

cramping on carnivore diet

cramping on carnivore diet is a concern that some individuals encounter when adopting this unique, animal-based nutritional regimen. The carnivore diet, which emphasizes the exclusive consumption of meat and animal products, can lead to various physiological changes that may cause muscle cramps and discomfort. Understanding the causes, prevention, and management of cramping on carnivore diet is essential for those seeking to maintain optimal health while following this restrictive eating plan. This article explores the potential reasons behind muscle cramps, including electrolyte imbalances, dehydration, and micronutrient deficiencies, while providing practical strategies to alleviate and prevent these symptoms. Additionally, this comprehensive guide will examine common myths and offer evidence-based recommendations for sustaining muscle function and overall wellness on a carnivore diet.

- Causes of Cramping on Carnivore Diet
- Electrolyte Imbalances and Their Role
- Hydration and Fluid Balance
- Micronutrient Deficiencies
- Strategies to Prevent and Manage Cramping
- When to Seek Medical Advice

Causes of Cramping on Carnivore Diet

Muscle cramps during the carnivore diet primarily result from physiological changes that occur when the body shifts away from carbohydrate-based fuel sources to predominantly fat and protein. The transition to a zero-carb diet can alter electrolyte levels, fluid balance, and nutrient absorption. Additionally, the lack of plant-based foods may reduce intake of certain vitamins and minerals essential for muscle function. Understanding these causes is critical to effectively address cramping on carnivore diet and maintain muscle health.

Transition Phase and Adaptation

During the initial phase of adopting a carnivore diet, the body undergoes significant metabolic adjustments. This adaptation period often involves increased urination due to glycogen depletion, which leads to loss of water and electrolytes such as sodium, potassium, and magnesium. These losses can trigger muscle cramps if not properly managed. Awareness of this phase helps in anticipating potential cramping issues and implementing preventive measures.

Impact of Restrictive Food Choices

The carnivore diet excludes virtually all plant-based foods, which are common sources of potassium, magnesium, and other minerals that support muscle function. This restriction can lead to deficiencies, especially if supplementation or careful dietary planning is not undertaken. Consequently, cramping on carnivore diet may arise from inadequate intake of these critical nutrients.

Electrolyte Imbalances and Their Role

Electrolytes such as sodium, potassium, magnesium, and calcium play pivotal roles in muscle contraction and nerve signaling. Imbalances in these electrolytes are a primary cause of cramping on carnivore diet. Understanding the function of each and how their levels fluctuate during this diet is essential for prevention and management.

Sodium

Sodium is crucial for maintaining fluid balance and nerve function. On the carnivore diet, sodium loss increases due to reduced carbohydrate intake and glycogen depletion, which causes the kidneys to excrete more sodium. Insufficient sodium levels can result in muscle cramps and fatigue.

Potassium

Potassium regulates muscle contractions and heart function. Although meat contains potassium, the absence of fruits and vegetables, which are rich potassium sources, may cause suboptimal potassium levels. Low potassium contributes significantly to cramping and muscle weakness.

Magnesium

Magnesium is involved in over 300 enzymatic reactions, including those necessary for muscle relaxation. A deficiency in magnesium can cause persistent cramps and spasms. Since the carnivore diet limits magnesium-rich plant foods, supplementation or strategic inclusion of organ meats may be necessary.

Hydration and Fluid Balance

Proper hydration is integral to preventing cramping on carnivore diet. The shift to a low-carbohydrate regimen typically lowers glycogen stores, which naturally hold water. As glycogen is depleted, the body loses stored water, increasing the risk of dehydration and electrolyte imbalance.

Increased Urination and Water Loss

During the early stages of the carnivore diet, water loss increases due to glycogen depletion and altered kidney function. This diuretic effect can lead to dehydration if fluid intake is not adequately increased, further exacerbating muscle cramps.

Maintaining Optimal Hydration

To counteract dehydration, it is important to consume sufficient fluids throughout the day. This includes water, bone broth, and electrolyte-enhanced beverages that can replenish both fluids and essential minerals lost through urine. Monitoring urine color and frequency can be useful indicators of hydration status.

