



ANIMAL BASED *Diet*





Trust Yourself Again

Animal Based Diet



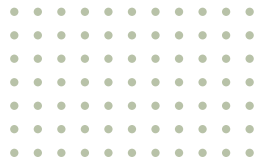
Go from totally overloaded to trusting yourself again!

This type of diet is typically a means to an end that can reduce symptoms and increase energy. Committing to a program like the animal-based diet can help speed up the process of healing and addressing root causes, while offering less reactivity and symptoms.

There is no one-size-fits-all approach to nutrition, and everyone will experience an element of experimentation when implementing this type of approach.

Remember, it takes time to adjust. When first transitioning to any new way of eating, the microbiome (your gut) goes through a shift, and there may be some symptoms that come and go. Don't be discouraged by this, keep working at it!

Most people see changes within 6-8 weeks, while others need more time and/or to be more strict than others.



Nutritional Strategies

Food Approach

You can redirect your mind away from being entertained by food. Step away from items with 5+ ingredients. It can take on average 6-8 weeks to transition, and sometimes longer. Be patient with yourself and your body, as it will be going through some changes.

The Animal Based diet is not calorie restrictive, but does keep snacking to a minimum, so eating more at meals is suggested. This is harder in the beginning, but as your body shifts it will get easier).

Fresh meat eaten right after it is cooked is best for sensitive people. Most people need 1-2 meals per day to be sufficient. Meat left to sit for a while and/or leftovers can build histamines, to the point that some may not tolerate it. Note: ground beef has the potential for more bacteria and may have a higher histamine load.

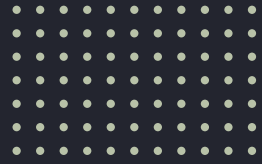
This is an experimental phase. You will need to experiment to find what works best for you. As you work through this, ask yourself...

How do you feel after you eat?





Animal Based Diet Strategy



What to expect in transition: Some reactions are normal when shifting to a animal-only based diet. These can include changes in bowel frequency and consistency, bloating, and headaches (if this is your first time cutting our grains and sugar, body aches and cravings can be very normal).

What to do about it:

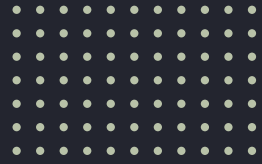
- Add in digestive support – TUDCA or an ox bile supplement, HCl, CT-Zyme
 - Digestive enzymes are most effective when taken ~15 minutes prior to a meal. If you forget, no worries! You can still take them during the meal.
- Sometimes, consuming lower amounts of carbohydrates as you transition to meat-only can help mitigate cravings and symptoms. Try incorporating yams/sweet potatoes (as long as oxalates are not an issue) or root vegetables. Apples, oranges, berries, can be helpful as well, and additional fats like avocados, olives, and goat milk may also be helpful. This strategy is very dependent on individual status. Avoid fermented veggies and probiotics (though spore-based probiotics may be okay for some). Some people do well with continuing to consume fruits throughout the whole process. Again, experiment to see what works best for you.
- Cruciferous vegetables – these tend to be lower on the reactivity level for most sensitive people and may be a good option to incorporate. These include brussels sprouts, cauliflower, and broccoli (double check with our Oxalates Guide if oxalates tend to be an issue for you).

Seasonings: Keep it simple

- Stick to only salt on your meats. This is not a time to try a lot of new spices, keep it simple and just use salt as this will help decrease reactions and inflammation, and improve results.
- Many seasonings are nightshade-based, which can aggravate the very issues you are trying to heal. If it is helpful for overall adherence to the animal-based diet in the beginning, utilize small amounts of spices as you transition, as listen to your body.

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Food List



High-quality meats and fats

- Talo (grass fed animal fat), ghee, grass fed butter – typically avoiding olive and coconut oil
- Mostly ruminant animals (animals that eat grass) – Lamb, Bison, Beef
- Cheese – hard A2 dairy cheeses may be tolerated by some, as well as sheep/goat cheese

Source Matters

- The better source of meat, the less reactions and inflammation a person will experience. Truly, it can be that simple. You don't need to be perfect, but always working towards improving sources. If this diet is something you are trying because of your high level of sensitivity, then you would do better to prioritize meat sources. Look for:
 - Grass fed (vs grain fed) – red meats and game
 - Pasture raised or free range (vs conventional) – poultry and eggs
 - Wild caught (vs farm raised) – seafood
 - Organic whenever possible

If you are highly sensitive to foods: Try to avoid aged meats

- Beef is typically aged 21 days
- Lamb and Bison aged about 15 days and may be less of a trigger for some people

Limitations:

- Limit servings of bone broth, birds/poultry, and fish
- Limit dairy (A2 only, no A1 dairy – which is the most common, conventional type available)
- Fish once per month may be okay, source does matter (opt for wild-caught)
- These may be helpful in the transition but consuming mainly ruminant animals seems to be best. As you get deeper into the transition, you may find cravings in general decrease and may start to crave more ruminant meats.

Potential Snacks:

If you are ultra-sensitive, items in a bag or box (i.e. jerky or meat snacks) can have symptom-aggravating contents. If this is the case – keep it simple with only consuming fresh meats, since anything cooked or aged can have higher amounts of histamine.

- [Carnivore crisps](#) – (code DRSTANTON10 for 10% off)
- [Fat bombs](#) – if coconut oil is tolerated, these can be helpful in the transition phase

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Histamine Sensitivity Food List



Additional support:

Organ supplementation – Ancestral Supplements and/or Noble Origins are a good source of organs, if you are wanting to incorporate supplementation. Though ultimately, eating high quality meat from best sources will be sufficient and negate the need for additional supplementation.

Habit to break: Using food as a form of entertainment

This can lead to overconsumption of unhealthy foods, contributing to weight gain and related health issues. Additionally, relying on food for entertainment can create an emotional connection to eating, making it harder to adopt mindful eating habits and make healthier choices. Instead, when planning or preparing to eat (particularly snacks), ask yourself “Am I doing this because I’m hungry? Or am I just bored?”. You can also evaluate your eating habits in social situations, recognizing you can still enjoy the atmosphere and company, without overconsuming and/or getting off track with your particular dietary goals.

Resources:

- Lower histamine meats:
 - northstarbison.com/collections/low-histamine-meats
 - billydoemeats.com
- Other meat sources:
 - whiteoakpastures.com
 - forceofnature.com
 - betterfedbeef.com – (this is good source for ground beef and sausage)
 - grasslandbeef.com
- Fish Source:
 - www.vitalchoice.com
- Snack Source:
 - carnivorecrisps.com – use code DRSTANTON10 for 10% off
 - shop.carnivorearelius.com
- Duck Eggs:
 - www.metzerfarms.com
- Organs:
 - nobleorigins.com (powdered organ complex) – use code STANTON for 5% off
 - ancestralsupplements.com

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