especially important as your body releases stored water during the early stages of the program. Proper salt intake ensures that your cells stay hydrated and functioning optimally.

Boosting Energy and Performance

Salt is essential for nerve function and muscle contraction. A deficiency in sodium can lead to sluggishness, muscle weakness, and even difficulty concentrating. By maintaining adequate salt levels, you'll experience improved energy, mental clarity and physical performance.

Enhancing Digestion

Salt stimulates the production of stomach acid (hydrochloric acid), which is crucial for breaking down food and absorbing nutrients. If your salt intake is too low, your digestion may slow down, leading to bloating, discomfort, or poor nutrient absorption. Including enough

salt ensures your digestive system works efficiently as your body adapts to the dietary changes in the program.

Regulating Blood Pressure

While excessive salt from processed foods can lead to high blood pressure, natural, unprocessed salts like Himalayan pink salt or Celtic sea salt can help maintain healthy blood pressure levels, especially when paired with the reduced inflammation and balanced electrolytes achieved through this program.

The Role of High-Quality Salt in the Program

Not all salts are created equal. Table salt, which is highly processed and often stripped of its natural minerals, won't provide the same benefits as unrefined salts like Himalayan pink salt or Celtic sea salt. These natural salts are packed with trace minerals, including magnesium, potassium, and calcium, that further support your body's healing and detoxification processes.

How to Incorporate Salt Into Your Routine

To ensure you're reaping the full benefits of salt, consider the following tips:

1. Make a Salt Sole

A salt sole (pronounced so-lay) is a concentrated mineral-rich solution that provides an easy way to incorporate high-quality salt into your diet.

- How to Make It:
 - a. Fill a glass jar about one-quarter full with Himalayan pink salt or Celtic sea salt.

- b. Add filtered or spring water to the jar, filling it nearly to the top.
 - c. Stir or shake well, cover with a non metal lid, and let it sit overnight, allowing the salt to dissolve.
 - d. If all the salt dissolves, add a bit more until some remains undissolved at the bottom, this indicates the solution is fully saturated.
- **How to Use It:** Take 1 tablespoon of the salt sole diluted in a glass of water each morning on an empty stomach. This simple daily ritual will replenish your sodium levels, support hydration, and enhance energy. Plus if you find that your bowels aren't working as well as you would like, you can add another dose in the afternoon

2. Add Salt to Your Water or on your tongue

Throughout the day, especially if you're feeling fatigued or experiencing muscle cramps, add a pinch of salt under your tongue, to your water or added to some herbal tea. This will help maintain electrolyte balance and prevent dehydration.

3. Season Your Food Generously

Incorporate natural salt into your meals to enhance flavour and ensure you're meeting your sodium needs. Use it liberally on your proteins and low-inflammatory vegetables during Phase 1 of the program.

Common Signs of Sodium Deficiency

It's essential to recognise when your body needs more salt. Common signs of sodium deficiency include:

- Headaches or dizziness

- Muscle cramps or spasms
- Fatigue or weakness
- Light-headedness, especially when standing up
- Difficulty concentrating or "brain fog"
- Constipation – this can be salt and or lack of hydration

If you notice these symptoms, increase your salt intake through the methods outlined above.

The Transformative Role of Salt in Your Health Journey

By embracing salt as a healing tool, you're not only supporting your body through the detoxification process but also laying the foundation for long-term health and vitality. Proper salt intake ensures your body has the minerals it needs to function at its best, helping you feel energised, hydrated, and balanced throughout the program.

Simple Low-Inflammatory Recipes – more in chapter 42.

- Chicken and Vegetable Stir-Fry
- Beef and Cabbage Stew
- Baked Salmon with Asparagus
- Egg and Spinach Scramble

Preparing for the Next Phase

By the end of Phase 1, your body will have reduced inflammation,

begun gut healing and shifted toward fat-burning metabolism. This phase sets the stage for deeper detox and healing in the next stage of the program, where fasting and further dietary refinements will amplify your progress.

"Ready to dive deeper into low-inflammatory eating? Our comprehensive course includes meal plans, additional recipes and tailored support to help you transition smoothly into Phase 1. Join our Fast Track To Health Program, now, to maximise your success!"



Chapter 21

Bowel Health:

Understanding Changes in Digestion During Ketosis and Carnivore

We can't go any further without discussing bowel movements.

I have found that this is a question I get asked often and so we are covering this here. If you haven't yet started on your journey, then it is good to read this so you know what is likely to happen. As you transition into ketosis and move toward a carnivore lifestyle, you'll likely notice changes in your bowel habits. These shifts can sometimes feel surprising, or even concerning, if you're not expecting them. Rest assured, they're a normal part of the process as your body adapts to new fuel sources and nutrient patterns.

Yes in previous chapters we have discussed how bowel health can

impact your health, and that if your gut is damaged then our whole body can be impacted.

In this chapter however, we'll explore what happens to your digestive system during ketosis and carnivore eating, why bowel motions often become less frequent, and how to manage potential issues such as constipation or diarrhoea.

Bowel Movements and Ketosis: Why Less Can Be More

One of the first changes people notice when transitioning to a ketogenic diet is a decrease in the frequency of bowel movements. While this might seem alarming at first, it's often a sign that your body is becoming more efficient at processing food.

Why Do Bowel Movements Decrease in Ketosis?

Reduced Fibre Intake: A ketogenic diet naturally involves cutting back on high-fibre foods like grains, legumes, and many fruits. While fibre is often thought to be essential for regularity, the reality is that your body really does not need as much fibre when you're eating fewer carbohydrates and more nutrient-dense proteins and fats.

Increased Nutrient Absorption: On a high-carb diet, much of what you eat passes through your digestive system without being fully absorbed. With a low-carb, high-fat diet, your body is better able to extract nutrients from the food you eat, leaving less waste to be eliminated.

Changes in Gut Microbiota: As your diet shifts, so does the composition of your gut bacteria. The microbes that thrive on carbohydrates and fibre diminish, while those that prefer fats and proteins begin to flourish. This microbial shift can influence the consistency and frequency of bowel movements.

Is It Normal to Have Less Frequent Bowel Movements?

Yes! It's perfectly normal to have fewer bowel movements on a ketogenic way of eating. As long as you're not experiencing discomfort, bloating, or other signs of constipation, there's no need to worry about going less often. What matters most is the quality of your stool, soft, well-formed, and easy to pass, rather than the quantity.

Carnivore Diet and Digestion: What to Expect

When transitioning to a carnivore diet, bowel changes can vary even more widely. Some people experience very regular, well-formed stools, while others may notice occasional diarrhoea or constipation. These changes depend on several factors, including your gut health, hydration, and the balance of fats and proteins in your meals.

Why Does the Carnivore Diet Cause Diarrhoea?

Increased Fat Intake: Eating more fat than your body is used to can sometimes overwhelm your digestive system, leading to loose stools. This is especially common during the initial transition as your gallbladder ramps up bile production to digest the additional fat.

If you have sluggish bowels you can struggle with Diarrhoea on carnivore: It takes time to adjust and for some it can take a while, just be patient with your body. If the diarrhoea continues for a while take charcoal to help slow down motility and take toxins out quicker – take away from food as it will prevent you from absorbing the nutrients. Plus if you are having a lot of fat and salt it is worth reducing those for a few days and see if that helps.

Rapid Detoxification: Switching to a carnivore diet can trigger a

detox effect as your body eliminates toxins and inflammatory compounds. This process can sometimes cause diarrhoea, especially in the first few weeks.

Why Does the Carnivore Diet Cause Constipation?

Less Bulk in the Diet: With fewer fibrous plant foods, your stools may become smaller and less frequent, which is often mistaken for constipation. This isn't true constipation unless you experience difficulty or pain when passing stool.

Dehydration or Electrolyte Imbalance: A carnivore diet can increase water and electrolyte loss, particularly during the transition phase. Dehydration or a lack of magnesium, sodium, or potassium can slow bowel movements.

Managing Bowel Changes

For Constipation

- **Stay Hydrated:** Aim for at least 3 litres of water/liquid daily and consider adding a pinch of high-quality salt to your water to support electrolyte balance.
- **Incorporate Bone Broth:** Bone broth is rich in gelatine and nutrients that support gut health and can help keep things moving smoothly.
- **Try Magnesium:** Magnesium citrate or magnesium glycinate can act as a gentle stool softener while supporting muscle relaxation. The reason this works is because the magnesium isn't being absorbed it creates a slight irritation to the bowels and so it acts as a laxative.

- **Gut Massage:** Massaging your abdomen in a clockwise motion can stimulate bowel movements by encouraging peristalsis.
- **Salt sole:** Add an extra tablespoon of salt sole every afternoon, it can make a huge difference.

For Diarrhoea

- **Reduce Fat Intake Gradually:** If you're experiencing loose stools due to increased fat, try reducing your fat intake slightly and gradually increasing it over time to allow your body to adjust.
- **Include Collagen and Gelatine:** These can soothe the gut lining and help improve stool consistency.
- **Support the Liver and Gallbladder:** Herbs like milk thistle or dandelion tea can support bile flow and digestion.

The Science of Digestive Adaptation

When you change your diet, your body undergoes a significant metabolic shift. The gut microbiome is one of the fastest systems to adapt, often changing within days of dietary changes. This means that many of the initial bowel changes you experience are temporary as your gut bacteria recalibrate to match your new way of eating.

Ketosis and Short-Chain Fatty Acids (SCFAs)

On a ketogenic or carnivore diet, your body produces fewer SCFAs like butyrate, which are typically derived from fermenting dietary

fibre. However, your gut adapts by using ketones as an alternative fuel source, maintaining gut health even in the absence of fibre.

When to Seek Support

While most bowel changes during ketosis or carnivore are normal, there are times when you may need additional support: Join our Facebook group, where you can ask the questions and get great answers from those who have been where you are now.

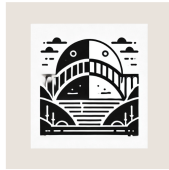
- **Persistent Discomfort:** If you're experiencing ongoing bloating, cramping, or pain, it's worth investigating whether specific foods might be causing an issue.
- **Severe Diarrhoea:** Loose stools that last for more than a few months, may indicate a sensitivity or imbalance that needs to be addressed. Again drop into the Facebook group or email me – email address at the back of this book.
- **Constipation Beyond 3-4 Days:** If you haven't had a bowel movement in several days and feel uncomfortable, you may need to adjust your hydration, electrolytes, or magnesium intake. Or increase fat intake? There are some great herbal formulas that really can help, just ask.

Conclusion: Embracing Digestive Changes

Changes in bowel health are a natural part of transitioning to a ketogenic or carnivore **diet**. By understanding the reasons behind these shifts and supporting your body with proper hydration, electrolytes and gut-healing practices, you can navigate this phase with confidence. Remember, your digestive system is adapting to a healthier way of eating and these changes are often a sign that your body is healing and

recalibrating.

In the next chapter, we'll explore how fasting can further support your digestive health and enhance the detoxification process.



Chapter 22

Bridging Phase 1 and Phase 2

Preparing for Transformation

Why We Need a Phase 2

You've successfully completed Phase 1, congratulations! During the first 40 days of this program, you reduced inflammation, well on your way to healing your gut, and shifting your metabolism into fat-burning mode. These foundational steps were crucial for stabilising your body and setting the stage for deeper transformation.

But healing is a journey, and Phase 2 is where the real magic happens. This phase isn't just about shedding weight or improving digestion, it's about tapping into your body's innate ability to regenerate

and thrive. To achieve this, we're diving into practices that support cellular repair, hormonal balance, and even brain regeneration.

The Purpose of Phase 2

Phase 2 is designed to take you beyond the surface level of health and into the deeper realms of longevity and vitality. Here's what makes this phase so transformative:

1. **Activating Cellular Repair:** Through fasting and dietary strategies, we unlock processes like autophagy and stem cell activation to rejuvenate your body at a cellular level.
2. **Rewiring Your Brain:** By focusing on hypothalamic neurogenesis, we repair the brain's control centre for metabolism, hunger, and stress. This helps address long-standing issues like leptin resistance and emotional eating.
3. **Enhancing Communication:** The vagus nerve, your body's communication highway, plays a crucial role in connecting the brain, gut, and vital organs. Supporting vagus nerve health ensures all systems are working in harmony.

Explanatory Notes for Key Terms

To help you navigate the concepts introduced in Phase 2, here are some key terms explained:

- **Hypothalamic Neurogenesis:** This is your brain's ability to grow new neurons (nerve cells) in the hypothalamus. Like we explained in chapter 16, this small but mighty part of the brain regulates hunger, energy balance, and stress responses. But the hypothalamus is so much more than this – it's like giving your brain a "hardware upgrade" for better metabolic

control. More about this in chapter 26.

- **Neurogenesis and Metabolism:** Imagine your hypothalamus as the thermostat for your metabolism. When its circuits are damaged by chronic stress, inflammation, or poor diet, it stops functioning correctly, leading to weight gain, hormonal imbalances, and emotional struggles. Neurogenesis helps repair these circuits, restoring your brain's ability to regulate energy and weight effectively.
- **The Vagus Nerve:** Often called the “highway of health,” the vagus nerve connects the brain to the gut, liver, heart, and other vital organs. It's critical in reducing inflammation, supporting digestion, and fostering a calm state where healing can occur.

What to Expect in Phase 2

Phase 2 introduces new tools and practices to deepen your healing and regeneration:

- **Fasting for Deeper Healing:** We'll explore how extended fasting helps your body repair itself, burn fat, and improve insulin sensitivity.
- **The Science of Neurogenesis:** Learn how your brain can regenerate neurons to improve hormonal balance, reduce inflammation, and reset your metabolism.
- **The Role of Copper Peptides:** Discover how copper-rich foods and peptides support stem cell activity and neural repair.
- **Vagus Nerve Activation:** Simple practices to enhance the

communication between your brain and body, reducing stress and inflammation.

Why This Matters

Phase 2 isn't just about physical health; it's about giving your body and mind the tools to thrive for the long term. The techniques we'll cover aren't quick fixes; they're foundational strategies for unlocking your body's natural intelligence and potential.

By the end of Phase 2, you'll feel lighter, more energised, and mentally clear. But even more importantly, you'll have built the resilience and tools to maintain these benefits for life.



Chapter 23

Fasting for Deeper Healing

The power of eating less often

You have changed your diet, to nearly carnivore, Now, it's time to take things to the next level with fasting, one of the most powerful tools for deeper healing and transformation.

Fasting has been used for centuries as a way to cleanse the body, reset the metabolism, and allow the body to focus on healing. In Phase 2, we're going to go beyond intermittent fasting and introduce longer fasts. These fasts give your body extended periods without food, which unlocks a range of benefits, from improved fat burning to cellular repair. Don't panic if you have never fasted before, you have some choices and the length of time is up to you! It's often easier than you think it will be.

Before we dive into the incredible benefits of longer-term fasting, I

want to be honest with you: while the results at the *end* can be nothing short of profound, the journey to get there isn't always smooth sailing.

Sometimes you might feel low on energy, notice old aches flaring up – or even discover new ones popping in to say hello. Nausea can hit. It might feel like something's going wrong... but it's not. This is your body doing the deep healing work.

We've got plenty of simple strategies to help, but mostly, it comes down to this: rest, hydrate with plenty of water and salt sole, and keep things moving gently. Go for a walk, stretch, breathe. Let your body do what it knows how to do.

You might also see your weight go up a little. Don't panic, this is just part of the healing. It's inflammation, yes, but it's a sign that your immune system – particularly those hardworking cytokines – is doing a fabulous job cleaning house.

Interestingly, some people breeze through their *first* fast, only to find the *second* or third one a lot more intense. That's simply because the body is ready to release deeper blockages. It's doing the next level of healing and often *after* that fast is when the real magic starts to show.

Now, here are some of the reasons why we fast.

The Power of Longer Fasting

When you extend your fasting window beyond the typical 16-18 hours of intermittent fasting, you allow your body to enter deeper states of healing and repair. The benefits of fasting increase the longer you go without food. Here's why:

Burning Fat for Fuel

During longer fasts, your body fully switches from burning glucose to burning fat. This is when your body begins to rely on ketones, the energy produced from fat stores. As your body adapts to this fat-burning mode, you become more metabolically flexible, meaning you can access stored fat for energy more efficiently. This is especially helpful for breaking through weight release plateaus and overcoming insulin resistance.

Is it worth mentioning here that sometimes the weight release will start after the fast as during fast there can be healing inflammation.

Hormonal Reset

Fasting gives your body a break from the constant release of insulin, allowing insulin sensitivity to improve. This hormonal reset can help balance other hormones as well, including leptin (the hormone that regulates hunger) and growth hormone, which is essential for muscle maintenance and fat release.

Fasting increases levels of growth hormone, which plays a role in fat burning and maintaining lean muscle mass. Human growth hormone helps one to 'shrink' when dropping weight vs having lots of excess skin. This is often something that scares people about getting thin again.

Reducing Inflammation

Chronic inflammation is at the root of many modern health problems, from autoimmune disorders to metabolic issues. Longer fasting periods help reduce inflammation by lowering oxidative stress and allowing your body to repair damaged tissues. As inflammation decreases, you may notice reduced joint pain, better digestion, and improved

mental clarity.

Improved Mental Clarity

Many people experience a surge of mental clarity during longer fasts. Without the distraction of constant digestion, your brain has more energy to focus on cognitive tasks. Fasting also increases the production of brain-derived neurotrophic factor (BDNF), which supports brain health, memory and learning.

Resetting Your Relationship with Food

One of the most profound benefits of longer fasting is the mental reset. When you fast, you begin to break the emotional and psychological attachment to food. You realise that your body can thrive without constant feeding and you start to listen more closely to your hunger signals. This helps you reframe your relationship with food, making it easier to stick to your dietary goals long-term.

Autophagy Kicks into High Gear - More about Autophagy as it is really important that we know why we are doing this!

Autophagy: Your Body's Internal Clean-Up Crew

Autophagy - The body's way of cleaning out damaged cells and regenerating new ones, is one of the most potent and fascinating processes that occurs during fasting and it's a major reason fasting is so effective for deep healing. The term autophagy literally means "self-eating," but don't let that scare you; this is your body's way of cleaning house and getting rid of damaged cells, waste and toxins. While intermittent

fasting triggers some autophagy, it is during longer fasts of 24 hours or more that autophagy really steps up.

When you're not constantly digesting food, your body has the time and energy to focus on internal maintenance, and autophagy is a key part of this. It's a natural process where your cells break down old, damaged components and recycle them to create new, healthy cells. This cellular renewal is essential for preventing disease, slowing aging, and improving overall health.