Micronutrient Deficiencies

While the carnivore diet is rich in many nutrients, certain micronutrients vital for muscle function may be deficient due to the exclusion of plant-based foods. Addressing these potential deficiencies is crucial to avoid cramping and maintain overall health.

Calcium

Calcium plays a vital role in muscle contraction and relaxation. Although dairy products provide calcium, some carnivore diet variations exclude dairy, increasing the risk of calcium insufficiency. Including calcium-rich animal sources or supplements can help mitigate this risk.

Vitamin D

Vitamin D is essential for calcium absorption and muscle function. Limited sun exposure combined with dietary restrictions may lead to suboptimal vitamin D status, contributing to muscle cramps and weakness.

Other Nutrients

Additional nutrients such as vitamin B complex and zinc also support muscle health. While these are generally abundant in animal products, monitoring intake and considering supplementation may be necessary for individuals experiencing persistent cramping.

Strategies to Prevent and Manage Cramping

Effective management of cramping on carnivore diet involves a multifaceted approach centered on optimizing electrolyte balance, hydration, and nutrient intake. Implementing targeted strategies can significantly reduce the frequency and severity of muscle cramps.

Electrolyte Supplementation

Supplementing key electrolytes such as sodium, potassium, and magnesium is often necessary, especially during the adaptation phase. This can be achieved through:

- Adding salt liberally to meals to maintain sodium levels
- Consuming potassium-rich animal foods like beef liver and fish
- Using magnesium supplements in forms such as magnesium citrate or glycinate

Hydration Practices

Maintaining adequate hydration involves:

- Drinking water consistently throughout the day
- Incorporating bone broth to replenish minerals and fluids
- Monitoring hydration indicators like urine color

Dietary Adjustments

To prevent micronutrient deficiencies that contribute to cramping, consider:

- Including a variety of animal organs to increase nutrient diversity
- Incorporating dairy products if tolerated and allowed
- Using supplements for nutrients difficult to obtain exclusively from animal sources

When to Seek Medical Advice

While muscle cramps on the carnivore diet are often manageable with dietary adjustments, persistent or severe cramping may signal underlying health issues. Medical evaluation is recommended if cramps are accompanied by other symptoms such as muscle weakness, swelling, or pain that does not resolve with standard interventions.

Red Flags for Medical Attention

Seek professional care if experiencing:

- Severe, persistent muscle cramps unresponsive to hydration and supplementation
- Muscle weakness or numbness
- Signs of electrolyte imbalance such as irregular heartbeat or confusion
- Symptoms suggestive of kidney or cardiovascular problems

Role of Healthcare Providers

Healthcare providers can assist by conducting appropriate laboratory tests to identify electrolyte imbalances, vitamin deficiencies, or other medical conditions. Tailored treatment plans can then be developed to address specific causes of cramping and ensure safe continuation of the carnivore diet if desired.

Frequently Asked Questions

What causes cramping on the carnivore diet?

Cramping on the carnivore diet is often caused by electrolyte imbalances, particularly low levels of potassium, magnesium, and sodium due to reduced intake of plant-based foods and changes in fluid balance.

How can I prevent muscle cramps while following the carnivore diet?

To prevent muscle cramps, ensure adequate intake of electrolytes by consuming enough salt, drinking plenty of water, and considering supplementation of magnesium and potassium if necessary.

Is cramping normal when starting the carnivore diet?

Yes, cramping can be a normal side effect when starting the carnivore diet as the body adjusts to changes in electrolyte balance and hydration status.

Should I take magnesium supplements if I experience cramping on the carnivore diet?

Magnesium supplements can help reduce cramping since magnesium deficiency is common on restrictive diets like carnivore. Consult with a healthcare provider before starting supplementation.

Does dehydration contribute to cramping on the carnivore diet?

Yes, dehydration can contribute to cramping as it causes electrolyte imbalances and muscle fatigue. Staying well-hydrated is important while on the carnivore diet.

