

SUN, SALT, AND STEAK

HOW I REVERSED **STAGE 2 FATTY LIVER**
WITH FASTING AND CARNIVORE



DAILY SUN

HEAL. ENERGIZE. THRIVE.



SALT WATER

REPLENISH. BALANCE. PERFORM.



CARNIVORE

NOURISH. HEAL. SIMPLIFY.



23:1 FASTING

FAST LONG. LIVE STRONG.

A REAL STORY. A REAL PROTOCOL. REAL RESULTS.

I DID IT ONCE. NOW I'M DOING IT AGAIN—IN REAL TIME.

SUN, SALT, AND STEAK™

How I Reversed Stage 2 Fatty
Liver with Fasting and Carnivore

By Clarissa Harford



*A real story. A real protocol.
Real-time execution.*

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- Baseline health condition
- Metabolic function
- Lifestyle habits
- Level of physical activity
- Individual physiology

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INTRO-FUCKIN-DUCTION

If you're here, you're done being fed the fucking lies about our health and wellness — and you owe it to yourself to start advocating for and taking charge of your own health. As you should. I did, starting in 2008, when the medical system began trying to sell me my fate.

First they said it was GERD, then abnormal liver function tests showed elevated liver enzymes. They assumed it was liver disease.



When I was "officially" diagnosed with non-alcoholic fatty liver disease (NAFLD) after a horrifying liver biopsy — a year after those abnormal liver function tests — I remembered that the only organ in the body that can fully regenerate is the LIVER.

So logic told me it could heal itself if I gave it the space to do so. I refused to believe that liver disease would be the reason I'd die, or that I'd die with it without at least trying to fix it.

And although I was mostly homeschooled, I always loved biology — humans, animals, anything and everything. Whether in a classroom, on a learning channel, in a book at home, or actually hands-on taking care of horses, it always fascinated me. Also, because I was homeschooled, my desire to learn and my curiosity stayed strong — it wasn't muddled down with useless information. Therefore I'm harder to manipulate.

I was determined to figure it out, but I didn't start experimenting immediately because I was actually a few weeks pregnant with my first daughter when I got the liver biopsy. (Can you say medical negligence?) It wasn't really until after I had my second daughter that I started leaning into veganism in 2013 — four years since my diagnosis. I thought it would be a good cleanse. I did that for a year and I did feel good, lost some weight... until I didn't feel good and could've died if I'd stayed on the vegan train. I lost too much muscle from the lack of protein and my vigorous equestrian lifestyle.

My liver disease had already progressed during my second pregnancy, and the vegan diet made it WORSE. My liver wasn't functioning properly and my clotting factors weren't working. My B12 also dropped dangerously low no matter how much I supplemented. I NEEDED MEAT — and that's when I started getting closer to the fix.

It's taken a lot to get here. It hasn't been all unicorns and rainbows, and I hit some really low points in my life — but we're here, and we're back at it. This guide is my real-time story of what was, what broke me, and what's healed me, kept me going, and where I am now. Let's call it a partial memoir of my crazy-ass life path... the one where we get fucking healthy and strong as F before my 40th birthday. (If you're reading this before October 2028, you're right on time.)

If I can bust through every shitstorm life threw at me, you can too. With some sun, salt, and steak — a lot of amazing shit can transpire.



LET'S FUCKING GOOOO!!

xoxo Clarissa

A QUICK NOTE

IF YOU HAVEN'T ALREADY, MAKE
SURE TO JOIN OUR COMMUNITY
FOR REAL TIME UPDATES,
CONVERSATION, AND SUPPORT

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Welcome to **SUN, SALT, AND STEAK™**

We're going to dive right in.

This guide is not for the faint of heart or for excuses. I've done some crazy experimenting on my body to reverse my stage 2 liver disease: veganism, daily intermittent fasting for 18–23 hours, 144-hour fasts, keto, carnivore — only eating ribeye, salt, egg yolks, and butter for 4.5 months — and shit I don't even remember doing until it hits me. I even think I'm crazy. But here we are, and I'm taking everything — the good, the bad, the wins, and the mistakes — and giving myself grace to get back to my active lifestyle with the most delicious and healthiest Way Of Eating I've ever done. **CARNIVORE**

**Today is May 7th, 2026.
Day one of me sharing everything.**

**Last time I weighed in I was 248 lbs.
I won't be weighing in either.**

FUCK THE SCALE!

The results will be very apparent with carnivore and we're going by my body composition drastically changing.