How Autophagy Works

Think of autophagy as your body's built-in recycling system. During fasting, when your body isn't receiving new nutrients from food, it looks inward for sources of energy and materials. It begins by identifying damaged or malfunctioning cells and breaking them down into their basic components. These broken-down parts are then either used to create new cells or they are eliminated from the body.

Autophagy plays a crucial role in:

- **Removing toxins:** It helps eliminate harmful proteins and toxins that accumulate inside cells, which are often linked to diseases like cancer, Alzheimer's, and other neurodegenerative conditions.
- **Reducing inflammation:** Autophagy helps lower inflammation, which is at the root of many chronic diseases, by clearing out damaged cells that trigger immune responses.
- **Boosting immune function:** Autophagy also helps your immune system by clearing out viruses and bacteria that have infiltrated cells, allowing your body to stay more resilient against infections.

- Repairing and regenerating tissues: Autophagy supports muscle repair and tissue regeneration, which is particularly important for overall health, especially as we age.

Autophagy and Longevity

One of the most exciting aspects of autophagy is its link to longevity. Research has shown that activating autophagy can extend the lifespan of cells, improve metabolic health and reduce the risk of age-related diseases. This is why fasting is often referred to as an anti-aging strategy. It's not just about weight release, it's about giving your body the tools it needs to repair and regenerate. In a nutshell its one of the most profound ways to promote healing and rejuvenation from the inside out.

Before we go into the types of fasting, let's dive into what goes on in your body when we fast for different lengths of time.

What Happens in Your Body as You Fast: 12, 24, 36, 48 and 72 Hours

As we have discussed fasting is a powerful tool that allows your body to go through distinct phases of healing and fat burning. At different time intervals, your body activates various processes that support everything from improved insulin sensitivity to deep cellular repair. Let's take a closer look at what happens at 12 hours, 24 hours, 36 hours, 48 hours and 72 hours of fasting.

At 12 Hours: Entering the Fat-Burning State

Once you've been fasting for about 12 hours, your body starts to shift from using glucose (sugar) for energy to burning stored fat. This is known as metabolic switching, where your body transitions from using glycogen (stored glucose in the liver) to tapping into fat

stores for fuel. This is why intermittent fasting is so powerful. Here's what happens at this stage:

- **Glycogen Depletion:** After about 12 hours without food, your glycogen stores (sugar stored in the liver) start to run low. This is when your body begins looking for an alternative energy source, your fat stores.
- **Fat Burning Begins:** As glycogen becomes depleted, your body begins to break down fat into fatty acids. These fatty acids are then converted into ketones, which your body can use for energy. This process is called ketosis and is a key feature of fasting.
- **Insulin Drops:** Insulin levels start to fall as your body is no longer dealing with incoming food, which helps reduce fat storage and makes it easier for your body to access stored fat for energy.
- **Initial Cellular Maintenance:** The body also starts performing basic maintenance, clearing out small amounts of cellular debris and starting minor autophagy. At this point, your body is dipping its toes into repair mode.

At 24 Hours: Deepening Fat Burning and Cellular Repair

After a full 24 hours of fasting, your body enters a deeper phase of fat burning and cellular repair. This is when fasting becomes particularly beneficial for both your metabolism and overall health.

- **Full Ketosis:** By the 24-hour mark, your body has fully switched to burning fat for fuel. At this point, ketone levels rise significantly, providing energy to your brain and muscles. You'll likely feel an increase in mental clarity as your

brain adapts to using ketones. If you are already in ketosis due to being on this program, then the amplification of this process is even more!

- **Autophagy Increases:** Autophagy, the body's natural process of cleaning out damaged cells, starts to ramp up. Damaged cell components, including malfunctioning mitochondria and old proteins, are broken down and recycled. This helps reduce inflammation and boosts overall cellular function.
- **Reduction in Inflammation:** As your body focuses on repair, inflammation throughout the body starts to decrease. This is particularly beneficial for people with chronic inflammation or autoimmune issues, as fasting helps reduce the immune system's overreaction.
- **Improved Insulin Sensitivity:** After 24 hours of fasting, insulin sensitivity improves even further. This makes it easier for your cells to take up glucose when you do eat again, leading to more stable blood sugar levels and reduced risk of insulin resistance.

At 36 Hours: Maximal Autophagy and Hormonal Reset

Once you've been fasting for 36 hours, you enter an even deeper phase of cellular repair and metabolic change. The benefits you started to experience at 24 hours continue to intensify, especially in terms of fat burning, autophagy, and hormonal balance.

- **Peak Autophagy:** Autophagy reaches its peak at around 36 hours. Your body is now in full clean-up mode, recycling damaged cells and regenerating new ones. This is the time when your body is most effective at removing toxins, dam-

aged proteins and even precancerous cells.

- **Growth Hormone Surge:** By 36 hours, your body significantly increases the production of human growth hormone (HGH). This hormone is vital for maintaining muscle mass, burning fat and repairing tissues. It's also linked to anti-aging and faster recovery.
- **Leptin and Ghrelin Reset:** Leptin, the hormone that regulates hunger and fat storage, starts to reset during this time. Your body becomes more sensitive to leptin's signals, which helps regulate appetite and fat metabolism. Meanwhile, ghrelin, the hunger hormone, becomes more balanced, reducing cravings and helping you feel more in control of your eating patterns.
- **Intensified Fat Burning:** At this stage, your body has become very efficient at using fat as its primary energy source. Ketone levels are high, and you're likely experiencing sustained energy and mental clarity.
- **Gut Health Improvement:** Fasting allows your digestive system to rest, which helps repair the gut lining and reduce inflammation in the intestines. This is particularly beneficial for those with gut issues such as leaky gut, IBS, or Crohn's disease.

What Happens in Your Body as You Fast: 48 and 72 Hours

As you continue fasting beyond 36 hours, the benefits of fasting deepen even further. Your body is fully immersed in fat-burning mode, autophagy reaches higher levels and significant hormonal and metabolic changes occur. Let's explore in more detail what happens at 48 hours

and 72 hours of fasting.

At 48 Hours: Enhanced Fat Burning and Immune Function

After 48 hours of fasting, your body is in a highly efficient fat-burning state, and several other critical processes are taking place to further promote healing and longevity.

- **Deep Ketosis:** By 48 hours, your body is running almost entirely on ketones. This means you're burning fat at an accelerated rate and your brain is fully adapted to using ketones for energy. You'll likely feel a boost in mental clarity, focus and stable energy levels, with fewer hunger pangs as your body adjusts.
- **Autophagy Intensifies:** Autophagy continues to ramp up at this stage, clearing out even more damaged cells, dysfunctional proteins, and toxins. This cellular cleansing process not only reduces inflammation but also enhances your body's ability to regenerate healthier cells.
- **Immune System Reset:** One of the most remarkable benefits of fasting for 48 hours is its impact on the immune system. Research shows that fasting for two days can stimulate the regeneration of immune cells. During this time, your body clears out old, damaged immune cells and produces new, more efficient ones. This stage is particularly beneficial for people dealing with chronic inflammation, autoimmune conditions, or compromised immunity.
- **Growth Hormone Production Peaks:** Human growth hormone (HGH) production, which began increasing around 36 hours, continues to rise at 48 hours. HGH plays a critical role in muscle preservation during fasting, promoting fat

release and supporting tissue repair and regeneration. This surge helps protect muscle mass while encouraging fat release.

- **Increased Sensitivity to Insulin and Leptin:** Insulin sensitivity is now at an optimal level, making it easier for your cells to uptake glucose when you reintroduce food. Similarly, leptin, the hormone responsible for regulating hunger and fat storage, becomes more effective, helping you maintain a balanced appetite and better control over food intake.

At 72 Hours: Cellular Regeneration and Peak Detox

By the time you reach 72 hours of fasting, your body has entered an advanced state of repair and regeneration. This is where the most profound benefits of fasting take place, particularly regarding immune function, cellular health, and detoxification.

- **Stem Cell Activation:** One of the most significant processes that occurs at 72 hours is the activation of stem cells. Stem cells are responsible for regenerating and repairing tissues, fasting triggers the production of new stem cells, particularly in the immune system. This means your body is actively regenerating new, healthier cells while clearing out old, dysfunctional ones. The 72-hour mark is often considered the peak of immune system regeneration, making it a powerful time for healing and renewal.
- **Complete Cellular Detox:** By 72 hours, your body is performing deep detoxification at the cellular level. Autophagy is working at its highest efficiency, clearing out toxins, damaged proteins and cells that are no longer functioning properly. This process reduces the risk of developing diseases

linked to cellular damage, such as cancer and neurodegenerative disorders.

- **Reduction in Inflammation and Oxidative Stress:** As autophagy continues and your body shifts into advanced repair mode, inflammation and oxidative stress are significantly reduced. This is particularly beneficial for people dealing with chronic inflammation, as fasting can help calm the immune system and reduce flare-ups of conditions like arthritis, autoimmune diseases, and metabolic disorders.
- **Mental Clarity and Emotional Balance:** Many people report feeling a sense of calm and heightened mental clarity around the 72-hour mark. As your body clears out toxins and damaged cells, your brain functions more efficiently, leading to improved focus, mental sharpness and even emotional stability. You may also notice that food cravings have diminished significantly as your body has adapted to using fat for fuel.
- **Metabolic Reset:** By 72 hours, your metabolism has undergone a significant reset. You're now highly efficient at burning fat, your insulin sensitivity is at its peak, and your body's ability to handle glucose is improved. This metabolic flexibility will make it easier to maintain a healthy weight and prevent the cycle of cravings and overeating once you reintroduce food.

Preparing for Refeeding After Extended Fasting

As you approach the end of a 72-hour fast, it's essential to reintroduce food gradually to avoid overwhelming your digestive system.

Start with smaller, easily digestible meals, such as bone broth or light protein, to ease back into eating. Your digestive system has had a well-deserved rest, and it's important to reintroduce food in a way that supports ongoing healing.

The Transformative Power of Extended Fasting

As you can see, fasting for 12, 24, 36, 48, and 72 hours takes your body through distinct stages of fat burning, cellular repair, immune regeneration and detoxification. Each stage offers its own set of profound benefits, from improved insulin sensitivity and autophagy to stem cell regeneration and deep mental clarity. As you progress through to phase 2 of the Program, we will be incorporating longer fasts and move deeper into carnivore, that will give your body the opportunity to access its full healing potential, for lasting health and vitality.

Client Spotlight: Rachel's 48-Hour Fasting Journey

When Rachel joined our program, she had reservations about fasting. The idea of going without food for 48 hours seemed impossible. Like many, Rachel had spent years relying on frequent meals and snacks to keep her energy levels stable, so understandably she worried about hunger, fatigue and whether she could handle the mental challenge. But she was ready to try something new after hitting a plateau in her weight release journey.

Rachel started by easing into fasting with an intermittent fasting routine, sticking to an 8-hour eating window. She quickly noticed improvements in her energy and mental clarity, which, after 40 days, gave her the confidence to try a 24-hour fast. After success with the 24-hour fast, she pushed herself further and decided to attempt a 48-hour fast.

“I was nervous but also excited. I'd seen how much better I felt after

just 24 hours, so I wanted to see what would happen if I went a little longer,” Rachel said.

The First 24 Hours: Getting further into Ketosis

Rachel described the first day as surprisingly smooth. After following a low-inflammatory diet during the program, her body was already primed for fat burning. She stayed hydrated, drinking water with a pinch of Himalayan salt and herbal teas to manage her electrolytes.

“The hunger came in waves but wasn’t as bad as I expected. Whenever I felt hungry, I reminded myself that it was temporary and focused on my goal.”

Rachel noticed her energy shifting by the end of the first 24 hours. She felt lighter, mentally clear and less focused on food.

The Next 24 Hours: Breaking Through

The second day was where the magic happened. Rachel felt a burst of mental clarity that surprised her. “It was like a fog had lifted from my brain. I was able to focus on tasks and even felt this calm, steady energy I hadn’t felt in years.”

She also began to feel the physical benefits of autophagy kicking in. Chronic joint pain that had nagged her for months began to ease, and her skin appeared brighter. By the 36-hour mark, she wasn’t thinking about food at all. Instead, she felt empowered by how her body was responding.

“I realised that I wasn’t controlled by food anymore. It was such a freeing feeling.”

Breaking the Fast: A Gentle Reintroduction

At the 48-hour mark, Rachel broke her fast with bone broth, followed

by a small meal of tender chicken and butter. She was careful to listen to her body, reintroducing food slowly and mindfully.

“I was surprised by how little food I needed to feel satisfied. It was like my body was reset.”

The Results: A Transformative Experience

After her 48-hour fast, Rachel felt rejuvenated. Her weight release plateau had broken and she noticed an overall reduction in inflammation. She also felt a renewed sense of control over her eating habits and a deeper connection with her body.

“Fasting taught me that I’m stronger than I thought. It’s not just about the physical benefits, it’s the mental strength you gain and the relationship you rebuild with your body.”

Why Rachel’s Story Matters

Rachel’s journey shows that fasting is about more than just weight release; it’s a holistic experience that benefits the body and mind. Her success highlights the importance of preparation, mindset and listening to your body, key principles for anyone considering a longer fast.



Chapter 24

Phase 2 Fasting

Incorporating Fasting for Deeper Healing

As we talked about in the previous chapter, in Phase 2, we're taking your transformation to the next level by introducing fasting. We have talked about Autophagy, stem cell regeneration etc. What we haven't talked about, is how you do it. Believe it or not there are some choice on how to do your fasts. Now the theory is that if you are having nutrients you are not actually fasting. However, you can get many of the positive effects, though not all, of a water fast, without going without food. The reason I am going to encourage you to start gently with a mono or a broth fast, is that a water fast can be very hard on your body. So, just like we are easing you into carnivore, we are easing you into fasting too.

Types of Fasting in Phase 2

Here we are introduce three fasting methods, each offering unique benefits. You can select the one that best suits your needs and gradually experiment with longer fasting windows as your body adapts.

Mono-Fasting

Mono-fasting involves eating only one type of food for the day. You choose a single protein source, such as beef, salmon, sardines, or eggs. This simplifies digestion and allows your body to focus on healing while still providing essential nutrients. If you have never done a fast before, this one is such an easy way to get good results.

- How it works: Eat only one protein source throughout the day (e.g., all beef, eggs or all salmon for every meal).
- Attempt to keep to two meals a day. You are still intermittent fasting, so have your meals in your eating window. If you are hungry in-between meals make sure that you have enough liquid. If you have to eat, then add some more of your chosen protein.
- Why it helps: Simplifying your diet reduces digestive stress, promoting fat burning and tissue repair.

Broth Fasting

Broth fasting involves consuming only beef or chicken broth throughout the day. Rich in collagen, amino acids, and minerals, broth supports gut health, joint function, and the overall healing process.

- **How it works:** Sip on homemade broth having two or more big servings a day to stay nourished and energised while fasting. Include the fat from your broth for extra satiety and health benefits. Plus drinking lots of other liquids to make sure you are not hungry. Just like on a mono fast, you are still intermittent fasting so have your broth in your eating window and if you can make your eating window smaller then do that too – as you will get even more benefits from this.
- **Why it helps:** Broth fasting provides essential nutrients without overloading your digestive system, making it especially beneficial for those with digestive issues or inflammation.

Water Fasting

Water fasting is the most intensive fasting method, allowing you to consume only water (and optional herbal teas) for 24 hours or longer. This fasting type promotes maximum fat burning and autophagy.

- **How it works:** Drink plenty of water and herbal teas (unsweetened) to stay hydrated. Add a pinch of high-quality salt, and your salt sole (e.g., Celtic sea salt or Himalayan pink salt) to support electrolyte balance.
- **Why it helps:** Water fasting encourages all of the benefits discussed in the previous chapter including deep autophagy, optimises hormone regulation, and enhances detoxification.

Important note: Avoid table salt, as it lacks essential minerals and contains non-absorbable additives like iodine. Instead, use mineral-rich salts to support your body's needs during fasting.

How to Incorporate Fasting into Phase 2

During this phase, aim to complete one 24-hour fast each week. Choose between mono-fasting, broth fasting, or water fasting based on your comfort level. As your body becomes more accustomed to fasting, you may try longer fasts (36, 48, or 72 hours).

- Listen to your body: If you feel fatigued or unwell, ease up and try shorter fasts. Fasting should challenge your body gently without overwhelming it.
- 72-hour fasts: Limit extended fasts of this length to once every 4–6 months to avoid unnecessary stress on your system.

Preparing for Phase 2

To ensure a smooth transition into Phase 2, prepare both physically and mentally. Here's how to set yourself up for success:

Make Your Own Broth

Broth fasting is a cornerstone of this program and homemade broth is a nutrient powerhouse. Here's a simple recipe to prepare:

- Ingredients: Bones (beef or chicken), water, apple cider vinegar, and salt.
- Method: Roast bones – You only need to do this for beef not chicken bones. Add bones, water, salt and vinegar to a large pot. Let it steep for 12+ hours, then bring to a boil and simmer for 12–24 hours. Strain and store in the fridge or freezer for later use. Alternatively, you can pressure cook for

2.5 hours after steeping for 12+ hours.

Stock Up on Protein

For mono-fasting, keep your chosen high-quality protein source on hand. Fill your fridge and freezer with beef, lamb, chicken, eggs and seafood to make it easy to stick to the program.

Mentally Prepare

Fasting requires more mental preparation than physical. Reflect on the benefits and set clear goals to stay motivated during fasting periods. Visualising your success can help you stay on track when challenges arise.

Embrace the Benefits of Fasting

Phase 2 marks a turning point in your health journey, leveraging fasting to unlock profound healing and transformation. Whether you choose mono-fasting, broth fasting, or water fasting, each option empowers your body to burn fat, repair cells and reset its systems.

Fasting improves present health and lays the groundwork for longevity. By activating autophagy and stimulating stem cell production, fasting helps regenerate healthier cells and repair tissues, reducing the risk of age-related diseases and promoting vitality. As we explore the next chapter on longevity, you'll see how these cellular processes contribute to a longer, healthier life.

Client Success Story: A Year of Transformation

When Helen came to me a year ago, she was 60 years old, weighed 99

kg, and had been stuck at that weight for over 20 years despite trying every program, visiting top specialists, and following countless diets. Frustrated and disheartened, she decided to work with me and my Program.

Over the past year, Helen incorporated one 24 - 48 hour fast each week while following the Lion Diet, (see chapter 34 for information on this) a carnivore approach focused on nutrient-dense, anti-inflammatory foods like beef, salt, and water. The results have been nothing short of remarkable. Helen reached her goal weight of 65 kg - a weight she hadn't seen since her late teens.