Can increasing salt intake help with cramps on the carnivore diet?

Increasing salt intake can help alleviate cramps because salt (sodium) is a key electrolyte that supports muscle function and fluid balance.

Are potassium levels affected on the carnivore diet and do they cause cramps?

Potassium levels can decrease on the carnivore diet due to the lack of potassium-rich plant foods, which may lead to muscle cramps if not managed properly.

How long do cramps typically last when transitioning to the carnivore diet?

Cramps usually last a few days to a couple of weeks during the initial adaptation phase, but they generally improve as the body adjusts and electrolyte balance is restored.

When should I see a doctor about cramps on the carnivore diet?

If cramps are severe, persistent, or accompanied by other symptoms such as weakness or numbness, you should consult a healthcare professional to rule out underlying conditions.

Additional Resources

1. Cramp-Free Carnivore: Unlocking Muscle Health on an All-Meat Diet

This book delves into the common issue of muscle cramping faced by those on a carnivore diet. It offers scientific insights into electrolyte balance, hydration, and nutrient intake essential for preventing cramps. Readers will find practical meal plans and supplementation advice to maintain optimal muscle function.

2. The Carnivore Athlete's Guide to Beating Muscle Cramps

Tailored for active individuals, this guide explores how rigorous physical activity combined with a carnivore diet can lead to cramping. It provides strategies for electrolyte management, hydration techniques, and recovery protocols to keep muscles performing at their best. The book also includes success stories and expert interviews.

3. Electrolytes and the Carnivore Diet: Ending Cramping Naturally

Focusing on the crucial role of electrolytes like sodium, potassium, and magnesium, this book

explains why imbalances may cause cramps on a carnivore diet. It offers detailed advice on how to track and replenish these minerals through diet and supplements. The approachable style makes complex biochemistry easy to understand.

4. Muscle Cramps on Carnivore: Causes, Prevention, and Solutions

This comprehensive resource identifies common causes of muscle cramps specific to carnivore dieters, including dehydration and mineral deficiencies. It provides actionable tips on meal composition, hydration, and lifestyle adjustments. Readers will learn how to recognize early signs of cramping and effectively address them.

5. Carnivore Cramp Relief: Natural Remedies and Dietary Hacks

Offering a holistic approach, this book combines traditional remedies with modern nutritional science to relieve cramps. It highlights foods and supplements that support muscle health within the carnivore framework. Readers will also find stress management and sleep optimization techniques to reduce cramping frequency.

6. From Cramp to Calm: Overcoming Muscle Spasms on the Carnivore Diet

This narrative-driven guide shares personal experiences and expert advice on managing muscle spasms related to the carnivore diet. It covers lifestyle factors such as exercise, sleep, and hydration that influence cramp occurrence. The book encourages a balanced approach to carnivore eating for sustained wellness.

7. Hydration Strategies for Carnivore Dieters: Preventing Cramps and Fatigue

Highlighting the importance of proper hydration, this book explains why carnivore dieters are prone to fluid and electrolyte imbalances. It offers practical hydration schedules, beverage recommendations, and signs to watch for dehydration. The guide aims to optimize energy levels and reduce cramping episodes.

8. Magnesium and Muscle Health on the Carnivore Diet

Dedicated to the mineral magnesium, this book explores its role in muscle relaxation and cramp prevention. It discusses how carnivore dieters can maintain adequate magnesium levels despite limited plant intake. Supplementation options and dietary tweaks are presented to enhance muscle comfort.

9. The Science of Cramping: Insights for Carnivore Diet Practitioners

This scientifically grounded book examines the physiology of muscle cramps within the context of an all-meat diet. It reviews current research and offers evidence-based recommendations for preventing and treating cramps. Ideal for readers who want a deeper understanding of the biological mechanisms involved.