**I lost over 60 LBS in 4.5 months last time I went in hardcore.
But we're making this as simple as possible.**

And also working with what I got because I'm currently hotel hopping in Southern California because my daughters and I went on a 3-week birthday road trip for my youngest daughter (13), and we decided we didn't want to go back to the Midwest. So what this means for you is **NO EXCUSES**, because if I can do this in a hotel, you can do it at home.

California is where the Sun and Salt come in and you can get some sun wherever you are... daily exposure and swimming in the salty cold (*cold exposure*) ocean (*and also consuming salt*).

Welcome to **SUN, SALT, AND STEAK™**

We left California 10 years ago in April 2026 a few months after my life got turned upside down and I left my former husband while I was here for work. A few weeks ago in March/April 2026 our vacation turned into a full circle.

The significance is incredible.

I privately (now publicly) coach and my girls are homeschooled, so we can make these on-the-fly decisions...
I told you I'm a little crazy. We're just getting started.

Anyway, I have a fat suit on, because underneath I'm still strong and jacked – so I don't know if you understand how frustrating that is as someone who's been active their whole life. But don't get me twisted, I've never been super lean. I'm stocky and was a fat fit... but I know now it's because of the inflammation caused by even the "healthy" foods I was consuming.

This time around we're avoiding those and focusing on feeling good.



With that said, we're starting dirty and I had a junk food salad:

- 7 organic on-the-vine tomatoes
- 1 large organic white onion
- 1 English cucumber
- 3 jalapeños
- A few handfuls of baby lettuce mix (I threw half the container away)
- Cleveland Kitchen Beet Medley (I only ate a little because it was GROSS)

If I was going to have a "eat junk for the last time" moment, it might as well be a salad — and I had this tomato salad at Chaikhona Lazzat, a Uzbeki cuisine restaurant in Hollywood, California a few weeks ago, and it was so good I had to remake it.

I'm a sucker for tomatoes. I used to eat cherry tomatoes as a kid like they were candy.

But now you're probably thinking... how is salad junk?

Let's break it down:

Plants do not want to be eaten — they have defense mechanisms. Green plants have oxalates, which get trapped in our joints and cause joint pain, among other things. I can't necessarily say that a salad is just as bad as eating a pack of Oreos, but it's up there and can wreak havoc on our bodies.

Tomatoes are also a nightshade, and considering I'm Italian and grew up eating pasta and sauce every Sunday... I definitely have a sensitivity of some sort. This may or may not inflame me noticeably, but we'll see once I wake up tomorrow.

From looking at me you might assume I'm a junk food junkie, but not really — if I'm being honest. If you saw me in person you'd probably have a different opinion. Like when my best friend of 3 years — he met me when I was coming out of my midlife crisis, head shaved and all — he said I looked like I could fuck some shit up... lol. He's right. I grew up around horses doing some extremely laborious physical work, and I have the posture that says "please, I dare you to fuck with me."

Now why are we here? Because I had a midlife crisis and gave up for a moment... I surrendered. I had been battling chronic pain in my cervical, thoracic, and lumbar spine, and doctors and physical therapists all wanted to just put me on drugs... NO FUCKING THANK YOU. THEY'RE LITERALLY FUCKING USELESS when it comes to fixing problems... just serial maskers with drugs and guessing their way to a diagnosis.

I stuck to my guns, because if I got here naturally I'll get back to myself naturally... I already reversed my stage 2 liver disease at this point, so my level of trust was very-very low with doctors. I just was desperate to find out why I was experiencing all this pain.

Well I have mild degeneration in my spine and horseback riding injuries that were beginning to surface.

Plus my hips were fucked from also biking thousands of miles.
This all came to light as I put the pieces together on my own.

During the time I was getting dicked around by doctors my mental health took a hit because it felt like I was being constantly tortured by this pain, and I just couldn't go to the gym or ride my bike anymore, so I stopped — and completely put my body into shock: no movement and eating "regular food." I'm talking the food found in most American homes.

That's not saying I gained weight from not eating junk — what I mostly did eat wasn't actually too crazy. but I threw in some Oreos and ice cream here and there. But I've never been as soda drinker. I was avoiding seed oils like they were the plague (because they are), but definitely got really lax. I also was dead broke and depended on family and they don't live the same lifestyle.

Also, I have a lot of food sensitivities that I only discovered from when I did this elimination "diet" before. For instance, I cannot eat apples — I feel like I got hit by a Mack truck afterward and my whole body would ache — and I didn't realize how much it was messing with my body before, because when you're constantly eating certain things, even if they're deemed "healthy," you're numb to the negative effects until you cut them out and then reintroduce them. So the biggest factor in my rapid weight gain was when my life fell apart mid-2020 to early 2021, and I almost didn't think I was going to make it out alive.