Not only has she achieved her dream weight, she also feels better than she ever has. Her energy levels are through the roof, her joint pain has disappeared and she's finally free of the food cravings and emotional struggles that used to plague her. Helen's story is a testament to the power of fasting and the healing potential of a carnivore lifestyle. At 60, she is living proof that it's never too late to transform your health and thrive.

Our next chapter is all about longevity – hint, fasting really helps!



Chapter 25

The Secret to longevity

Stem Cells and the Power of Fasting

What Are Stem Cells and Where Do They Come From?

Stem cells are the "building blocks" of your body, standing ready to repair damage and regenerate tissues. They're unique because they can transform into other types of cells, such as skin cells, muscle cells, blood cells, and more. Think of them as your body's repair team, always on standby to keep things running smoothly.

Here's where stem cells originate:

- Bone Marrow: The main hub for hematopoietic stem cells, which produce blood cells (red, white, and platelets). These

stem cells are critical for repairing and replenishing your blood and immune system.

- **Fat Tissue:** Mesenchymal stem cells, stored in fat, are vital for repairing bones, cartilage and connective tissues.
- **Organs and Tissues:** Your organs house stem cells tailored for their specific function, such as intestinal stem cells that regenerate your gut lining.
- **Circulation During Fasting:** Fasting activates dormant stem cells, pushing them into your bloodstream to regenerate and repair tissues, especially in high-demand areas.

How Are Stem Cells Made?

Stem cells form through cell division in key areas of the body (like bone marrow or fat tissue). The process unfolds as follows:

A Parent Cell: A single stem cell either makes an exact copy of itself or begins differentiating into a specialised cell (e.g., a liver or skin cell).

Signals to Divide: Your body signals stem cells to multiply in response to damage, exercise, or fasting.

Replication and Differentiation: One daughter cell remains a stem cell for future use, while the other becomes a specialised cell to address the current need.

What Are Stem Cells Made Of?

Stem cells are composed of the same essential building blocks as other cells:

- **Proteins:** Essential for cellular function and repair.

- **Fats (Lipids):** Form the protective outer membrane, enabling communication with the cell's environment.
- **DNA:** The blueprint for growth, division, and specialisation.
- **Water:** Critical for all cellular functions, highlighting the importance of proper hydration.

How Does Fasting Help Create and Activate Stem Cells?

Fasting is like hitting the "reset" button for your body. By pausing digestion, fasting allows your system to focus on repair and regeneration, triggering autophagy, the clean-up of damaged cells. Simultaneously:

- **Stem Cells Wake Up:** Signals from fasting activate dormant stem cells, prompting them to multiply.
- **Stem Cells Travel:** Activated stem cells are sent via the bloodstream to areas needing repair.
- **Fuel Is Conserved:** Fasting reduces inflammation and oxidative stress, creating an optimal environment for stem cells to thrive.

Copper Peptides: Supporting Stem Cell Activation and Longevity

We can't talk about stem cells without talking about copper, well, copper peptides to be more precise and they deserve a spotlight. These small protein fragments bind to copper ions, forming powerful compounds. GHK-Cu is the copper peptide we are talking about here (there are others we cover in the course).

These peptides are essential for:

- **Promoting Stem Cell Activation:** Copper peptides enhance mesenchymal stem cells' ability to repair tissues.
- **Boosting Tissue Repair:** They stimulate collagen and elastin production for skin, joints, and connective tissue.
- **Reducing Inflammation:** A calm, low-inflammatory environment allows stem cells to work more efficiently.
- **Supporting Longevity:** By repairing DNA and reducing oxidative stress, copper peptides contribute to slower aging.

The Connection Between Copper, Copper Peptides, and Stem Cells

Copper is a catalyst for producing copper peptides, making it an essential nutrient for stem cell health. Here's how it works:

Copper in the Diet: Absorbed dietary copper binds with proteins to form peptide, GHK-Cu.

The proteins required for this particular peptide are – Glycine, histidine and lysine. all found in abundance in animal proteins.

Activating Stem Cells: These peptides signal stem cells to multiply and repair tissues.

Healing and Regeneration: Adequate copper supports efficient healing, wound repair, and tissue regeneration.

Why Copper Matters During Fasting

Fasting heightens stem cell activity, and copper peptides guide these

cells' work. Without sufficient copper, the repair process slows, resulting in:

- Delayed stem cell activation.
- Increased inflammation.
- Reduced collagen production, affecting skin, joints and tissues.

Copper on a Carnivore Diet

A carnivore lifestyle offers plenty of bioavailable copper sources:

1. Beef Liver: A copper powerhouse that meets daily needs with minimal intake.
2. Oysters: Rich in both copper and zinc, critical for stem cell health.
3. Lamb Liver: Another nutrient-dense option for copper intake.
4. Dark Meat Poultry: While lower in copper, it contributes to your overall intake.

Practical Tips for Fasting and Copper

- Fuel Up Before Fasting: Eat copper-rich foods like beef liver or oysters before starting a fast to build reserves.
- Break your fast with Copper Foods: Reintroduce foods like liver or lamb to replenish copper after fasting.
- Balance with Zinc: Foods like lamb and beef naturally con-

tain both copper and zinc ensuring a healthy balance.

Copper Peptides and Longevity

Copper peptides are nature's fountain of youth. Combined with fasting and a nutrient-rich carnivore diet, they create an ideal environment for cellular repair and regeneration. By prioritising copper intake and embracing fasting, you're empowering your body to activate stem cells, repair damage and age gracefully.

The Bigger Picture

Fasting, stem cells and copper peptides form a powerful trifecta for health and longevity. By understanding and supporting these processes, you're not just improving your present health, you're investing in your future vitality. Now that you've unlocked the incredible regenerative potential of your body through fasting, stem cells and copper peptides, it's time to delve deeper into the brain-body connection. In the next chapter, we'll explore hypothalamic neurogenesis, the fascinating process of rebuilding and rewiring this vital control centre, to support lasting metabolic health, mental clarity, and overall vitality."



Chapter 26

Hypothalamic Neurogenesis

Unlocking the Brain's Potential for Metabolic Health

In the previous chapter, we explored the regenerative power of stem cells and copper peptides in reversing aging and repairing tissues. Now, we turn our focus to a lesser-known, yet equally transformative, process happening in the brain: hypothalamic neurogenesis.

We have talked about the hypothalamus in previous pages, but this is next level stuff, which shows us how we can potentially transform our health, whilst doing simple things. This remarkable phenomenon not only restores damaged neural circuits but also holds the key to overcoming metabolic resistance, balancing hormones and achieving sustainable weight management. To illustrate, let's begin with the story of Sarah.

A Client's Journey: Sarah's Story

Sarah, a 45-year-old busy mum, came to me frustrated by years of dieting that left her feeling stuck. No matter how much she restricted calories or exercised, her weight wouldn't budge. Her lab results revealed high levels of inflammation, leptin resistance and early signs of insulin resistance.

After following a carefully designed protocol involving intermittent fasting, copper-rich foods, and vagus nerve stimulation, Sarah experienced a breakthrough. Her cravings diminished, her energy skyrocketed, and best of all, her body began releasing the weight that had clung on for years. This wasn't magic; it was her hypothalamus healing itself, thanks to neurogenesis.

The Hypothalamus: Your Metabolic Command Centre

As we have discussed, the hypothalamus is the brain's control hub for hunger, energy use, even emotional eating. It receives and processes signals from the gut, fat stores and hormones like leptin and ghrelin, deciding when you should eat, store energy, or burn fat.

However, chronic stress, inflammation and poor dietary habits can damage the neurons responsible for these processes, resulting in leptin resistance, overeating and metabolic inflexibility. Neurogenesis, the process of growing new neurons, offers a way to rebuild these circuits and restore optimal function.

How Neurogenesis Transforms Weight and Hormonal Health

When hypothalamic neurons regenerate, several incredible changes occur:

Leptin Resistance Reversal: Neurogenesis restores leptin sensitiv-

ity, helping the brain recognise when fat stores are sufficient and reducing overeating.

Improved Stress Responses: By regenerating stress-regulating neurons, the hypothalamus can better modulate cortisol, preventing stress-related weight gain.

Metabolic Adaptation: New neurons enhance the brain's ability to adapt to different energy sources, making weight loss easier during fasting or low-carb eating.

The Role of Stem Cells and Copper Peptides in Neurogenesis

As we discussed in the previous chapter, stem cells and copper peptides are powerful tools for tissue regeneration and the hypothalamus is no exception:

- **Stem Cells:** Neural progenitor cells in the hypothalamus differentiate into new neurons, restoring critical metabolic functions.
- **Copper Peptides:** These enhance the production of brain-derived neurotrophic factor (BDNF), a key protein for stimulating neurogenesis and repairing neural networks.

Let's meet another client, James, whose recovery demonstrates the power of these interventions.

Case Study: James's Transformation

James, a 50-year-old executive, had struggled with visceral fat and poor sleep for years. Despite trying popular weight-loss trends, he continued to experience sugar crashes, irritability, and brain fog.

When we introduced copper-rich foods like liver, along with fasting protocols, something shifted. Over three months, James's brain fog lifted, his cravings disappeared and he released 7.8 kg, all while

reporting better mental clarity and less stress. The secret? Supporting his body which led to hypothalamic neurogenesis.

How to Support Hypothalamic Neurogenesis

Now that we've seen how hypothalamic neurogenesis can transform health, let's explore the actionable steps you can take to support this process:

Activate Neurogenesis with Fasting: Fasting triggers autophagy (cellular clean-up), allowing neural stem cells to regenerate damaged neurons. Begin with a 16:8 intermittent fasting schedule or try a mono fast to enhance this effect.

Fuel Neurogenesis with Copper: Include copper-rich foods such as grass-fed liver, shellfish and dark chocolate (85% or higher). Use collagen supplements or broth and/or gelatine to boost the peptides that promote neural repair.

Increase Brain-derived neurotrophic factor (BDNF) Levels: Exercise daily. Even a brisk walk can elevate BDNF and promote neurogenesis. Cold exposure, like a cold shower or an ice bath, stimulates BDNF and improves vagus nerve tone.

Reduce Inflammation: Stick to a low-inflammatory way of eating, avoiding processed foods, seed oils and sugar. Add anti-inflammatory supplements like omega-3 fatty acids, like krill oil, to your routine.

Prioritise Sleep Quality: Sleep is non-negotiable. Deep sleep supports the brain's glymphatic system (next chapter for info on this) clearing out toxins and creating an optimal environment for neurogenesis.

Harness the Power of Nature: Spend time in sunlight to boost vitamin D levels, a critical nutrient for brain health. Walk barefoot on the earth to ground yourself and reduce stress hormones that impair neurogenesis.

The Future of Metabolic Health: Neurogenesis and Beyond

Hypothalamic neurogenesis is a ground-breaking discovery in the field of metabolic health. By tying it into what we've learned about stem cells and copper peptides, we see a complete picture of how regeneration at the cellular level can transform not only our bodies but also our minds.

The Vagus Nerve: The Communication Highway

While neurogenesis focuses on repairing and regenerating neurons, these neurons don't operate in isolation. They are part of a broader network, connected to other critical systems via the vagus nerve - your body's communication highway.

The vagus nerve links the brain to the gut, liver, heart and other vital organs, transmitting essential data about your body's needs. It plays a critical role in:

- Relaying hunger and satiety signals from the gut to the hypothalamus.
- Reducing systemic inflammation by activating the parasympathetic nervous system.
- Enhancing neurogenesis by creating an environment of calm and repair.

The Vagus Nerve and Hypothalamic Neurogenesis

Stress Reduction for Neural Growth: Chronic stress suppresses neurogenesis, while stimulating the vagus nerve reduces cortisol and promotes a parasympathetic state conducive to neural regeneration. Practices like deep breathing, humming, and cold exposure enhance vagal

tone and support hypothalamic repair.

Gut-Brain Axis: The vagus nerve mediates communication between the gut microbiome and the hypothalamus. A healthy microbiome, supported by carnivore-friendly low-inflammatory foods, boosts vagal signalling and in turn , promotes neurogenesis.

Nutrient Absorption: Efficient vagus nerve function ensures optimal digestion and absorption of nutrients like copper, magnesium and B vitamins, all essential for supporting hypothalamic health and stem cell activity.

Case Study: The Vagus Nerve's Role in Transformation

Maria, a 52-year-old teacher struggling with weight gain and brain fog. Despite a clean diet, she couldn't overcome her plateau. Her stress levels were through the roof, and she experienced symptoms of vagus nerve dysfunction, like poor digestion and low energy.

By incorporating vagal stimulation practices, including cold showers, diaphragmatic breathing and humming for 5 minutes daily, Maria noticed a dramatic shift. Her digestion improved, her brain fog cleared and her weight began to shift. This wasn't just stress relief; her vagus nerve was directly supporting her hypothalamus to regenerate and regain control of metabolic processes.

Techniques to Activate the Vagus Nerve

Here are some practical, science-backed strategies to stimulate your vagus nerve and support hypothalamic regeneration:

Deep Diaphragmatic Breathing

- How it works: Slow, deep breathing stimulates the vagus nerve by activating the parasympathetic nervous system.

- **Try this:** Inhale deeply through your nose for a count of 4, allowing your belly to expand. Hold for a count of 4, then exhale slowly through your mouth for a count of 6–8. Repeat for 5–10 minutes daily.
- **Why it helps:** This reduces cortisol, improves vagal tone and creates an optimal environment for neurogenesis.

Humming, Singing, or Chanting

- **How it works:** The vagus nerve passes near the vocal cords, so creating vibration in the throat stimulates it.
- **Try this:** Sing your favourite songs, chant simple mantras like "Om," or hum for a few minutes each day.
- **Why it helps:** These activities improve heart rate variability (a marker of vagal tone) and promote a sense of calm, which is critical for brain repair.

Cold Exposure

- **How it works:** Brief exposure to cold activates the vagus nerve by triggering a parasympathetic response.
- **Try this:** End your shower with 30–60 seconds of cold water, or use a cold compress on your face or neck.
- **Why it helps:** Cold exposure boosts brain-derived neurotrophic factor (BDNF), which enhances neurogenesis and hypothalamic repair.

Gut Health and Probiotics

- How it works: A healthy gut microbiome communicates with the brain via the vagus nerve.
- Try this: Focus on carnivore-friendly gut-supporting foods like bone broth, gelatine, and collagen. Limit inflammatory foods that disrupt the microbiome.
- Why it helps: A healthy gut reduces systemic inflammation and enhances vagal signalling to the hypothalamus.

Vagus Nerve Stimulation (VNS) Devices

- How it works: Non-invasive VNS devices deliver mild electrical stimulation to the vagus nerve.
- Try this: Consult with a practitioner for a VNS device if you're dealing with chronic stress, inflammation, or metabolic issues.
- Why it helps: Clinical studies show VNS improves vagal tone, appetite regulation and weight release. .

Meditation and Mindfulness

- How it works: Meditation reduces sympathetic (fight-or-flight) activity and boosts parasympathetic (rest-and-digest) dominance.
- Try this: Start with 5–10 minutes of mindful breathing or

guided meditation daily.

- Why it helps: Regular practice improves vagal tone, reduces inflammation and supports hypothalamic healing.

Laughter

- How it works: Laughter is a natural stimulator of the vagus nerve and promotes parasympathetic activity.
- Try this: Watch a comedy, spend time with loved ones, or simply fake a laugh (the brain responds the same way). Fake laughing will often lead to actually really laughing - at yourself which is a beautiful thing to be able to do.
- Why it helps: Laughter decreases stress hormones and increases vagal activation.

Gargling

- How it works: Gargling stimulates the vagus nerve by engaging the muscles in the throat.
- Try this: Gargle with water for 30 seconds to a minute, several times daily.
- Why it helps: This simple practice enhances vagal tone and supports digestive health.

Gentle Neck Massage

- How it works: The vagus nerve runs along the sides of the

neck.

- Try this: Use gentle circular motions to massage the area just behind your ears and along your jawline.
- Why it helps: This stimulates vagal activity and reduces tension in the neck and shoulders.

Yoga

- How it works: Yoga combines movement, breathing and mindfulness, all of which stimulate the vagus nerve.
- Try this: Focus on poses that encourage deep breathing, such as Child's Pose, Cat-Cow and Savasana.
- Why it helps: Regular yoga practice improves overall vagal tone and reduces stress.

Tying It All Together: The Vagus Nerve and Neurogenesis

By integrating vagus nerve activation into your routine, you're not only supporting stress reduction and digestion but also directly influencing neurogenesis in the hypothalamus. The vagus nerve acts as a bridge between the physical and emotional aspects of health, amplifying the benefits of the regenerative practices you've already learned.

In the next chapter, we'll explore how the vagus nerve also plays a crucial role in the glymphatic system, helping to detoxify the brain during sleep. By combining hypothalamic neurogenesis, vagal activation and brain detoxification, you have a holistic roadmap for achieving better metabolic health and mental clarity.



Chapter 27

The Glymphatic System

Your Brain's Nightly Detox

In the last chapter, we explored the remarkable ability of the hypothalamus to regenerate itself through neurogenesis, supported by the vagus nerve as a key player in stress regulation and gut-brain communication. Now, let's turn our focus to another vital, yet often overlooked, system that works hand-in-hand with these processes: the glymphatic system.

The glymphatic system is your brain's built-in detoxification network. Much like the lymphatic system in the rest of your body, the glymphatic system clears out waste and toxins from the brain. It plays a critical role in brain health, metabolism and weight regulation. When it's functioning optimally, your brain feels sharp, your mood stabilises and your body thrives. But when it's sluggish, toxins accumulate and

inflammation rises which often causes health issues to spiral out of control.

What Is the Glymphatic System?

The glymphatic system, discovered relatively recently, is the brain's waste clearance mechanism. During sleep, cerebrospinal fluid (CSF) flows through brain tissues, flushing out toxins, metabolic waste and excess proteins such as beta-amyloid, which has been linked to neurodegenerative diseases like Alzheimer's.

The system is most active during deep sleep, highlighting the importance of quality rest. It also relies on efficient vagus nerve function and a low-inflammatory environment to work effectively.

The Vagus Nerve and the Glymphatic System

The vagus nerve plays a pivotal role in activating the parasympathetic state required for the glymphatic system to do its job. When vagal tone is high, the body relaxes, blood flow to the brain improves and the glymphatic system operates efficiently. This connection is vital because a sluggish glymphatic system can:

- Increase brain inflammation.
- Impair cognitive function.
- Disrupt hormonal signalling - including the hypothalamus's ability to regulate metabolism.

A Client's Story: Leah's Experience

Leah a 39-year-old accountant, had been experiencing relentless brain fog, difficulty sleeping and an inability to shift stubborn weight. De-

spite following a low-inflammatory diet, she still felt exhausted, mentally cloudy and bloated.