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cramping on carnivore diet: Carnivore Diet for Beginners Victoria White, 2022-09-05
Carnivore Diet – Recipes ANYONE Will Love Are you looking to lose weight? Do you want to improve your health? Do you want to feel energetic and healthy? If so, then the Carnivore Diet Recipes is the perfect book for you! Cooking up a decent meal is a breeze on the carnivore diet. There's something liberating about being limited to only a few ingredients. No more drowning the plate in sauce in order to make it bearable. Carnivore recipes are the perfect combination of flavour and filling. There's no guilt involved, and you also get to skip the usual sugar coma that drifts over after a meal. Here, you eat only in monster portion sizes, and stick to the peak sources of nutrition. Carnivore Diet for Beginners is a cookbook for those who are looking to lose weight or just want to try something new. The diet is based around meat, so it is high in protein and low in carbs. Some people may be wary of adopting such a strict diet, but the Carnivore Diet has a number of benefits that make it worth a try. The Carnivore Diet is a restrictive diet that may be difficult to follow. However, the Carnivore Diet for Beginners makes it easy to follow the Carnivore Diet with delicious and easy-to-prepare recipes. This popular weight loss diet is high in protein and includes a lot of meat and animal products. Luckily, the recipes are easy to cook, can be stored for a long period, and are perfect for weekend getaways or backpacking trips. Check out these carnivore diet recipes for breakfast, lunch, dinner, and snacks. Most importantly, the Carnivore Diet may improve your overall health. Many people who adopt a strict carnivorous diet experience improvements in their energy levels, their digestive health, and their mental clarity. The Carnivore Diet for Beginners contains over delicious recipes that are perfect for anyone looking to lose weight, improve their health, and feel energetic and healthy. This book covers: 1. An explanatory introduction to the carnivore diet. 2. Foods to eat and avoid while following the diet. 3. Guiding principle of the diet. 4. A comparison between the carnivore diet and keto diet. 5. How to shop for meals to include in the carnivore diet. 6. Tips to follow to enjoy the carnivore diet. With this book, you can easily make delicious meals that are healthy and easy to digest. Plus, the diet is easy to follow and compatible with any lifestyle. So if you are looking for a new way to lose weight or just want to try something different, then this is the perfect book for you! Scroll down and get your copy to try the Carnivore Diet today!

cramping on carnivore diet: The Carnivore Code Paul Saladino, 2020 The Plant Paradox meets The Keto Reset Diet. In this best-selling book, Dr. Paul Saladino—a rising star in the Paleo and Keto communities—reveals the surprising benefits of a meat-based diet and shares a complete plan to lose weight, decrease inflammation, and heal from chronic disease.

cramping on carnivore diet: The Complete Carnivore Diet for Beginners Judy Cho, Laura Spath, 2024-01-02 The Complete Carnivore Diet for Beginners is the ultimate beginner's guide to eating an animal-based diet--

cramping on carnivore diet: *Carnivore Diet for Women* Bruce Akerberg, 2020-05-16 Have you ever wondered how your best friend is so slim and has clear skin despite the all-meat diet she's following? Do you have what it takes to go on the diet? This book contains all you need to know about the Carnivore Diet, in particular for women. This book provides a 14-day general sample plan as to what to eat for the next two weeks. The book also provides a more comprehensive 7-day meal plan, which contains flavorful and easy recipes for the Carnivore Diet you are about to follow. In this guide for the Carnivore Diet, you will discover... • The basics of the Carnivore Diet and how the diet benefits its followers in general. • The benefits of the diet and how the diet can help you achieve overall health. • Extra benefits for women and how they can get clear and smooth skin through the Carnivore Diet • What you'll experience during the first few weeks on the diet. • Steps on how to ease into the diet. • The foods to consume and to avoid. • A 14-day guide on what to eat and what to buy on the Carnivore Diet • A comprehensive 7-day meal plan with recipes.