I'm spilling it all!

Let's Talk **EGGS**

I'll mostly be eating eggs at first along with some dairy, and ferments.

This is what I grabbed at the grocery store:

- 3 x 18 eggs
- 2 x Daisy cottage cheese
- 2 x whole milk Chobani Greek yogurt
- 1 quart heavy cream
- 2 x Kettle & Fire bone broth
- 1 x salted Kerrygold butter



This is it. I'm going to eat the rest of my salad and drink my coconut La Croix (sparkling water is fine) for today, and the eggs start tomorrow.

THE MOST SLEPT-ON SUPERFOOD ON THE PLANET

Eggs are fucking incredible. And I mean the whole egg. Not the sad, flavorless egg white omelet your trainer told you to eat in 2009. The **WHOLE** egg. Yolk included. Especially the yolk.

Here's why.

Eggs are fucking incredible. And I mean the whole egg. Not the sad, flavorless egg white omelet your trainer told you to eat in 2009. The **WHOLE** egg. Yolk included. Especially the yolk.

Choline — The Liver's Best Friend Nobody Talks About

Choline is a nutrient so critical to your health that your body literally tries to make some of it on its own — but not enough.

You have to eat it. And one of the single richest sources of choline on the planet is egg yolks.

So why does this matter for your liver specifically?

Choline is essential for fat metabolism in the liver. It's what helps your liver package up and export fat instead of letting it accumulate. Without enough choline, fat builds up in liver cells — and you know what that leads to? Fatty liver disease. Non-alcoholic fatty liver disease, to be exact. The very thing I've been fighting since 2008.

Let that sink in. The medical system diagnosed me with fatty liver disease and not a single doctor — not one — told me to eat more egg yolks. They handed me pamphlets about low-fat diets and sent me on my way. A low-fat diet. For a disease caused in part by choline deficiency. **And NOT CAUSED BY EATING ANIMAL FAT by the way...** You don't get fat from eating truly healthy fats. You get fat and develop non-alcoholic liver disease from excess sugar, fructose, corn/vegetable oils, and the bullshit high-fructose corn syrup that snuck into literally all of our food over the years.

Choline is the very nutrient found abundantly in the fat of an egg.

My strong theory why I developed liver disease was because of my demanding physical lifestyle and consuming the wrong fats-- corn and vegetable oils were used a lot in my family for cooking when I was younger, but I'm the only one who developed this disease but I was the most active. I also was on birth control before my diagnosis... *let that sink in.*

Choline also supports:

- Cell membrane integrity — every single cell in your body
- Brain function and memory
- The nervous system
- Reducing chronic inflammation
- Healthy metabolism

You cannot build a healthy liver, a sharp brain, or a functioning body on egg whites and sadness. Give me the whole egg or give me nothing.

Now Let's Kill This Cholesterol Nonsense Once and For All

I need you to hear this clearly: *dietary cholesterol is not the enemy. It never was.*

For decades we were told that eating cholesterol raises your blood cholesterol and gives you heart disease. That narrative came largely from one deeply flawed study — Ancel Keys' Seven Countries Study from the 1950s — where he cherry-picked data from 7 countries out of 22 to make fat look like the villain. He literally threw out the data that didn't support his hypothesis. And the entire Western medical and dietary establishment ran with it for 70 years.

Meanwhile, eggs got demonized. Butter got replaced with margarine — which is literally one of the worst things you could eat and causes the very heart disease they were trying to prevent. And everyone got sicker.

Here's what actually happens when you eat cholesterol:

Your body already makes cholesterol. Your liver produces it every single day because your body needs it — desperately. Cholesterol is the precursor to every steroid hormone in your body: testosterone, estrogen, progesterone, cortisol. It's essential for vitamin D synthesis. Your brain is roughly 60% fat and cholesterol. Every single cell membrane in your body requires it to function.

When you eat dietary cholesterol, your liver simply adjusts its own production. It's a self-regulating system. For the vast majority of people, eating eggs does not meaningfully raise dangerous cholesterol levels. In fact, eggs raise HDL — the "good" cholesterol — which is associated with better cardiovascular outcomes.

The real drivers of dangerous LDL patterns and heart disease? Seed oils. Refined carbohydrates. Chronic inflammation. Stress. Processed food. Sugar.

Not eggs. Never eggs.