When Leah came to me, her symptoms pointed to a combination of vagus nerve dysfunction and poor glymphatic drainage. Together, we crafted a plan to support her brain's detox pathways. She started with small steps: improving her sleep hygiene, drinking electrolytes before bed and adding a daily cold shower. She also practised diaphragmatic breathing in the evenings to stimulate her vagus nerve.

Within three weeks, Leah began waking up feeling refreshed for the first time in years. Her headaches subsided, her focus improved, and what a bonus, she noticed her clothes were looser. By enhancing her glymphatic system and vagus nerve function, her brain and metabolism were finally back in sync.

How to Support Your Glymphatic System

Here are some practical steps to optimise your glymphatic system, supported by the vagus nerve and hypothalamic neurogenesis:

Prioritise Quality Sleep

- **Why it helps:** Deep sleep is when the glymphatic system is most active. Without it, waste clearance slows and toxins build up.
- **Action steps:** Stick to a consistent sleep schedule. Reduce blue light exposure in the evening by using amber-tinted glasses or dimming lights. Have a herbal tea that helps with sleep, like chamomile, passionflower etc. Consider magnesium oil or gel to promote relaxation and deeper sleep.

Activate the Vagus Nerve

- **Why it helps:** A calm, parasympathetic state activates the glymphatic system. The vagus nerve facilitates this.

- Action steps: Practice deep breathing before bed to relax the nervous system. End your evening routine with 1–2 minutes of humming or chanting. Apply a cold compress to your neck or face before sleep to enhance vagal tone.

Incorporate Hydration and Electrolytes

- Why it helps: Proper hydration supports the cerebrospinal fluid's flow through the brain, which is essential for waste clearance.
- Action steps: Drink a glass of water with a pinch of salt or an extra teaspoon of salt sole or electrolytes before bed. Avoid diuretics like caffeine late in the day to prevent dehydration.

Anti-Inflammatory Nutrition

- Why it helps: An anti-inflammatory, carnivore or low-inflammatory way of eating reduces the toxin load on the brain and supports glymphatic efficiency.
- Action steps: Focus on nutrient-dense, animal-based foods like liver, bone broth and grass-fed beef. Avoid processed foods and seed oils, which contribute to inflammation.

Incorporate Gentle Movement

- Why it helps: Light exercise promotes circulation, lymphatic flow and parasympathetic activation.
- Action steps: Take a 10-minute walk after dinner. Stretch or do restorative yoga to relax the body before sleep.

Leverage Infrared and Cold Therapy

- Why it helps: Infrared saunas enhance circulation and detoxification, while cold exposure reduces inflammation and activates the vagus nerve.

- Action steps: Try a short sauna session in the evening, followed by a cool shower. Incorporate cryotherapy or cold water immersion as part of your weekly routine.

The Future of Brain and Body Detox

The glymphatic system serves as the brain's detox powerhouse, ensuring that every other system, including the hypothalamus and vagus nerve, can function optimally. By combining the practices from this chapter with what you've already learned about hypothalamic neurogenesis and the vagus nerve, you're creating a strong foundation for overall health.

While the glymphatic system focuses on clearing the brain's waste, the rest of the body also requires efficient detox pathways to support weight reduction, energy and overall health.

The brain doesn't work in isolation, its detox processes are intricately connected to the body's lymphatic system, which plays an equally vital role in clearing waste and supporting overall health. Together, these two systems create a complete network for cleansing the body from head to toe.

In the next chapter, we'll explore the lymphatic system, often called the body's drainage system. You'll discover how it works, why it's crucial for detoxification and immune health, and how to keep it flowing efficiently to support optimal wellbeing. Just as the glymphatic system clears waste from the brain during deep sleep, the lymphatic system works tirelessly to detoxify the rest of your body, preventing the build-up of toxins and metabolic by-products.

While the glymphatic system relies heavily on quality rest to perform its duties, the lymphatic system thrives on movement and manual stimulation, offering distinct but complementary roles in the body's detox network. By understanding and optimising these interconnect-

ed systems, you unlock a holistic approach to detoxification that addresses both brain and body, taking your health transformation to the next level.



Chapter 28

The Lymphatic System

Your Body's Detox Powerhouse

As we explore real, optimal health, we need to focus on a vital system: the lymphatic system. It's so much more than a drainage system; it's a cornerstone of your body's detoxification and immune response.

Have you ever felt like your body is holding onto water as though preparing for a trek across the Sahara? Puffy ankles, swollen legs, or water retention, also known as oedema, are signals that your lymphatic system might need a little TLC. But what's really going on beneath the surface, and how can you restore balance naturally? Let's unpack the why and the how.

Why Does Lymph Congestion and Oedema Happen?

The lymphatic system is a vast network that works tirelessly to keep you healthy, helping to remove toxins, balance fluid levels and support your immune system. Unlike your circulatory system, which has the heart to pump blood, the lymphatic system relies on movement and external stimulation to keep things flowing. Without it, fluid can stagnate, leading to puffiness, swelling, and a sluggish system.

In today's world, the lymphatic system is overburdened by toxins like polluted air, processed foods, electromagnetic fields and more. This, coupled with inactivity, can result in lymph congestion, manifesting as:

- Swelling and puffiness (oedema).
- Poor detoxification and fatigue.
- A weakened immune response.

Lymph and Weight: The Hidden Connection

A sluggish lymphatic system doesn't just cause puffiness, it can also slow down your metabolism and contribute to stubborn weight gain.

When the lymph system is congested:

- Toxins and metabolic waste build up, triggering inflammation.
- Excess fluid retention creates feelings of heaviness and bloating.
- Fat cells become harder to break down because the system that clears fat-related waste is compromised.

Supporting your lymphatic health can play a crucial role in weight management, allowing your body to efficiently eliminate waste, reduce inflammation, and restore balance.

Natural Ways to Relieve Lymph Congestion and Oedema

Stay Hydrated

I know I talk about this all the time, but it is important, Proper hydration keeps lymph fluid moving. Adding a pinch of natural salt or some salt sole to your water boosts electrolytes, supporting fluid balance and detoxification.

Move Your Body,

Movement is medicine for your lymphatic system. Muscle contractions act like pumps, moving fluid through lymph vessels. Even small actions can work wonders.

The Heel-Tapping Trick: When walking isn't an option, heel tapping is a simple yet effective way to stimulate lymph flow, especially in the lower body. The rhythmic motion of lifting and lightly dropping your heels mimics the pumping action of walking, encouraging fluid movement.

Walking: A Simple Yet Powerful Solution

If you can move, walking is one of the best ways to keep your lymphatic system flowing. The gentle contraction of calf muscles during walking acts as a natural pump for lymphatic fluid. A short 10–15-minute walk daily is often enough to prevent stagnation and reduce swelling.

Dry Brushing

Using a natural bristle brush, massage your skin, dry, in upward sweeping motions toward your heart before showering. This simple practice encourages lymph flow, allows your skin to detoxify, by opening the pores and this reduces stagnation.

Herbal Allies

Nature provides several powerful herbs to support lymphatic flow:

- **Cleavers:** Known for its ability to cleanse and drain the lymphatic system.
- **Juniper Berry:** A natural diuretic and detoxifier.
- **Celery Seed Tea:** Promotes fluid release and eases congestion.

Homeopathic Remedies

Homeopathy offers gentle yet effective solutions for lymphatic congestion:

- **Apis Mellifica:** For swelling, puffiness, or burning retention.
- **Natrum Muriaticum:** Ideal for water retention and is linked to salt cravings.
- **Bryonia:** Helps with tight, swollen oedema, especially in the joints.

Hydrotherapy

Alternating between warm and cool water in your shower stimulates

circulation and lymphatic flow. End with a cool rinse to tighten blood vessels and promote detoxification.

Lymphatic Massage

A gentle lymphatic massage or self-massage can help move fluid and reduce swelling, giving your system a much-needed lift. Lymph drainage is a very gentle soft massage that encourages lymph movement.

The Gut-Lymph Connection

Your lymphatic system works closely with your gut through the gut-associated lymphoid tissue (GALT), a critical part of the body's detox and immune response. When the gut is imbalanced, it adds to the lymphatic system's workload, leading to further congestion and inflammation.

L. Reuteri: A Probiotic Powerhouse

As discussed in the Power of Probiotics chapter, *Lactobacillus Reuteri* can be a game-changer for lymphatic health by:

- Reducing systemic inflammation.
- Strengthening the gut lining to prevent toxins from entering the bloodstream.
- Regulating immune responses to prevent chronic lymphatic congestion.

While *L. Reuteri* is a fantastic ally, it works best alongside movement, hydration, and an low-inflammatory diet. Plus as we have discussed, start the healing of your gut first before adding this into your

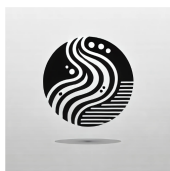
regime.

The Bigger Picture

Lymph congestion and oedema are your body's way of signalling that it needs support. The modern world's toxic load, processed foods, electromagnetic fields, and pollution strain the lymphatic system immensely. But the empowering truth is that your health is in your hands.

With simple steps like heel tapping, walking, clean nutrition and natural remedies, you can reduce swelling, optimise your lymphatic system and feel lighter, more energised, and healthier overall.

Now that we've explored the glymphatic and lymphatic systems, the next step is to amplify these detox pathways. In the next chapter, we'll delve into practical ways to enhance your detoxification process, including liver and kidney support, hydrotherapy, and breathwork. Together, these tools will take your detox journey to the next level.



Chapter 29

Enhancing Your Detox

Powerful Practices to Support Your Body's Healing

Enhancing Detox Support in Phase 2

As you move into the second phase of this Program, there are several additional practices you can incorporate to enhance your detoxification process and support your body's transition into deeper healing.

While fasting is a powerful tool on its own, these complementary techniques can accelerate the removal of toxins, support your liver and kidneys, and promote overall well-being.

In this chapter, we'll explore various detoxification methods, from hydrotherapy and infrared saunas to liver flushes, parasite cleanses and homeopathic remedies, all of which will help your body in the fasting phase and maximise the benefits of this program.

If you are on our course, you will find a lot more in depth information around all of these in the videos and the written information, or, of course, you can research these further online. These are here to give you ideas and to encourage you to try something different as we dive deeper into detoxification support.

Hydrotherapy: Hot and Cold Therapies

Hydrotherapy is a powerful detoxification practice that uses water to stimulate circulation, reduce inflammation and support the body's natural detox pathways. There are several ways to incorporate hydrotherapy into your routine:

Cold Plunges

Cold plunging is a simple yet effective way to stimulate your body's circulation and reduce inflammation. By exposing your body to cold water, you force your blood vessels to constrict, which helps flush out toxins and promotes lymphatic drainage. Cold plunges can also activate the parasympathetic nervous system, helping you feel calmer and more relaxed.

How to do it: Immerse yourself in cold water for 1–3 minutes, either in a cold bath or by taking a dip in a natural body of water. Afterward, warm up slowly with light activity or a warm drink.

Note: If you struggle with adrenal fatigue, or are feeling very stressed avoid cold plunges as they may overburden your adrenals.

Hot and Cold Showers

Alternating between hot and cold water in the shower is another effective way to boost circulation and encourage detoxification. The sudden shift in temperature causes blood vessels to expand and con-

tract, helping to move toxins through the lymphatic system and out of your body.

How to do it: Alternate between hot and cold water for about 1-2 minutes for hot then as long as you can handle it for hot, repeating for 3–5 cycles. Start with hot water and finish with cold to invigorate your system.

Sitz Baths

A sitz bath involves soaking the pelvic region in warm water, which can support detoxification, improve circulation, and soothe digestive discomfort. Sitz baths are particularly helpful for those with digestive or pelvic issues.

How to do it: Fill a bathtub or basin with warm water, enough to submerge your hips. Soak for 10–20 minutes, then follow with a cold soak if you can – you will need to have two baths, so not available to everyone. However if you have a bath and a cold plunge unit, it can be hugely effective.

Heat-Based Detox: Infrared Saunas and Niacin Flush

Infrared Saunas

Infrared saunas use light to heat the body directly, promoting a deep sweat that helps expel toxins stored in fat cells. This can be especially beneficial during detox, as it supports the liver and kidneys in processing and removing toxins. Infrared saunas also help reduce inflammation, improve circulation and ease sore muscles.

How to use it: Start with shorter sessions (10–15 minutes) and gradually work your way up to 30–45 minutes. Be sure to stay hydrated before, during, and after using the sauna to support the detox

process. Please note – It is a good idea to have a flannel or microfibre cloth in the sauna with you. As when you sweat lots of chemical and heavy metals are in your sweat – and as this can easily be re-absorbed back into your body, it is a good idea to wipe the sweat as soon as it appears.

Niacin Flush

The niacin flush is a detoxification method that involves taking high doses of niacin (vitamin B3), which causes blood vessels to dilate and results in a temporary "flush" of the skin. This process promotes improved circulation and helps flush toxins from tissues. Niacin also supports liver function, making it an excellent tool for detoxification.

How to do it: Take 50–500 mg of niacin – It must of course be the flushing form, starting with lower doses and gradually increasing expect a flushing sensation within 15–30 minutes. This sensation typically lasts around 30-60 minutes. Ensure that you drink plenty of water to stay hydrated during this process.

I personally take the niacin about 20 minutes before jumping in the sauna. To me it really seems to enhance the effect of both the sauna and the niacin.

Liver and Kidney Detox Support

The liver is your body's main detoxification organ, filtering toxins from your bloodstream and processing them for elimination. Supporting your liver during detox ensures it functions optimally.

Liver support: Incorporate liver-supportive foods like bone broth, eggs and herbs such as milk thistle and dandelion root. These help boost liver function, aid in detoxification and promote bile production, which is crucial for digesting fats and eliminating toxins.

Liver flush: A liver flush involves drinking a mixture of olive oil,

garlic, ginger and lemon juice to stimulate bile flow and encourage the removal of built-up toxins from the liver and gallbladder. This can be done once or twice during this phase to give your liver an added boost.

- 1 lemon with peel removed but pith left on – chop roughly
- 1 clove of garlic
- 1 tablespoon olive oil
- 1 inch cube ginger with the skin removed

Blend and take first thing in the morning on an empty stomach
 You can do this flush for 5 days on and two days off – then jump onto the kidney flush again for 5 days on and two days off. You can repeat this as often as you wish

To make this even more effective – start with the recipe above and add one extra clove of garlic each day and 1 tablespoons of olive oil each day. By day 5 you will have 5 cloves of garlic and 5 tablespoons of olive oil. Doing this you are really helping the liver cleanse out the bile ducts as well as cleansing itself.

Twenty minutes after the flush have a liver or detox tea.

Kidney Detox and Kidney Flush

Your kidneys filter toxins and excess fluids from your blood, playing a critical role in overall detoxification.

Kidney support: Hydration is key for kidney health. Drink plenty of water and consider incorporating herbal teas like nettle, parsley, and dandelion to support kidney function. These herbs act as natural diuretics, helping to flush out excess fluids and toxins.

Kidney flush: 1 lemon – with the peel removed but with the pith left on, place in a blender with 350ml of water – drink first thing in the morning, then 20 minutes later, have a kidney tea or take some kidney

herbs.

Parasite Cleanse: Eliminating Unwanted Guests

A parasite cleanse is a natural way to rid the body of harmful parasites that may be contributing to gut issues, inflammation, and nutrient deficiencies. Parasites can disrupt digestion and rob your body of essential nutrients, so removing them is crucial for optimal gut health. Parasites also can be the cause of your sugar and/or carb cravings so many of us experience. Creating a hunger, that isn't ours, but the parasites that live off us and our food.

How to do it: A combination of antiparasitic herbs, such as wormwood, clove and black walnut, can help kill off parasites and cleanse the digestive tract. These herbs are usually taken in supplement form, but it's important to follow a guided protocol to ensure safety and effectiveness.

To enhance the action of the herbs, I also recommend taking Diatomaceous Earth alongside. This easy to use, tasteless powder can help, by ripping into the parasites themselves. Both the herbs and the earth are most effective within the digestive tract. To help eliminate parasites from the rest of the body, I recommend using Rife frequencies to really clear your system..

Movement and Lymphatic Support

Walking in Nature

Walking after meals can help improve digestion, support metabolic function, and lower blood sugar levels, while exposure to fresh air and nature helps reduce stress.

Post-meal walks: A 10–15 minute walk after meals helps stimu-

late digestion and encourages the body to process food more efficiently.

Nature walks: Walking in nature lowers cortisol levels, reduces stress and boosts your overall mood.

Lymphatic Cleansing (Detailed in Chapter 16)

Support your lymphatic system with practices like dry brushing, rebounding, and lymphatic massage. These techniques ensure efficient waste removal and prevent toxin build-up.

Nasal Breathing and Sun Exposure

Nasal Breathing

Nasal breathing enhances oxygen flow, improves relaxation and activates the parasympathetic nervous system, all which promote healing.

How to practice: Focus on slow, deep breathing through your nose, especially during walks or meditation.

Sun Exposure

Vitamin D from sunlight supports immune health, mood regulation and metabolic function.

How to get it: Aim for 10–20 minutes of sun exposure daily, preferably in the morning or late afternoon. Expose as much of your body as possible

Oxalate Dumping Support

For those transitioning into a low-inflammatory or carnivore diet, ox-

alate dumping may occur as the body begins to release stored oxalates. This process can cause symptoms like joint pain or skin rashes.

How to manage it: Incorporate foods rich in calcium and magnesium to bind to oxalates and flush them from the body. Use transdermal magnesium to reduce pain. Stay hydrated. Add in a few oxalate containing foods like spinach or other leafy green veggies. Although this might feel counter productive, it slows down the release so that you don't struggle.

Homeopathic Remedies for Detox Support

Homeopathy offers gentle yet effective remedies to support detoxification and address specific symptoms. Here are three commonly used options:

- *Apis Mellifica*: For swelling, puffiness, or burning retention.
- *Natrum Muriaticum*: Ideal for water retention linked to salt cravings.
- *Bryonia*: Helps with tight, swollen oedema, especially in the joints.

Use these remedies under the guidance of a qualified practitioner for optimal results.

Cautions for Adrenal Fatigue

While many detox practices are beneficial, those dealing with adrenal fatigue need to approach detoxification with caution. Avoid prolonged fasting, intense exercise and any detox methods that feel too draining. Instead, focus on gentle movement, hydration and nourishing foods to support your adrenals.

Preparing for Phase 2

Before jumping into Phase 2 of the program, stock your kitchen with plenty of bone broth, high-quality protein sources and hydrating liquids like herbal teas. Ensure your fridge is filled with everything you need for a smooth transition into the carnivore lifestyle.