cramping on carnivore diet: *Carnivore Diet for Depression* Brandon Gilta, 2024-04-11 In recent years, the conversation around mental health has taken a significant shift, moving towards a more holistic understanding of what contributes to our overall well-being. Among the myriad of approaches and strategies to manage mental health issues, diet plays a pivotal role, often acting as a cornerstone for building a stable foundation for mental wellness. The Carnivore Diet, known for weight loss and reducing inflammation, is now studied for potential effects on mental health, especially depression. This guide explores how adopting it could help manage depression. Consider how your diet impacts not just physical but mental health. With depression affecting many, effective strategies are vital. The Carnivore Diet, usually linked to physical health, shows promise for managing depression. The idea may seem unusual at first - a diet of solely animal products to address a complex issue like depression. Yet, many reports and new research indicate this diet's potential impact on mental health. This guide explores the Carnivore Diet's core principles and discusses how reducing plant-based foods significantly could enhance mood and cognitive function. Envision a life where managing depression involves integrating a dietary approach alongside traditional methods like medication or therapy. The Carnivore Diet, with its focus on meat, fish, and animal products, offers an intriguing possibility for those seeking balance and well-being through their dietary choices. This guide is your companion in exploring the science, personal success stories, and practical advice for adopting this dietary approach with a focus on mental health benefits. In this guide, we will talk about the following; The basics of the Carnivore Diet and how the diet benefits its followers in general How the Carnivore Diet can treat depression Examples of people who were able to manage depressive symptoms through the Carnivore Diet Other benefits of the Carnivore diet and how it can help you achieve overall health What you'll experience during the first few weeks on the diet Steps on how to ease into the diet The foods to consume and to avoid A 14-day guide on what to eat and what to buy on the Carnivore Diet A comprehensive 7-day meal plan with recipes Whether you're skeptical, curious, or already on the path to exploring dietary interventions for mental health, this guide serves as a comprehensive resource for understanding the Carnivore Diet's role in managing depression. Without promising a cure-all solution, it aims to equip you with knowledge and insights to make informed decisions about your health and well-being.

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joints? Do you suffer from depression or anxiety? Do you want to clear up acne and other skin issues? Are you interested in losing body fat? Do you want to overcome food cravings and feel more energetic? Do you exercise and would like increase your performance? Do you want the diet to be fun, fulfilling, and fast to show results? If you answered YES to at least one question, you should definitely learn more about carnivore diet. This is a must-read book for anyone considering the carnivore diet. This extreme diet is not for everyone but it can make fantastic changes in your life! Here are just a few things you're going to find in this short book: Why the carnivore diet is certain to do better than Keto or Paleo for most of us? Are plants necessary in the human diet in order to survive and thrive? How long it is recommended that you follow the carnivore diet for at first to try it out and see how your own body reacts? What lesser known cuts of meat actually contain more micronutrients than vegetables? What common mistakes people make when starting this diet How carnivore diet can be paired with intermittent fasting Practical advises how to create dishes that are surprising in their flavor and appearance. A sample day menu on the carnivore diet with few interesting recipes to make something quite different than you might expect. But... How can we not eat plants? Has anyone done this all-meat diet before? What are the risks? People who spent the entire year living entirely on meat claimed that there was no evidence of any loss of physical or mental vigor. Moreover, Inuits for ages not only live, but live well and thrive on their all-meat diet. There is no better time like the present to start building a better way of eating and living. Scroll up, click the Buy button now, and begin your trip to a happier and healthier you!

cramping on carnivore diet: Carnivore Diet Success Stories and Science Based Plan

StoryBuddiesPlay, 2025-08-25 Unlock the transformative power of the carnivore diet with this expert eBook featuring compelling success stories, in-depth scientific insights, and a practical step-by-step plan for lasting health. Whether seeking weight loss, relief from chronic conditions, enhanced athletic performance, or mental clarity, this guide offers you a clear roadmap to thrive on an all-animal-food diet. Learn how to start, personalize, and sustain this bold dietary approach while navigating common challenges and understanding long-term health considerations. Perfect for beginners and experienced carnivore dieters alike, this book inspires and empowers you to take control of your wellbeing through the carnivore way of eating. carnivore diet, carnivore diet success stories, carnivore diet plan, carnivore diet benefits, carnivore diet weight loss, carnivore diet mental health, carnivore diet meal plan, carnivore diet long term, carnivore diet chronic disease, carnivore diet athletic performance.