Set your intentions for this phase, whether it's enhancing your fasting practice or supporting your body's detox pathways. Write them down in a journal to stay focused and motivated.

In the next chapter, we will explore the herbs that are probably already in your pantry, that you might want to include in this journey, not required, but incredibly useful as you go forward.

"To learn more about how to safely implement these detox practices and receive step-by-step guidance, join our course. Where you will gain access to additional protocols, personalised advice and community support."



Chapter 30

Healing Herbs in Your Kitchen

Nature's Tools for Optimum Health

As you transition to a carnivore lifestyle, you might wonder how herbs and a few other select natural ingredients fit into the picture. These aren't about adding bulk or distraction, they're about leveraging their healing properties to support your body's journey toward optimal health.

Used sparingly and intentionally, herbs like oregano and powerful tools like apple cider vinegar (ACV) can enhance digestion, reduce inflammation and support detox pathways, all while complementing a meat-based diet.

Let's explore these natural allies and how to use them effectively.

Cayenne Pepper: The Circulation Booster

Why it helps:

Cayenne pepper contains capsaicin, a compound that improves circulation, boosts metabolism and stimulates detoxification. It is particularly useful for supporting fat-burning and reducing inflammation.

How to use:

- **Tea:** Add a pinch of cayenne to hot water with a squeeze of lemon juice (if tolerated) for a powerful circulation boost.
- **Meat Seasoning:** Sprinkle a light amount onto meat before roasting or grilling meats for a spicy kick and enhanced fat digestion.
- **Topically:** Mix cayenne with tallow for a warming salve to ease sore muscles and improve blood flow.

Ginger: The Digestive Dynamo

Why it helps:

Ginger's active compound, gingerol, supports digestion, reduces nausea, and aids fat metabolism, making it helpful during your transition to a meat-based diet.

How to use:

- **Tea:** using just a few slices of ginger can lift you up and combines well with other herbs really well. Take a few slices of ginger with the skin left on, put in a pot or pan – pour boiling water over and wait 10 minutes.
- **Broth Add-In:** Add a slice of ginger when you are making your bone broth for its warming, anti-inflammatory properties.

- Powder: Sprinkle ginger powder on fatty cuts of meat to aid digestion and add a subtle flavour.

Turmeric: The Anti-Inflammatory Hero

Why it helps:

Turmeric's active compound, curcumin, is a potent anti-inflammatory and antioxidant. It supports liver function, reduces oxidative stress and complements the detox benefits of a high-fat diet.

How to use:

- Golden Broth: Add a pinch of turmeric to your bone broth with black pepper for enhanced absorption.
- Meat Rub: Use turmeric with salt as part of a dry rub for lamb, beef, or poultry.
- Capsules: For concentrated benefits, turmeric supplements with black pepper are a convenient option.

Garlic: The Immune Warrior

Why it helps:

Garlic contains allicin, a compound known for its antimicrobial and immune-boosting properties. It's a natural ally in combating inflammation and supporting gut health.

How to use:

- Raw: Mince garlic and mix with melted butter or tallow for a nutrient-dense steak topping.
- Cooking: Add to broths or use as a flavour base for slow-cooked meats.

- **Infused Fat:** Combine garlic with ghee or tallow for a heart-healthy, flavour-packed drizzle.

Rosemary: The Brain Booster

Why it helps:

Rosemary enhances memory, reduces oxidative stress and supports circulation. It's a fantastic herb for brain health and overall vitality.

How to use:

- **Meat Marinade:** Use fresh rosemary sprigs to season lamb or beef.
- **Broth Enhancer:** Add rosemary to simmering bone broth for a fragrant, brain-supporting infusion. – you can always add some leaves to your tea as it really can help with focus.
- **Aromatherapy:** Inhale rosemary essential oil for mental clarity and stress reduction.

Thyme: The Respiratory Aid

Why it helps:

Thyme is antimicrobial and supports respiratory health, particularly useful during seasonal changes or for easing congestion.

How to use:

- **Meat Seasoning:** Pair thyme with salt and garlic to flavour lamb or poultry.
- **Broth Infusion:** Add thyme to your bone broth for its immune-boosting properties.

Oregano: The Antimicrobial Powerhouse

Why it helps:

Oregano is packed with carvacrol, a compound with potent antimicrobial and anti-inflammatory properties. It supports gut health, fights pathogens, and complements immune function.

How to use:

- **Meat Garnish:** Sprinkle dried oregano on grilled or roasted meats.
- **Infused Broth:** Add fresh oregano to bone broth for its immune-supporting properties.
- **Oil of Oregano:** A drop diluted in water or fat (like tallow) can be used sparingly for digestive and immune support.

Cinnamon: The Blood Sugar Balancer

Why it helps:

Cinnamon helps regulate blood sugar levels, supports metabolic health and reduces cravings, making it helpful during intermittent fasting or longer fasts.

How to use:

- **Coffee:** Add a dash of cinnamon to black coffee for an energy-boosting, blood sugar-balancing effect.
- **Broth Flavouring:** Use sparingly to enhance the depth of flavour in bone broths.

Apple Cider Vinegar (ACV): The Digestive Ally

Why it helps:

ACV is rich in acetic acid, which improves stomach acid production, aids in fat digestion and supports healthy blood sugar levels. It's a powerful addition to your carnivore toolkit for improving digestion and reducing bloating.

How to use:

- **Morning Drink:** Add 1 teaspoon of ACV to a glass of water and drink it first thing in the morning and if you feel your digestion is sluggish then take it again, 15 minutes before meals to stimulate digestion. I also recommend adding cayenne to this as it really enhances the effects.
- **Meat Tenderiser:** Use ACV as a marinade for meats to enhance flavour and break down proteins for easier digestion.
- **Broth Booster:** Add a splash of ACV to your bone broth before you cook – during soak time to help extract minerals like calcium and magnesium.

How to Build Your Herbal Toolkit

1. **Focus on Simplicity:** Herbs and ACV are not the main players in a carnivore diet, but they offer excellent support for digestion, inflammation reduction and detoxification.
2. **Experiment with Broths and Fats:** Herbs like oregano, thyme and garlic pair beautifully with bone broth and animal fats, turning these staples into nutrient powerhouses.
3. **Start Small:** Begin with one or two herbs or ACV and gradually incorporate them into your routine.

The Bigger Picture

These herbs and ACV are not about reintroducing plants into your carnivore lifestyle, they're strategic tools to enhance your health journey. Whether it's boosting digestion with ACV, supporting circulation with cayenne, or leveraging oregano's antimicrobial power, these small additions can have a big impact.

In the next chapter, we'll explore specific recipes and remedies using these herbs and ACV to create healing broths, teas and tonics that align with a carnivore diet. Together, let's fine-tune your approach to optimal health.



Chapter 31

Infused Remedies

Simple Recipes for Optimal Health

This chapter will guide you through crafting simple, effective remedies that align perfectly with your carnivore lifestyle. These recipes use powerful herbs and apple cider vinegar to support digestion, circulation, immune health and detoxification. They're easy to make, versatile, and can be incorporated into your daily routine to elevate your health journey.

Infused Tallow

Tallow, rendered animal fat, is a carnivore-friendly base for herbal infusions. By combining it with powerful herbs, you create a nu-

trient-dense salve or cooking fat that supports circulation, reduces inflammation and nourishes the skin.

How to Make Infused Tallow

Ingredients:

- 1 cup of rendered tallow (beef or lamb, grass-fed if possible)
- 2 tablespoons dried herbs (e.g., rosemary, thyme, oregano, or cayenne pepper)
- Optional: 1 teaspoon turmeric powder or a clove of crushed garlic (for added benefits)

Method:

1. Melt the tallow in a double boiler or over very low heat in a heavy saucepan.
2. Add the herbs and stir gently.
3. Simmer on the lowest heat for 1–2 hours to infuse the herbs into the fat. Alternatively, you can put it in a slow cooker for 3 to 4 hours.
4. Strain the mixture through a fine mesh strainer or cheesecloth into a clean jar.
5. Allow it to cool and solidify. Store in an airtight container.

How to Use:

- Topically: Apply as a warming salve to sore muscles or joints, especially if infused with cayenne or turmeric.
- Cooking: Use infused tallow to roast meats or vegetables for added flavour and health benefits.

Apple Cider Vinegar (ACV) Herbal Infusion

This herbal tonic combines the power of ACV with garlic and cayenne to create a potent digestion and immune-boosting elixir. Use it to kick start digestion, soothe inflammation, or add flavour to dishes.

How to Make ACV Herbal Infusion

Ingredients:

- 1 litre raw, unfiltered apple cider vinegar
- 4–5 cloves of garlic, peeled and smashed
- 1–2 teaspoons cayenne pepper (adjust for spice level)
- Optional: 1 small piece of fresh turmeric root, sliced

Method:

1. Add the garlic, cayenne, and turmeric (if using) to a clean glass jar.
2. Pour the ACV over the herbs, ensuring they're fully submerged.
3. Seal the jar tightly and shake well.
4. Store in a cool, dark place for 2–4 weeks, shaking occasionally to mix the ingredients.
5. Strain the mixture into a clean bottle.

How to Use:

- Digestive Tonic: Take 1–2 teaspoons in water before meals.

- **Cooking:** Drizzle over meats or add to bone broths for a tangy kick.

Super Tonic: Garlic-Ginger-Cayenne Immune Boost

This powerful tonic combines the immune-boosting and detoxifying properties of garlic, ginger, onion, turmeric, chillies and ACV. It's a concentrated, therapeutic elixir for combating colds, enhancing circulation and supporting detox pathways.

How to Make Super Tonic

Ingredients:

- 1 litre (4 cups) raw apple cider vinegar
- 1 bulb of garlic, peeled and smashed
- 1 medium ginger root, grated
- 1 small onion, finely chopped
- 1 small fresh turmeric root, grated (or 1 teaspoon turmeric powder)
- 2 fresh chillies, chopped (adjust for spice)
- Optional: 1 small horseradish root, grated (if available)

Method:

1. Add all ingredients to a large glass jar.
2. Pour the ACV over the mixture until fully covered.
3. Seal the jar tightly and shake well.

4. Store in a cool, dark place for 2–4 weeks, shaking occasionally.
5. Strain the tonic into a clean bottle.

How to Use:

- Daily Tonic: Take one tablespoon diluted in water as a daily immune boost.
- Cooking: Use sparingly as a marinade or add to broths.

Ginger Decoction

Unlike a simple tea, a decoction involves simmering the ginger for an extended period, extracting its therapeutic compounds more effectively. This method produces a stronger, more potent drink that supports digestion, circulation and inflammation reduction. This is not only a soothing digestive drink, it is a powerful anti-inflammatory tool. I personally make a strong brew and strain and put in ice-cube containers and freeze. When I want a lovely warming tea I pop a couple of cubes into a cup and add hot water and it is ready.

How to Make a Ginger Decoction

Ingredients:

- 1 medium piece of fresh ginger root, sliced
- 4 cups water

Method:

1. Add the sliced ginger and water to a saucepan.
2. Bring to a boil, then reduce the heat and simmer for 20–30

minutes.

3. Strain the decoction into a mug or thermos.

How to Use:

- **Hot Drink:** Sip as is for a warming, digestive aid.
- **Broth Enhancer:** Add to bone broth for additional anti-inflammatory benefits.
- **Storage:** Store in the fridge for up to a week and reheat as needed.

Apple Cider Vinegar Tincture

Tinctures are a simple way to extract the beneficial compounds from fresh herbs using a liquid base. While alcohol is commonly used, apple cider vinegar (ACV) is a fantastic alternative for those avoiding alcohol. This method works beautifully with herbs like oregano, thyme, rosemary, or even garlic, creating a potent remedy to support digestion, detox, and overall health.

How to Make an ACV Tincture

Ingredients:

- 1 cup fresh herbs of your choice (e.g., oregano, thyme, rosemary, garlic, or a mix)
- 2 cups raw, unfiltered apple cider vinegar
- A clean glass jar with a tight-fitting lid

Method:

1. Roughly chop the herbs and add them to the glass jar.

2. Pour the ACV over the herbs, ensuring they are fully submerged. Leave about an inch of space at the top.
3. Seal the jar tightly and shake well.
4. Store in a cool, dark place for 2–4 weeks, shaking the jar every few days to mix.
5. Strain the tincture through a fine mesh strainer or cheesecloth into a clean bottle.
6. Label the bottle with the date and contents for future reference.

How to Use:

- Digestive Support: Take 1–2 teaspoons diluted in water 15 minutes before meals.
- Immune Boost: Use during cold and flu season by taking 1 teaspoon daily.
- Culinary Uses: Drizzle over meats or add a splash to bone broth for added flavour and benefits.

Now that you have an arsenal of infused remedies, it's nearly time to move into the Ultimate Detox Step-by-Step Guide. Firstly, we will go over a step-by-step way of transitioning into the carnivore lifestyle.



Chapter 32

Transitioning to Full Carnivore?

A Simple, Step-by-Step Guide

Why Transition to Full Carnivore?

Before diving into the next section, I want to check in with you. How are you feeling right now? You're letting go of weight, feeling energised and happy with where you are, then you can absolutely stay on the food regimen you're currently following.

That said, this book is all about transitioning into a carnivore lifestyle, So I wanted to make sure you know exactly what to do if you're still eating vegetables and feel ready to dip your toes into the carnivore way of eating. Whether you're curious or committed, this next section will guide you gently and confidently into this next phase.

Embracing a fully carnivore lifestyle is a transformative step in your health journey. It simplifies your diet, enhances healing and provides your body with the most bioavailable nutrients. This chapter offers a practical, step-by-step guide to gradually reduce plant-based foods and transition into full carnivore, ensuring you feel satisfied and supported every step of the way.

Assess Where You Are

Start by identifying your current eating habits so you can take the next step with ease. Whether you're eating two vegetables per meal or just one, this guide will help you transition gradually.

Step-by-Step Transition

If You're Having Two Vegetables Per Meal:

Step 1: Reduce to one vegetable per meal for five days. Keep enjoying two meals a day with just one vegetable on the plate.

Step 2: Transition to one meal per day with one vegetable, while the other meal becomes fully carnivore. Do this for another five days.

Step 3: Move to two meals per day without vegetables. At this stage, you'll be fully carnivore.

If You're Having One Vegetable Per Meal:

Step 1: Start by having one meal per day without vegetables, keeping the other meal unchanged. Continue this for one week.

Step 2: Transition to two meals per day without vegetables. Congratulations! You've embraced a fully carnivore diet.

Prioritise Protein and Fat

To ensure a smooth and satisfying transition, focus on increasing your intake of nutrient-dense animal foods and healthy fats:

- **Proteins:** Grass-fed beef, lamb, pasture-raised pork, free-range chicken, and eggs.
- **Fats:** Butter (if tolerated), tallow, beef dripping, duck fat, or lamb fat.

Add fats generously to your meals to stay satiated and prevent cravings. For example:

- Add butter to your steak or eggs.
- Use tallow or beef dripping for cooking.
- Sip bone broth with added fat for hydration and nourishment.

Key Tips for Success

- **Never Go Hungry:** Always eat enough to feel full and satisfied. Skimping on protein or fat can lead to cravings or fatigue.
- **Track Your Progress:** Notice how your body feels with each step:
 - Is your digestion improving?
 - Do you feel less bloated or inflamed?
 - Are you experiencing more energy and mental clarity?

What If You're Not Ready Yet?

Transitioning to full carnivore is a personal choice, and it's okay to move at your own pace:

- Stick with low-inflammatory vegetables if needed, and reduce them gradually as you feel ready.
- Use this time to tune into your body's needs and responses.

Looking Ahead

Once you've transitioned, or are on your way to transitioning to full carnivore, you're ready to embark on Phase 2. In this next chapter, we cover how to really make the most of this journey.



Chapter 33

Phase 2 - The Ultimate Detox

Fasting and Transitioning into Carnivore

Phase 2 takes your detox journey to the next level by incorporating the fasting and additional practices we have been discussing in the previous few chapters. Plus, a recap on what you will have been doing in phase 1. The aim in this phase is to support your body's natural detoxification pathways.

Here you'll focus on deeper cleansing, using fasting as a tool to accelerate weight reduction, enhance cellular repair and unlock new levels of vitality. This stage also sets the foundation for transitioning to a full carnivore lifestyle, if you choose to take that step.

Days 41 & 42: Preparation

The first two days are all about preparing your environment, mindset and body for the deeper detox ahead. This phase ensures that you're equipped with the tools and resources needed for a smooth transition.

Action Steps:

Salt Sole: Keep Taking 1 tablespoon of salt sole daily in water. If constipation occurs, increase to 2 tablespoons per day. Salt sole supports hydration, balances electrolytes and promotes bowel regularity.

Magnesium Oil: Apply magnesium oil or gel as often as you can, daily, especially before bed. Magnesium helps with relaxation, muscle recovery and bowel movements, all critical during detox.

Meal Preparation: Batch cook and freeze carnivore-approved meals, such as bone broth, roasted meats, and simple proteins. Stock up on fasting essentials, including herbal teas, apple cider vinegar (ACV), and infused remedies from the previous chapter.

Mindset Work: Reflect on your goals for this phase. Set clear intentions for why you're committing to carnivore fasting and detoxification.

Days 43 – 50 : Transitioning into Detox

This phase introduces fasting gradually, allowing your body to adapt while maintaining a nutrient-rich, low-inflammatory diet.

Dietary Guidelines:

Meals: Consume two meals per day, focusing on 1–2 protein sources per meal. If you're not ready for full carnivore, continue with the

low-inflammatory vegetables from Phase 1

If you are ready to continue to gradually be a complete carnivore then this is the time to do it. Of course if you are happy where you are and the results are continuing then stay on the food regime you are happy with. However, you can start this part at any time.

Days 41- 50, have just one vegetable with each meal – making sure you are having enough fat, so you don't get hungry

Days 51 – 60, Have one meal with no vegetables and the other with just one.

Days 60 and beyond, You are now ready to be a complete carnivore – You can choose what level of carnivore you need to be on – see chapter 34

Timing: continue to follow an 8-hour eating window regime (e.g., 11 AM–7 PM). Outside this window, consume only water, herbal teas, or salt sole. No snacking between meals. If you would like, you can reduce your eating window to 6 hours. However this isn't vital, it can just help your body to stay in autophagy a little longer.

Hydration: Drink at least 3 litres of water daily, supplemented with herbal teas and ACV infusions.

Fasting Option: Introduce a 24-hour fast by skipping one day's meals. This allows your body to experience the benefits of fasting without jumping into extended fasts too quick.

Supplements and Remedies:

Use ACV herbal infusions before meals to stimulate digestion.

Drink ginger decoctions or super tonic for added detox support.

Continue magnesium oil application and adjust salt sole intake as needed.

Days 41 – 80: Fasting and Carnivore Transition

Fasting becomes the central focus, with options tailored to your comfort level and goals. During this phase, you'll also be transitioning fully into a carnivore lifestyle, if you haven't already.

Fasting Options: *We talked about this in our fasting chapters – but just in case you skipped those.*

Mono Fasting: Choose one protein per day (e.g., beef, eggs, or sardines). This simplifies digestion and supports detoxification. Pair with broth and herbal teas.

Broth Fasting: Consume only beef or chicken broth, supplemented with herbal teas and water. Add ACV and cayenne for metabolic support.

Water Fasting: For a deeper cleanse, stick to water and herbal teas. Allow your body to enter full autophagy, the process of breaking down damaged cells for regeneration.

Detox Protocol Enhancements

To maximise the benefits of fasting, incorporate one or more of the following practices:

Hydrotherapy:

- Alternate between hot and cold showers to stimulate circulation and lymphatic flow.

Infrared Saunas:

- Sweat out toxins and promote deep detoxification with short

sauna sessions (10–20 minutes).

Walking in Nature:

- Gentle walks after meals improve digestion, metabolism, and mental clarity.

Liver and Kidney Support:

- Consume liver-supportive foods (like eggs and bone broth) and drink teas like dandelion or nettle to support detox pathways. Plus create those copper peptides. Don't forget to use the kidney and liver flushes as they can really support your journey.

Lymphatic Support:

- Practice dry brushing or heel tapping to stimulate lymph flow and reduce fluid retention. Keep moving to keep stimulating your lymph.

Gut Massage:

- Massage your abdomen in circular motions to relieve bloating and support bowel movements.

Parasite Cleanse:

- Continue your parasite cleanse protocol, if applicable, to

remove harmful organisms.

Why Fasting Works

As covered in previous chapters, fasting is one of the most effective tools for detoxification and healing.

Here's a quick recap of its benefits:

- **Insulin Sensitivity:** Fasting lowers insulin levels, allowing your body to burn fat more effectively.
- **Autophagy:** Promotes cellular repair by breaking down damaged cells and regenerating healthier ones.
- **Inflammation Reduction:** Gives your digestive system a rest, reducing inflammation and allowing your body to focus on healing.
- **Mental Clarity:** Many people report sharper focus and increased energy during fasting due to the body's switch to fat-burning mode.

Preparing for Success

Before diving deeper into fasting and carnivore, set yourself up for success:

- Stock your freezer with homemade broth and proteins.
- Prepare supplements, including magnesium, salt sole, and any remedies from previous chapters.

- Plan your fasting schedule in advance, aligning it with your energy needs and commitments.

Looking Ahead: Navigating Emotional Hurdles

Fasting and detoxification often bring unexpected emotions to the surface. In the next chapter, we'll explore how to navigate the mental and emotional challenges of this journey, including tips for staying motivated, addressing cravings, and releasing emotional patterns tied to food.



Chapter 34

The Different Paths of Carnivore

Finding What Works for You

As you move deeper into your journey toward optimal health, it's essential to understand that the carnivore lifestyle isn't one-size-fits-all. There are different levels and approaches to carnivore eating, each with its own food list and focus. Whether you're taking your first steps or diving into the most strict version, there's a path that can meet your needs.

This chapter explores the main types of carnivore diets, from the more flexible to the strictest, and provides a clear food list for each. You'll also hear testimonials from individuals who've found success on these varied approaches.

Almost Carnivore (Sometimes Called "Dirty Carnivore")

This approach is the most flexible version of carnivore and allows for some non-animal-based foods, making it a good starting point for beginners or those transitioning from a more plant-heavy diet.

Food List:

- All meats: Beef, lamb, pork, chicken, turkey, and other poultry.
- Fish and seafood: Salmon, mackerel, sardines, shrimp, scallops, and more.
- Animal fats: Tallow, lard, duck fat, butter, and ghee (if tolerated).
- Eggs: Chicken, duck, quail, etc.
- Low-inflammatory seasonings: Salt, pepper, and minimal use of herbs or spices like rosemary, thyme, or cayenne.
- Bone broth: Made from animal bones and fat.
- Occasional dairy (if tolerated): Cheese, cream, and yoghurt, but only full-fat and ideally from grass-fed sources.

Foods to Avoid:

- Cured meats: Avoid unless they are nitrate- and sugar-free.
- Sweeteners: Even natural options like honey or stevia.

- Processed meats: Bacon, sausages, and deli meats unless verified sugar- and additive-free.

Testimonial: “I started with almost carnivore and found it to be a gentle introduction. Allowing a few herbs and spices kept meals interesting and made the transition easier. After a month, my energy was through the roof, and I felt I had found my version of carnivore.”
— Jane, 42

True Carnivore

True carnivore is a more committed approach, focusing entirely on animal-based foods. This level eliminates plant-derived seasonings and focuses purely on nutrient-dense animal products.

Food List:

- All meats: Grass-fed beef, lamb, pasture-raised pork, poultry, organ meats (liver, heart, kidney) and game meats.
- Fish and seafood: Wild-caught salmon, sardines, tuna, shrimp, crab, oysters, etc.
- Animal fats: Tallow, lard, duck fat, butter, and ghee (if tolerated).
- Eggs: All types, including chicken, duck, and quail eggs.
- Bone broth: Essential for gut healing and electrolyte support.
- Dairy (if tolerated): Full-fat cream, cheese, and butter, ideally raw or from grass-fed sources.

Foods to Avoid:

- All plant-derived seasonings and oils.
- Processed meats with additives or sugars.
- Dairy if it causes inflammation or bloating.

Testimonial: “Going full carnivore felt like the ultimate detox for my body. Within two weeks, my digestion improved dramatically, and my brain fog lifted. I’m amazed at how simple meals can be so satisfying and healing.” — James, 50

The Lion Diet

The strictest form of carnivore, the Lion Diet focuses exclusively on ruminant animals, salt, and water. This approach is ideal for those with autoimmune issues, severe allergies, or chronic inflammation who need a complete elimination protocol.

Food List:

- Ruminant meats: Beef, lamb, goat, bison, and venison.
- Animal fat: Tallow, suet, or drippings from ruminant meats.
- Salt: Pure, additive-free salt.
- Water: Still or sparkling, but nothing added .

Foods to Avoid:

- All non-ruminant meats, dairy, and eggs.
- All spices, herbs, or seasonings other than salt.
- Any non-animal-based foods.

Testimonial: “I suffered from debilitating autoimmune symptoms for years, and nothing worked until I tried the Lion Diet. The simplicity was daunting at first, but within a month, my symptoms were gone. I feel like I’ve been given my life back.” — Emma, 34

Carnivore Adjacent

While not a strict carnivore diet, some individuals follow what’s often called a “carnivore-adjacent” diet, incorporating animal-based foods as the core of their diet but allowing small amounts of plant-based items as tolerated. This approach isn’t strictly carnivore but may suit those maintaining long-term balance. This is really what you have been doing, if you have been following this program, especially during the latter week.

Food List:

- All meats, fish, seafood, eggs, and animal fats.
- Bone broth and animal-derived supplements like collagen or gelatine.
- Occasional plant-based foods like coffee, tea, or low-sugar fruits (e.g. Apples, Berries).plus a couple of onions/garlic to season

- Minimal use of spices or seasonings.

Foods to Avoid:

- High-sugar or starchy plant-based foods like grains, legumes, and most fruits.
- Highly processed foods, sweeteners, or seed oils.

Testimonial: “I find carnivore-adjacent works best for me. I love the energy and focus I get from an animal-based diet, but enjoy a cup of coffee or a handful of berries here and there without any issues.” Ben, 45

Finding Your Fit

Each of these approaches has its benefits, and the right path for you depends on your goals, health conditions, and lifestyle. Start with what feels most accessible, and as your body adapts, you may find yourself naturally progressing toward a stricter version, or staying where you feel your best.

The beauty of carnivore is its flexibility to meet you where you are while providing a foundation for healing, nourishment and vitality.



Chapter 35

Emotional Challenges

Navigating Detoxification and Weight Drop Emotions

In the previous chapter, we explored the different carnivore paths available to suit your unique needs and lifestyle. Now, we turn to the emotional terrain of your detox journey, a critical aspect that often goes overlooked. Detoxification and weight loss are not just physical processes; they deeply impact your mind and emotions.

For many, this journey can bring up old patterns, feelings and challenges, making it as much about emotional healing as it is about physical health.

As we progress, remember that this phase is not about perfection but progress. This chapter will explore some of the emotional challenges you may face, why they occur, and practical strategies to help

you navigate them with grace and resilience. Then, we'll look forward to the next chapter, where we delve into cleansing your environment to create a supportive space for sustained healing.

Detoxing Old Emotional Patterns

When you undergo a physical detox, you're not just eliminating toxins from your body. You're also shedding emotional baggage that may have been stored for years. Our bodies hold onto unresolved emotions and detoxing can trigger the release of these feelings. It's not uncommon to experience mood swings, unexplained sadness, or even bursts of anger during this process. Acknowledging these emotions coming to the surface and leaving us is really important - better out than in.

When working with clients and they share that emotions are coming up, I always ask what is your body telling you? Why is this key? When we actually listen to our body, we can then release what doesn't serve us.

Why This Happens:

As your body releases toxins stored in fat cells, organs and tissues, it can also release emotional memories tied to those areas. For instance, traumatic experiences can be physically held in specific parts of the body, and detoxing these areas may bring old emotions to the surface.

How to Overcome It:

Acknowledge Your Emotions: Recognize these feelings without judgment. They're a natural part of healing.

Journal to Connect with Your Body: Ask your body what it's trying to tell you. If answers don't come immediately, be patient. Write

down your thoughts and let your subconscious guide you.

Engage in Mindfulness Practices: Meditation, breathwork, or grounding techniques can help process and release these emotions.

Lean on Your Community: Connect with a support group or community for encouragement and understanding. Understanding the Connection Between Emotions and the Body

Your body and mind are deeply interconnected, and specific emotions often correlate with certain organs or areas of the body. Detoxing can trigger the release of not just physical toxins but also stored emotions tied to these regions. Recognising these connections can help you process what arises during your journey.

Emotions and Their Organ Links:

Liver: Often associated with anger and frustration. When detoxing the liver, unresolved anger may surface, as seen in Claire's story, below.

Lungs: Linked to grief and sadness. Detoxing the lungs or improving respiratory health may bring up old sorrows or feelings of loss.

Kidneys: Related to fear. Cleansing the kidneys can sometimes release stored fears or anxieties.

Stomach and Digestive System: This area is connected to worry and overthinking. Issues in this area may reflect a need to let go of mental strain or control.

Heart: Associated with love and heartbreak. Detoxing or focusing on heart health can uncover unresolved feelings of emotional vulnerability or joy.

Emotions and Areas of the Body:

Shoulders and Neck: Often linked to carrying burdens or responsibilities. Detoxing may bring up feelings of being overwhelmed or overburdened.

Lower Back: Tied to financial or foundational insecurities. Working through detox can help release these deeply held concerns.

Joints (Knees, Hips): These are associated with flexibility and adaptability. Detoxing may highlight areas where you feel “stuck” or resistant to change.

How to Work Through These Emotional Releases:

Acknowledge and Identify the Emotion: Notice where tension or discomfort arises and consider what emotions might be linked to that area.

Engage in Body Awareness Practices: Use journaling or guided meditations to connect with and release these emotions.

Use Physical Touch: Gentle massage, tapping, or applying pressure to specific areas can help release tension and facilitate emotional healing.

A Client’s Story: Unpacking Anger During a Liver Cleanse

One of my clients, Claire, experienced this first hand. On the third day of a liver cleanse, she woke up consumed by anger that seemed to come from nowhere. It lingered for hours, leaving her confused and overwhelmed. When she reached out to me, I explained that the liver often stores anger and that detoxing it can release these pent-up emotions. With this understanding, Claire embraced the process and used journaling and deep breathing to work through her feelings. By the end of the cleanse, she felt lighter, both physically and emotionally and had gained valuable insights into her emotional landscape.

Feeling Fed Up When Results Slow or Stop:

Progress often feels rapid and rewarding when on this program. However, plateaus can and do occur, slowing weight loss or even causing temporary stagnation. This can lead to frustration or the urge to give up.

Why This Happens:

Plateaus as we discuss in chapter 8, are a normal part of the healing process. Your body may be adjusting to changes, experiencing deep healing, or temporarily retaining water and inflammation as it addresses underlying issues. For example, inflammatory cytokines released during detox can cause weight fluctuations but are crucial for long-term healing.

How to Overcome It:

- **Shift Your Focus:** Look beyond the scale and celebrate other wins, like improved energy, digestion, or mental clarity.
- **Stay Consistent:** Trust the process and maintain your routines. Healing is happening even if it's not visible.
- **Remind Yourself of Your Why:** Reflect on your reasons for starting this journey to reignite your motivation.

Body Dysmorphia: Dealing with Changing Body Perception

As your body transforms, it's natural to feel a sense of disconnection or

discomfort with your changing appearance. For some, this can trigger old insecurities or body dysmorphia, a hyper-focus on perceived flaws.

Why This Happens:

Rapid physical changes can make your reflection feel unfamiliar, resurfacing negative self-perceptions or insecurities.

How to Overcome It:

- **Practice Self-Compassion:** Your body is a work in progress. Appreciate its ability to heal and transform. Plus appreciate all the positive aspects of your body, your great hair, your amazing feet (how they carry you through your day) or whatever else you can think of to keep you positive about yourself. Doing this in a mirror intensifies the effect of this.
- **Focus on Function Over Form:** Celebrate what your body can do, such as gaining energy or overcoming cravings.
- **Surround Yourself with Positivity:** Follow uplifting messages and affirmations to build confidence in your journey.

Overcoming Emotional Eating and Old Habits

Food is often used as a source of comfort during emotional times. As you detox and eliminate certain foods, old cravings or emotional eating patterns may resurface, making it challenging to stick to the

program.

Why This Happens:

Emotional eating is a coping mechanism for stress or sadness. Detoxing can bring these emotional triggers to light, causing cravings or the urge to revert to familiar habits.

How to Overcome It:

- **Identify Emotional Hunger:** Emotional hunger feels urgent and sudden, unlike physical hunger, which builds gradually.
- **Find Healthy Coping Mechanisms:** Replace emotional eating with alternatives like meditation, walking, or engaging in hobbies.
- **Plan Ahead:** Keep low-inflammatory foods on hand to manage cravings without derailing your progress.

Recap – Suggestions for Overcoming Emotional Challenges

Practice Mindfulness and Meditation

Mindfulness and meditation help you stay grounded and observe emotions without becoming overwhelmed.

Stay Connected with a Support System

Lean on friends, family, or a supportive community like the one of-

ferred in our course. Sharing struggles and celebrating victories can make the journey feel less isolating.

Set Non-Scale Goals

Focus on progress markers beyond weight, such as improved digestion, energy, or mood. These wins can be incredibly motivating.

Journaling

Writing about your experience can help process emotions and track progress. Reflecting on your journey can also offer clarity and motivation.

Seek Professional Support if Needed

If emotional challenges feel too overwhelming, consider seeking guidance from a therapist or counsellor to work through deeper patterns. We have many professionals in our network if you would like a referral.

Embrace the Journey

Detoxification is as much an emotional journey as it is a physical one. By understanding and preparing for the challenges that may arise, you can approach this phase with greater compassion and resilience. Remember, each step, whether fast or slow, is moving you closer to a healthier, more vibrant you.

As we move into the next chapter, let's think about the space around us. Creating a clean, supportive environment can significantly enhance progress, both physically and emotionally. We'll explore how cleansing your environment, removing toxins, clutter, and distractions, can amplify your journey toward optimal health.



Chapter 36

Cleansing Your Environment

A Detox Beyond the Body

While you're embarking on this transformative detox journey for your body, why not extend the same care to your surroundings?

Your environment plays a huge role in your overall health and wellbeing. A clean, organised and toxin-free space not only supports physical healing but also clears mental and emotional clutter, allowing you to thrive.

Now, I'm not asking you to embrace a minimalist, austere lifestyle unless that's your thing!

This part of the journey, is about creating a space that aligns with your goals, a sanctuary where you can heal and feel empowered. What I have found is that many of my clients naturally do this part, without even having instructions to do it. It feels so instinctive to

cleanse your environment as you are cleansing your internal self.

Why Cleanse Your Environment?

Detoxing your body is a powerful step toward health, but a cluttered or toxic environment can hold you back. Your body and mind are interconnected, and just as your body functions better without toxins, so does your brain in a clear, harmonious space.

Also, taking on the challenge of physically moving, cleaning and sorting through your stuff can help take your mind off of food and so support you with the emotional side, as we discuss in the last chapter. So, when you are fasting or doing the 2nd phase of this process you can see why I encourage you to do this, at this time.

Imagine stepping into a clean, fresh kitchen where everything is in its place. Compare that to a cluttered countertop stacked with expired snacks and old pans, it's not exactly inspiring, right? Cleansing your environment is about creating flow, ease and positivity in your day-to-day life.

A Client's Story: From Chaos to Clarity

Take Julee, a busy mum of two who joined one of my programs feeling completely overwhelmed. Her kitchen was a jumble of mismatched pots, sugary snacks, and non-stick pans that had seen better days. Cleaning wasn't her thing (to be honest, she avoided it whenever possible).

But during the detox, she decided to tackle her kitchen. She started small, removing processed foods from one shelf of her pantry. Encouraged by how much better it looked, she replaced her worn-out pans with stainless steel ones and switched to natural cleaning products.

By the end of the detox, Julee's kitchen was a space she loved being in and she found cooking meals for herself and her family so much easier. "I didn't realise how much my chaotic kitchen was stressing me out," she said. "This process cleared more than just my cupboards; it cleared my head."

Your Step-by-Step Guide to Cleansing Your Environment

Week 1: Detox Your Kitchen

Remove Processed and Packaged Foods: Toss out anything with preservatives, artificial sweeteners, or added sugars. Replace these with supportive staples like meats, broths, and animal fats.

Replace Non-Stick Cookware: Upgrade to cast iron, stainless steel, or ceramic pans to avoid toxins like Teflon leaching into your food.

Switch to Natural Cleaning Products: Use vinegar, baking soda, or eco-friendly cleaners to reduce exposure to synthetic chemicals. Get rid of kitchen sponges; they are a petri dish for bacteria.

Declutter Countertops: Clear surfaces and organise utensils to create a calm, functional cooking space.

Week 2: Cleanse Your Bedroom for Better Sleep

Switch to Natural Bedding: Replace synthetic materials with organic cotton or wool for a cleaner sleep environment.

Improve Air Quality: Add houseplants like peace lilies or invest in an air purifier to remove toxins and allergens.

Limit Electronics: Keep your bedroom a screen-free zone to improve sleep quality and support your body's repair cycle.

Create a Sleep Ritual: Diffuse lavender or chamomile essential oils to create a soothing atmosphere before bed.

Week 3: Detox Your Bathroom and Beauty Products

Swap Out Chemical-Based Products: Replace shampoos, soaps, and lotions containing parabens and sulfates with natural alternatives.

Upgrade Oral Care: Use fluoride-free toothpaste and herbal mouthwashes to avoid unnecessary chemicals.

Install a Shower Filter: Reduce exposure to chlorine and heavy metals by filtering your shower water.

Week 4: Cleanse Your Workspace and Car

Declutter Your Workspace: Tidy your desk and organise papers to reduce mental clutter and improve productivity.

Switch to Non-Toxic Office Supplies: Avoid VOC-containing products like markers or cleaning sprays by choosing non-toxic options.

Improve Car Air Quality: Use natural air fresheners or keep an essential oil spray handy. Regularly air out your car and clean surfaces to minimise dust and toxins.

Ongoing Emotional Space Cleansing

Cleansing your environment isn't just about the physical, it's about your emotional space too. Emotional clutter can hinder your progress just as much as a disorganised home.

Create Your Healing Sanctuary

Detoxing your environment is an extension of the work you're doing on your body. Each small step you take, whether it's clearing out your kitchen or switching to natural skincare, helps create a space that supports healing, clarity and growth.

Think of it as a partnership: your body is working hard to detox, and by cleansing your environment, you're giving it the best possible chance to succeed. Just like Julee, you'll find that a clean, organised space not only reduces stress but also uplifts your spirit. Over the next 40 days, take your time, enjoy the process and watch how a detoxed environment transforms your health and wellbeing. In the next chapter, there are some ideas to help you improve the quality of your home and environment even more.



Chapter 37

Tools for a Clean, Healthy Home

Support for your
environment

Following your journey of cleansing your environment, let's delve deeper into how you can naturally maintain a toxin-free home. From the power of houseplants to recipes for effective DIY cleaning products, this chapter is all about making your space clean, uplifting, and supportive of your detox journey.

Houseplants That Cleanse the Air

Houseplants don't just add beauty to your home, they're powerful natural air purifiers, helping to remove toxins like formaldehyde, benzene and carbon monoxide, creating a healthier environment.

Here's a list of houseplants to consider:

Spider Plant (*Chlorophytum comosum*) is Easy to care for and great for removing carbon monoxide and formaldehyde. Perfect for bedrooms, living rooms, or kitchens.

Peace Lily (*Spathiphyllum*) reduces airborne toxins like benzene and ammonia. It thrives in low light and needs minimal watering.

Aloe vera not only purifies air but also acts as a healing plant for burns and skin irritations. It is best placed in sunny spots.

Snake Plant (*Sansevieria trifasciata*) Known as the "bedroom plant," it absorbs carbon dioxide and releases oxygen at night. Ideal for improving sleep.

Areca Palm (*Dypsis lutescens*) Is a natural humidifier while removing toxins. Great for larger spaces.

Boston Fern (*Nephrolepis exaltata*) Excellent for increasing indoor humidity and filtering air pollutants. Prefers indirect sunlight and regular watering.

English Ivy (*Hedera helix*) is Effective at removing mould spores from the air. Perfect for bathrooms or kitchens.

Rubber Plant (*Ficus elastica*) Absorbs airborne toxins and requires minimal maintenance. Best suited for living rooms or offices.

Jade plant (*Crassula ovata*) Is often called the money tree, as it is believed to attract prosperity and positive energy into the home and who doesn't want to attract more of that! Its thick, succulent leaves also help purify the air and bring a calming, grounding presence to any space, making it both energetically and practically beneficial.

DIY Natural Cleaning Product Recipes

Ditching chemical-laden commercial cleaners doesn't mean compro-

mising on cleanliness. With a few natural ingredients, you can create effective, eco-friendly cleaning products that are safe for your home and family. The following are simple to make and easy and effective to use.

All-Purpose Cleaner

Ingredients:

- 2 cups water
- 1/2 cup white vinegar
- 1 teaspoon bicarbonate of soda
- 10–15 drops essential oil (e.g., lavender, tea tree, or lemon)

Method:

1. Combine all ingredients in a spray bottle and shake well.
2. Use on countertops, sinks, or any hard surfaces.

Glass Cleaner

Ingredients:

- 1/2 cup white vinegar
- 1/2 cup water
- 1 tablespoon lemon juice
- 5 drops essential oil (e.g., eucalyptus or peppermint)

Method:

1. Mix all ingredients in a spray bottle.

2. Spray onto glass and wipe with a microfiber cloth for streak-free shine.

Natural Oven Cleaner

Ingredients:

- 1/2 cup bicarbonate of soda
- 3 tablespoons water
- 1 tablespoon white vinegar
- 5 drops essential oil (e.g., orange or tea tree)

Method:

1. Mix bicarbonate of soda and water into a paste.
2. Spread onto the oven interior and let sit for 30 minutes.
3. Spray with vinegar and wipe clean with a damp cloth.

Toilet Cleaner

Ingredients:

- 1/2 cup bicarbonate of soda
- 1/4 cup white vinegar
- 10 drops essential oil (e.g., lavender or rosemary)

Method:

1. Sprinkle bicarbonate of soda into the toilet bowl.
2. Pour in vinegar and let fizz for 10 minutes.

3. Scrub with a toilet brush and flush.

Floor Cleaner

Ingredients:

- 1 bucket of warm water
- 1/2 cup white vinegar
- 1 tablespoon castile soap – like Dr Bonners
- 5 drops essential oil (e.g., lemon or pine)

Method:

1. Mix ingredients in a bucket.
2. Use with a mop for sparkling clean floors.

Laundry Freshener

Ingredients:

- 1/2 cup white vinegar
- 1/4 cup borax
- 10 drops essential oil (e.g., lavender or eucalyptus)

Method:

1. Add ingredients to your washing machine during the rinse cycle.
2. Your clothes will come out soft, fresh, and chemical-free.

Room Deodoriser Spray

Ingredients:

- 1 cup water
- 1 tablespoon bicarbonate of soda
- 10–15 drops essential oil (e.g., lavender, citrus, or clove)

Method:

1. Combine ingredients in a spray bottle and shake well.
2. Use it to freshen up your living spaces naturally.

Making Cleaning Enjoyable

While cleaning may not be everyone's favourite task, reframing it as an act of self-care can make it more enjoyable. Play your favourite music, set a timer for short bursts of cleaning, and remind yourself that you're creating a healthier, more supportive environment for your detox journey.

A Client's Story: The Power of Plants

Emily was hesitant about adding plants to her home. She didn't think she had a green thumb. But after hearing about their air-purifying benefits during her detox program, she started with a peace lily in her bedroom. Within weeks, Emily noticed she slept better and felt less groggy in the mornings. Encouraged, she added a snake plant to her living room and a spider plant to her kitchen. "I didn't realise how much of a difference fresh, clean air could make," she said. "Now, I can't imagine my home without them."

Nature's Support for a Cleaner Life

Houseplants and natural cleaning products are simple yet powerful ways to detox your home and support your body's healing process. By integrating these tools into your routine, you're not just cleaning your space, you're creating an environment that uplifts your spirit, promotes health, and aligns with your transformative journey.

Take it one step at a time, enjoy the process, and let nature work its magic in your home.



Chapter 38

Reconnecting with the Earth

The Power of Grounding

As you progress through your detox journey, it's vital to remember that healing extends beyond food choices and environmental detoxification. A profound yet often overlooked practice is grounding, also known as earthing, which connects your body to the Earth's natural energy field. This simple yet transformative act can restore balance, reduce inflammation, and deepen your healing journey.

In this chapter, we'll explore a little around the science behind grounding, its wide-ranging health benefits, and how to incorporate it into your life, even if you live in an urban setting or face seasonal challenges. You'll also discover its emotional and cultural roots, making grounding a practice that harmonises your body and mind.

What Is Grounding?

Grounding involves physically connecting your body to the Earth by walking barefoot on natural surfaces like grass, soil, sand, or water. This practice allows your body to absorb the Earth's subtle electrical charge, neutralising free radicals, reducing inflammation and stabilising your body's electrical systems.

In today's technology-driven world, insulating footwear, synthetic environments and constant exposure to electromagnetic fields (EMFs) disconnect us from this essential energy. Grounding re-establishes this lost connection, supporting your body's natural state of balance and harmony.

The Science Behind Grounding

Research has shown that grounding has profound physiological effects, particularly in reducing inflammation, improving sleep and calming the nervous system. For example:

- A study published in the *Journal of Environmental and Public Health* (2012) found that grounding improves immune responses and reduces chronic pain and inflammation.
- Another study linked grounding to improved blood flow and reduced clumping of red blood cells, thereby enhancing oxygen delivery to tissues.

These findings highlight how grounding works at a cellular level to promote health and resilience.

The Health Benefits of Grounding

Reduces Inflammation Grounding neutralises positively charged free radicals, reducing oxidative stress and inflammation, the root

cause of many chronic conditions.

Improves Sleep By regulating cortisol levels and aligning your circadian rhythm, grounding promotes restorative, deep sleep, which is essential for detox and healing.

Enhances Mood and Reduces Stress Grounding calms the nervous system, reducing stress, anxiety, and depression. It fosters a profound sense of well-being and emotional balance.

Neutralises EMFs Grounding stabilises the body's electrical charge, counteracting the negative effects of EMF exposure from devices like phones, Wi-Fi routers, and laptops.

Boosts Circulation Improved blood flow enhances the delivery of oxygen and nutrients to cells, aiding detoxification and tissue repair.

Supports Immune Function, by reducing inflammation and supporting detox pathways, grounding strengthens the immune system, enabling your body to heal more efficiently.

How to Practice Grounding

Walk Barefoot Outdoors - Spend at least 20–30 minutes daily walking barefoot on grass, soil, sand, or water. Natural bodies of water enhance conductivity, making grounding more effective.

Use Grounding Mats and Sheets - For urban dwellers or colder climates, grounding mats and sheets provide an excellent alternative. They mimic the Earth's energy field, allowing you to ground indoors.

Grounding in Water - standing in lakes, streams, or the ocean, offers additional benefits due to water's conductivity, amplifying the effects of grounding.

Seasonal Adaptations During winter - consider grounding shoes with conductive soles or prioritise indoor tools like grounding mats and sheets.

Engage with Nature - Activities like gardening, sitting on the

ground, or lying on the Earth, which allow for natural grounding while reconnecting you with the outdoors.

Emotional and Cultural Perspectives on Grounding

Grounding is not just a modern wellness trend; it's deeply rooted in traditional and indigenous practices. Many cultures have long understood the healing power of connecting with the Earth, incorporating barefoot rituals and natural living into their way of life.

From a modern emotional perspective, grounding offers a chance to recalibrate the nervous system. By calming the fight-or-flight response, grounding fosters emotional stability, helping you process unresolved feelings during detox.

Grounding for Urban Dwellers

Living in an urban environment doesn't mean grounding is out of reach. Here are a few creative solutions:

- Visit local parks with grassy areas.
- Create a grounding station with a pot of soil or sand at home.
- Use grounding tools like mats, sheets, or patches to stay connected indoors.

Grounding During Detox

As your body releases toxins, grounding can stabilise your energy, reduce detox symptoms like headaches or fatigue, and enhance your overall sense of wellbeing. It's an invaluable tool to incorporate into your daily routine, especially during periods of intense detoxification.

Practical Tips for Integrating Grounding into Daily Life

- **Morning Boost:** To energise your body, begin your day with a barefoot walk on grass or a grounding mat session.
- **Post-Meal Reset:** After eating, a short barefoot walk can aid digestion and support blood sugar regulation.
- **Night time Recharge:** Use grounding sheets for restful sleep and overnight recovery.
- **Weekend Retreats:** Plan trips to natural areas like beaches or forests to immerse yourself in grounding experiences.

Challenges and How to Overcome Them

Time Constraints – Incorporate grounding into existing routines, like morning coffee on the patio or stretching outdoors.

Scepticism – Grounding’s benefits are backed by science, but the proof often lies in personal experience. Commit to a few weeks of regular grounding and observe the changes and write them in your journal.

Limited Access to Nature – don’t let this put you off, use the tools we talk about above, think outside the box, the benefits are really worth your while – where there’s a will there’s a way.

Rooting Your Healing in the Earth

Grounding is more than just a practice. It’s a reconnection with the Earth’s energy, a return to balance, and an invitation to embrace a deeper layer of healing. During your detox journey and beyond,

grounding becomes a powerful ally, helping to stabilise your body's energy, reduce inflammation, and support emotional resilience.

As you prepare to move forward, take the grounding lessons with you. Whether it's a barefoot walk in the morning, a quiet moment in the garden, or the use of grounding mats in your home, these small, intentional acts can have a profound impact on your health and wellbeing.

In the next chapter, we'll explore how long you might want to stay in this phase of the carnivore lifestyle, the answer is in the wording!!



Chapter 39

Time Frame

How Long Should You Stay on Carnivore?

As you progress through this program, it's essential to remember that carnivore isn't just a diet, it's a tool for healing and transformation. While this program is designed to guide you from Carbivore to Carnivore over three months, the journey doesn't have to stop there.

For many, staying on carnivore longer allows the body to heal fully, giving time for deeper repair processes to take place. True healing is a journey, and honouring the time your body needs to reach its optimal state is important.

Why Stay on Carnivore for 3–6 Months or Longer?

The benefits of staying fully carnivore for an extended period go beyond the initial improvements you'll experience in the first few weeks. Healing chronic inflammation, gut issues, or hormonal imbalances

takes time, often months rather than weeks.

What Happens During an Extended Carnivore?

- **3–6 Months:** This is the minimum time frame to allow your body to heal on a deeper level, especially if you have long-standing health conditions.
- **Beyond 6 Months:** Many people choose to stay fully carnivore long-term because of how energised, clear-headed and balanced they feel. I know of many clients who enjoy the process so much that they can't see themselves going back to any other way of eating. I personally feel that way. I am four and a half years on the carnivore and I am feeling great.

Carnivore is a lifestyle that can evolve with you. For some, it remains a lifelong approach, while others use it as a foundation before reintroducing select foods.

The Healing Timeline

Healing isn't linear, your body works in phases:

- **First Few Weeks:** Most people notice reductions in bloating, improved digestion and a boost in energy.
- **3–6 Months:** Chronic inflammation begins to resolve, gut lining repairs and hormone balance improves.
- **Beyond 6 Months:** You may feel a deeper sense of stability in your health, mental clarity and overall wellbeing.

A Reminder: Healing Takes Time

It's important to remind yourself that true healing takes time. If you've been dealing with health issues for years, it's unrealistic to expect your body to reverse everything in a few weeks. Staying on full carnivore for 3–6 months (or longer) gives your body the time and resources it needs to rebuild.

Blood tests

I feel this is the perfect time to share with you about blood tests, as I get asked a lot about cholesterol levels and what to do about them.

It's important to understand that when you follow a carnivore or high-fat, low-carb lifestyle, your blood test results, particularly around cholesterol, may look different than what the conventional system deems "normal."

Instead of fixating on LDL cholesterol in isolation (as many doctors do), it's far more helpful to look at ratios and triglyceride levels, which are far more indicative of metabolic health.

One of the most important markers to check is your triglyceride-to-HDL ratio.

To work it out, divide your triglyceride number by your HDL number (both in mmol/L).

Ideally, this number should be 1.5 or lower, the lower, the better.

A low ratio suggests you are insulin-sensitive and have low levels of systemic inflammation, which is what truly matters.

It's not uncommon for total cholesterol or LDL to rise with this eating style, but in the context of low triglycerides, high HDL, and healthy blood sugar, this is usually a sign of healing, not danger.

Is Carnivore a Long-Term Lifestyle?

For many, the carnivore way of eating becomes a long-term lifestyle because of its simplicity, effectiveness and the way it supports health. Whether you choose to stay fully carnivore or eventually reintroduce low-inflammatory foods, this journey is about discovering what works best for you.

Listening to Your Body

As you approach the end of this program, reflect on how you feel:

- Are you meeting your health goals?
- Do you feel energised, satisfied and balanced?
- Do you feel ready to explore reintroducing foods or want to stay in the healing phase longer?

Remember, there's no rush. Carnivore will always be here as a foundation you can return to whenever needed.

Trust the Process

Staying fully carnivore for 3–6 months is not only achievable but also highly beneficial for deep healing and transformation. By giving your body time to repair and reset, you're setting yourself up for long-term health and vitality.

In the next chapter, we'll explore how to reintroduce foods thoughtfully, should you decide to move beyond full carnivore. This will help you personalise your diet while maintaining the incredible progress you've achieved.



Chapter 40

Reintroducing Foods

Returning to Low-Inflammatory Eating

As you approach the end of your carnivore journey, or feel ready to experiment with a broader range of foods, it's important to reintroduce foods carefully and mindfully. Whether you're transitioning to a low-inflammatory lifestyle or exploring carnivore-adjacent eating, this chapter will guide you through the process of reintroducing foods without impacting the progress you've achieved.

This part of the system came about back in 2011, when I noticed something curious. Many clients were dropping serious amounts of weight, only to start putting it back on again. That sparked a few thoughts, but it wasn't until a couple of very specific things happened that the program evolved into what it is today.

The first was on one of my daily walks. I came across a dog, not unusual, but this one decided to follow me... and then *bit me on the bottom!* Not exactly a highlight. There was no blood, so I didn't think much of it, until the next morning. When I jumped on the scales and saw I was 1.6kg heavier. That moment helped me realise just how much weight is linked to inflammation - and stress.

The second event happened a few days later. One of my clients, Mary, had dropped over 30kg and was thrilled. She rang me the day after returning to what I used to call "normal" food, still low carb, but with the option of eating three meals a day. She was shocked to see she'd gained 1.4kg overnight. So we reviewed what she'd eaten.

Turns out it was dairy: yoghurt for breakfast, cream at lunch, and cheese with dinner. I got her straight back onto the low-inflammatory foods, and sure enough, the weight came off again within a few days. We waited five days, then reintroduced yoghurt, no change. A few days later, cream, again, all good. But when we tried cheese... *bam*, her weight shot back up.

So, we waited again, and then tested different cheeses. Mary *loved* cheese, so this was important to her. The results were surprising: she could tolerate all cheeses *except* Brie and Camembert. Of course it was Brie that Mary had eaten that day. If her weight hadn't gone up so much Mary wouldn't have learnt what her body did and didn't like. Plus I would never have thought about using the bathroom scales to identify inflammatory foods.

That moment changed everything. It became clear to me that reintroducing foods strategically, and slowly is the key. Knowing which foods trigger inflammation gives you the power to choose when (or if) to have them. For me, I know cheese isn't my friend. But if I have a small amount once a week, my body can handle it.

This chapter gives you a simple, step-by-step approach to reintroducing foods in the right order. There's a specific protocol I've developed – one food per day, in a specific sequence, which you'll get

access to when you join our course.

Why Reintroduce Foods Slowly?

Your body has been thriving on the simplicity of carnivore, free from the inflammatory triggers often found in plant-based foods. When you reintroduce foods, your immune system may react if it detects certain compounds as harmful, for you. This reaction can lead to inflammation, often showing up as water retention or other symptoms. What I have found over the years, is that inflammation shows up on the scales normally long before you notice it as pain, bloating or foggy head etc.

The Role of Water Retention in Inflammation

This is what happens when your body encounters a food it perceives as inflammatory, it triggers an immune response involving inflammatory cytokines, molecules that signal your body to deal with the perceived threat. Here's how this process works:

You eat a food that your body doesn't like.

Cytokines Are Released: These molecules alert your immune system to respond to irritants, such as anti-nutrients or allergens in food.

Water Retention Occurs: Your body retains water as part of this immune response. The water helps dilute toxins and transport immune cells to the affected areas.

Weight Temporarily Increases: This is why you may see a sudden increase of 1–2 kilograms overnight on the scales after consuming an inflammatory food.

This weight gain is not fat; it's water retention caused by inflammation. Your body needs time, typically 24–48 hours, to resolve this

reaction and return to its baseline. However, if you have introduced a high-carb food such as bread or rice, then the reaction can take as long as 5 to 6 days to fully show itself.

How to Support Your Body During Inflammation

If you notice signs of inflammation, take a step back and allow your body to recover:

- **Hydrate:** Drink plenty of water to flush out toxins and reduce water retention.
- **Return to Carnivore:** A day or two of strict carnivore can help calm the immune response.
- **Rest:** Minimise stress and give your body the time it needs to rebalance.

The key to successful reintroduction is to go slowly, introduce one food at a time, and observe your body's reactions.

Begin with Low-Inflammatory Foods – using your phase 1 food list.

Start with foods that are least likely to cause inflammation, such as:

- Non-starchy vegetables: Broccoli, cucumber, lettuce, or spinach.
- Low-sugar fruits: Apples or grapefruit (if tolerated).

Add just one of these foods a day, weigh yourself, make a note in your diary – which food added and your weight. If you find that your weight increases by 600gm or more then highlight that food. Then trial it again at a later date. We

want to double check that it was that food so that you aren't restricting eating it, when the weight gain could be from excess stress, exercise or something else.

Next – Add other foods into the mix

When you have worked your way through the low inflammatory list then you can come off those and start with other low carb foods – pick the ones you love – many clients really miss things like avocados and coconut oil. If this is you, then they are your first ones to try.

- Introduce one food per day, including it in one meal.
- Monitor your body's reaction closely, using the scales.

Don't forget - The Scales are a Tool

- Weigh yourself daily, as you have been during the first two phases, it is especially useful during reintroduction, ideally at the same time each morning.
- If your weight increases by more than 600gm overnight, this may indicate inflammation and water retention.

Next you can start adding the foods that are the most likely Inflammatory Triggers

Certain foods are more likely to cause issues due to their chemical properties. Reintroduce these with caution:

What I recommend is that now you start to introduce one of these

foods a week. I know it seems like a long drawn out process, but it really is worth your while to do this. This is where you can really learn what your body loves and what it doesn't.

- Nuts and seeds: Contain oxalates, phytates, and lectins.
- Grains and legumes: High in lectins and gluten, making them inflammatory for many.
- Dairy: Test raw, grass-fed options like cream, yoghurt, good quality cheese first; avoid processed cheeses initially.
- Nightshades: Tomatoes, peppers, and aubergines can be problematic for some.

Example Reintroduction Timeline

Here's a sample schedule for reintroducing foods over a month:

Week 1- 4 Add in your low inflammatory favourites

Week 5- 8 Introduce other vegetables and their oils (making sure the oils are good quality)

Week 9- 12 Test dairy (if you haven't been including in your carnivore phase) or other low carb foods that might be triggers

Week 13 – onwards Try carbs – now you are only introducing, one a week, Keep an eye on, not only the scales but how you feel. Are you craving more? Have any old symptoms returned? How are you emotionally? See the list below

Track Your Symptoms – This is most useful when adding in carbs

In addition to weight changes, watch for these signs of inflammation:

- Digestive discomfort: Bloating, gas, or changes in bowel movements.
- Skin issues: Rashes, itching, or acne.

- Energy levels: Fatigue, brain fog, or mood swings.
- Joint pain: Stiffness or swelling.
- Food cravings - these can come back with a vengeance.

If you notice any of these symptoms, remove the food and wait until your body stabilises before testing another.

A Client's Story: Reintroducing Foods with Success

Marie was eager to expand her diet after six months on full carnivore. She started with spinach and ate a small serving with her evening steak. The next day, when she had no weight changes, she added blueberries, which worked equally well. This continued throughout her introduction journey. However, when she tried almonds, she noticed a 2-kilogram weight increase the next morning and felt sluggish. "It was clear my body wasn't ready for nuts," she said. "This process gave me the confidence to listen to my body and avoid foods that don't serve me."

Crafting Your Long-Term Diet

Reintroducing foods is an opportunity to personalise your diet, whether you stay carnivore, transition to carnivore-adjacent eating, or adopt a low-inflammatory lifestyle.

Tips for Success:

- Start Simple: Stick to single-ingredient foods to isolate reactions.
- Listen to Your Body: Your symptoms are your guide—trust

them.

- **Focus on Quality:** Choose whole, unprocessed foods wherever possible.

Empower Your Journey

Reintroducing foods is about learning what nourishes your body and what doesn't. By approaching this process mindfully, you can build a diet that supports your health and goals while maintaining the incredible benefits you've achieved through carnivore.

I have found personally, that it is so worth knowing what your trigger foods are. Not because you can't eat them anymore, because you can. But so that you don't have them too often.

What I do, as I do love cheese, and my body really doesn't. I have one day a week where I eat, and sometimes drink, whatever I like. Then I go back to my usual way of eating. This really serves me and my body well. As I don't feel as though I am missing out and I still feel great in my body.

This isn't the end of your journey, it's a new chapter, empowering you to thrive on your terms.



Chapter 41

Reflect, Simplify, Thrive

The end of the beginning

As you reach the end of this program, take a moment to pause and reflect on just how far you've come. This journey from Carbivore to Carnivore hasn't just been about what's on your plate, it's been about transformation, growth, and discovering what your body and mind are truly capable of.

Looking Back on Your Journey

Remember where you started. The symptoms that weighed you down, the energy you longed to have, the clarity you sought, it's all been part of your story.

If you've been journaling, now is the time to look back. Compare the "you" who began this journey to the person you've become:

- Have you let go of unwanted weight?
- Are your symptoms, bloating, joint pain and fatigue fading into the past?
- Has your energy increased, your skin cleared, or your mood lifted?

Celebrate these wins. Every step you've taken has brought you closer to the vibrant, healthy life you deserve.

The Beauty of Simplicity

If this journey has taught us one thing, it's that simplicity is the foundation of great health. Your body thrives when it's free from clutter, whether it's processed foods, environmental toxins, or overwhelming routines.

Simple Meals, Big Results

Keeping your meals simple isn't just easier, it's smarter. A plate with just 1–3 items, focused on nutrient-dense, high-quality foods, provides everything your body needs to heal, energise and flourish.

Examples of simplicity:

- A beautifully cooked steak with a side of tallow and or butter.
- A bowl of bone broth paired with eggs.

- 3-4 egg omelette with fish or chicken.
- Salmon with a big lump of butter.

These meals aren't just delicious, they're a reminder that health doesn't have to be complicated.

A Clear Environment for a Clear Mind

As you detox your environment, you've likely noticed how much better you feel in a clean, organised space. Simplicity in your surroundings, less clutter, natural cleaning products and a touch of nature can make every day feel lighter and more energised.

Staying Natural and True to Yourself

Health isn't found in the latest trend or a long list of supplements, it's in the basics:

- Real food.
- Clean water.
- Natural movement.
- Time in nature.
- Good sleep.

By keeping your routines natural and manageable, you set yourself up for long-term success.

Looking Forward

As you move forward, remember that this is your journey. The tools,

lessons and habits you've gained here are yours to use in whatever way serves you best. Whether you stay fully carnivore, explore reintroducing foods, or return to this program periodically for a reset, the path ahead is yours to shape.

Reconnect When Needed

Life is ever-changing, and there may be times when you feel off balance or need a reset. Remember, you have the knowledge and skills to get back on track. Return to these principles whenever you need to realign with your health goals.

Celebrate You:

Above all, take pride in the commitment you've made to yourself. You've done something incredible, something that many people dream about but never take the steps to achieve. You've proven that you can prioritise your health, honour your body and create a life of vitality.

Keep this sense of accomplishment close. It's a reminder that you are strong, capable and in control of your health and happiness.

Your Journey Continues

This isn't the end of the road, it's just the beginning of a life lived with intention, simplicity, and vibrant health. You've laid the foundation. Now, it's up to you to build on it, one simple, nourishing step at a time.

Here's to you and the incredible journey ahead.



Chapter 42

Recipes for phase 1

Ideas for you to take and run
with

The recipes here are very simple – they are designed so that you can chop and change the protein and vegetables, thereby many meals. I also tried to make them so that you don't have to spend much time in the kitchen, plus your family will love them.

Lemon Herb Chicken Thighs

- Ingredients: Free-range chicken thighs, lemon juice, fresh rosemary, thyme, garlic, olive oil, salt and pepper.
- Method: Marinate chicken thighs in lemon juice, olive oil,

garlic, rosemary, thyme, salt and pepper. Roast in the oven at 180°C (350°F) for 40-45 minutes until golden and cooked through.

Beef and Spinach Stir-Fry

- Ingredients: grass-fed beef strips, fresh spinach, garlic, ginger, butter, chilli (optional), salt and pepper.
- Method: Stir-fry beef strips with garlic, ginger, chilli and butter. Add spinach at the end and stir until wilted. Season with salt and pepper.

Salmon with Garlic Butter and Asparagus

- Ingredients: Wild-caught salmon fillets, asparagus, garlic, butter, lemon, salt and pepper.
- Method: Sear salmon in butter on medium heat. Add minced garlic and asparagus to the pan and cook until tender. Squeeze fresh lemon juice over the top before serving.

Slow-Cooked Lamb Shanks

- Ingredients: Lamb shanks, water or beef bone broth, rosemary, garlic, celery, salt and pepper.
- Method: Slow cook lamb shanks with water or bone broth, garlic, rosemary, and celery on low for 6-8 hours until tender.

Turkey/Chicken Meatballs in Tomato Sauce

- Ingredients: Ground turkey or chicken, egg, onion, garlic, fresh basil, tomatoes, salt and pepper.
- Method: Mix turkey, egg, minced onion and garlic to form meatballs. Cook in a pan, then add fresh tomato sauce and basil. Simmer for 20 minutes.

Tomato sauce - is simple, melt some butter in a pan and heat up a tin of tomatoes. Then add herbs and salt and pepper.

Egg Muffins with Spinach and Bacon

- Ingredients: Free-range eggs, spinach, bacon, salt and pepper.
- Method: Mix eggs, sautéed spinach and crispy bacon bits. Pour into a muffin tin and bake at 180°C (350°F) for 20 minutes.

Cabbage and Beef Skillet

- Ingredients: Ground beef, cabbage, onion, garlic, olive oil, salt and pepper.
- Method: Cook ground beef with onions and garlic in olive oil. Add shredded cabbage and cook until soft. Season with salt and pepper.

Grilled Chicken and Rocket Salad

- Ingredients: Grilled chicken breast, bunch of rocket, olive oil, lemon juice, salt and pepper.
- Method: Grill chicken breasts. Toss rocket with olive oil and lemon juice, then top with sliced chicken.

Broccoli and Chicken Soup

- Ingredients: Broccoli, cooked chicken, garlic, ginger, chicken broth, salt and pepper.
- Method: Cook broccoli in chicken broth with garlic and ginger and add in cooked chicken. Blend until smooth.

Garlic Butter Shrimp with asparagus

- Ingredients: Shrimp, butter, garlic, asparagus, lemon, salt and pepper.
- Method: Sauté shrimp and asparagus in butter and garlic. Squeeze lemon juice over the top before serving.

Baked Cod with lemon and Dill

- Ingredients: Wild-caught cod, lemon juice, fresh dill, olive oil, salt and pepper.
- Method: Place cod fillets in a baking dish. Drizzle with olive oil, lemon juice and dill. Bake at 180°C (350°F) for 15-20 minutes.

Beef and tomato Bake

- Ingredients: Ground beef, tinned tomatoes, garlic, onion, tomato sauce, salt and pepper. See tomato sauce recipe with meat balls.
- Method: Brown beef with garlic and onions. Layer in a dish with tinned tomatoes. Bake at 180°C (350°F) for 30 minutes.

Grilled Lamb Chops with Mint Salsa

- Ingredients: Lamb chops, olive oil, fresh mint, lemon juice, garlic, salt and pepper.
- Method: Grill lamb chops. Blend mint, garlic, lemon juice and olive oil into a salsa. Serve the lamb with salsa on top.

Sautéed Chicken Livers with Onions

- Ingredients: Chicken livers, onions, garlic, butter, salt and pepper.
- Method: Sauté onions and garlic in butter until soft. Add chicken livers and cook until just done. Season with salt and pepper.

Spicy Beef Stir-Fry

- Ingredients: Grass-fed beef strips, garlic, ginger, coconut aminos, chilli flakes, salt and pepper.

- Method: Stir-fry beef with garlic, ginger and coconut aminos. Add chilli flakes for a bit of heat.

Poached Salmon with Cucumber Salad

- Ingredients: Wild-caught salmon, lemon, dill, cucumber, olive oil, salt and pepper.
- Method: Poach salmon in water with lemon and dill. Serve with a side of cucumber salad tossed in olive oil and salt.

Pan-Seared Duck Breast with Apple Cider Vinegar

- Ingredients: Duck breasts, Apple cider vinegar, salt and pepper.
- Method: Score the skin of the duck breasts, season with salt and pepper, sear skin-side down until crispy. Flip and cook until medium-rare. Use the duck fat and add a small amount of the vinegar and reduce down.

Braised Short Ribs

- Ingredients: Beef short ribs, garlic & beef bone broth, to cover the bottom of the pan, salt and pepper.
- Method: Brown short ribs in a heavy pot with garlic and bone broth. Simmer on low heat for 3-4 hours until tender.

Grilled Chicken Skewers with Chimichurri Sauce

- Ingredients: Chicken breast, olive oil, garlic, fresh parsley, cilantro, chilli flakes, salt and pepper.
- Method: Grill chicken skewers. Blend fresh herbs, garlic, olive oil, chilli flakes and salt to make chimichurri sauce and serve with the chicken.

Crispy Skin Salmon with Wilted Spinach

- Ingredients: Wild-caught salmon, spinach, garlic, butter, salt and pepper.
- Method: Sear salmon skin-side down until crispy. Wilt spinach in butter with garlic and serve alongside the salmon.

Herbed Lamb Koftas

- Ingredients: Ground lamb, garlic, fresh mint, parsley, cumin, salt, and pepper.
- Method: Mix ground lamb with garlic, fresh herbs and cumin. Shape into small patties and grill or pan-fry until cooked through.

Chicken and Leek Soup

- Ingredients: Free-range chicken, leeks, garlic, celery, bone broth, salt and pepper.

- Method: Sauté leeks, garlic, and celery in olive oil. Add bone broth and shredded chicken. Simmer for 20 minutes and serve warm.

Citrus Gelatine Gummies

- Ingredients: 1 cup juice (freshly squeezed) choose between or have mixtures of – lemon, lime and grapefruit. Stevia to taste(optional) 3 tablespoons grass-fed gelatine ½ cup water
- Method:
 - a. In a saucepan, heat the juice and water over low heat (do not boil).
 - b. Stir in stevia and taste (if using).
 - c. Sprinkle gelatine over the liquid and whisk continuously until completely dissolved and smooth.
 - d. Pour the mixture into silicone moulds or a glass dish.
 - e. Refrigerate for at least 2-3 hours until set.
 - f. Once firm, pop the gummies out of the moulds or cut them into squares if using a dish.

These are a great favourite in my house, I have also added apple cider vinegar and salt sole to my gummies and they add a zing to the end result, which is so enjoyable. You could also try using some food grade essential oils to have some delicious treats. I tend to have mine with dinner as a lovely way to get collagen into my body.

About the author

Following her passion

Karen Creighton is a passionate natural health advocate, educator and truth-seeker who has spent over three decades helping others take their power back, starting with their health.

Now 66 years young, she's living her most vibrant chapter yet in the Bay of Islands, New Zealand. Born in the UK, Karen began her journey in natural health after facing her own chronic fatigue and burnout. What followed was a deep dive into herbal medicine, energy healing, homeopathy and nutrition, turning into a lifelong mission to help others reclaim their vitality.

The first part of her career was spent running clinics and supporting clients facing debilitating illness, those who had often been told there was no hope. Karen combined grounded science with energetic and emotional wisdom, helping people heal in ways they never thought possible.

Today, she is especially passionate about helping others feel great in their own skin, particularly when it comes to weight, hormones and all the self-worth challenges that come with them. She knows

that releasing weight isn't just a physical journey, it's an emotional and spiritual one too. Her work gently guides people back to their body's natural rhythms using low-inflammatory foods, fasting and carnivore-style eating.

Karen also loves sharing her knowledge and experience through speaking. Whether it's in workshops, seminars, road tours, or guest-speaking at events, she brings warmth, wisdom, and clarity to every conversation. From simple, natural solutions to complex health challenges, Karen has a gift for making people feel inspired, informed and empowered to take charge of their wellbeing.

Through her Food & Frequencies Network, her transformative detox programs and now this book, Karen offers more than a health protocol. She offers a roadmap to personal power, deeper connection and true wellbeing. Her unique style blends science, spirituality and a dose of straight-talking humour, helping people feel not just better, but also free.

Karen believes real health isn't about being perfect. It's about listening, learning, and remembering who we really are underneath the noise. Because healing doesn't come from outside of us. It starts within. "Real Health, is being in a constant state of improvement, continually growing and learning"

Karen Creighton xx

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