cramping on carnivore diet: The Carnivore Diet Matt Kingsley, Introducing The Carnivore Lion Diet — the revolutionary book that's changing the game in nutritional health and wellness! In a world overflowing with diet fads and conflicting health advice, this book cuts through the noise, bringing you back to nature's basics—the powerful, primal diet that our bodies were designed to thrive on. Are you tired of struggling with unexplained health issues, weight fluctuations, and the never-ending confusion about what you should eat to feel your best? The Carnivore Lion Diet offers a bold, simple solution: eat like a lion. That's right—return to a diet that is entirely based on animal products, focusing on meats that are rich in nutrients, devoid of modern processed additives, and inherently designed by nature to fuel the human body optimally. Within the pages of this transformative guide, you'll discover: Why modern diets fail and how the simplicity of a carnivore diet can correct chronic health issues. Step-by-step guidance on how to transition to a carnivore diet, including what to eat, how to prepare meals, and tips for dining out and socializing. Inspirational stories from real people who have overcome severe health challenges by following the Lion Diet. Delicious, straightforward recipes that make every meal an opportunity to savor and enjoy pure, unprocessed food. Expert advice on how to sustain this lifestyle long-term, including resources for support and continued learning. The Carnivore Lion Diet is more than just a book; it's a lifestyle, a community, and a return to dietary sanity. Whether you're a seasoned meat-lover or looking to overhaul your eating habits, this book offers a clear, scientifically-backed, and practical approach to improving your health and well-being through the foods nature intended us to eat. Don't miss out on the opportunity to transform your life. Embrace the strength, vitality, and clarity that come from

living the Lion Diet. Order your copy today and take the first step towards a healthier, simpler, and more primal way of life!

cramping on carnivore diet: Thriving on Carnivore: Mastering the Ultimate Diet for Optimal Health Samantha Andreas, In Thriving on Carnivore: Mastering the Ultimate Diet for Optimal Health, delve into the transformative world of the carnivore lifestyle with comprehensive guidance and expert insights. From understanding the origins of this dietary approach to debunking myths and misconceptions, this book equips you with the knowledge needed to thrive on carnivore. Explore the science behind carnivore nutrition, learn how to build a balanced carnivore plate, and optimize your nutrient intake for peak performance and well-being. Discover the myriad health benefits of carnivore, from weight loss and mental clarity to improved digestion and hormonal balance. Overcome challenges, tailor carnivore to your unique needs, and learn how to sustainably integrate this lifestyle for long-term health. Packed with practical tips, troubleshooting advice, and ethical considerations, Thriving on Carnivore is your ultimate guide to unlocking the full potential of the carnivore diet and achieving a state of vibrant health and vitality.

cramping on carnivore diet: The 30-Day Carnivore Boot Camp Jacie Gregory, 2025-01-07 The 30-Day Carnivore Boot Camp offers practical implementation strategies for shifting to carnivore eating as well as recipes, meal plans, and food lists.

cramping on carnivore diet: The Great Plant-Based Con Jayne Buxton, 2022-06-09 WINNER OF THE INVESTIGATIVE FOOD WORK AWARD AT THE GUILD OF FOOD WRITERS AWARDS 2023 'The most incredible book' Delia Smith 'Persuasive, entertaining and well researched' Sunday Times Plant-based is best for health, go vegan to help save the planet, eat less meat... Almost every day we are bombarded with the seemingly incontrovertible message that we must reduce our consumption of meat and dairy - or eliminate them from our diets altogether. But what if the pervasive message that the plant-based diet will improve our health and save the planet is misleading - or even false? What if removing animal foods from our diet is a serious threat to human health, and a red herring in the fight against climate change. In THE GREAT PLANT-BASED CON, Jayne Buxton demonstrates that each of these 'what-ifs' is, in fact, a reality. Drawing on the work of numerous health experts and researchers, she uncovers how the separate efforts of a constellation of individuals, companies and organisations are leading us down a dietary road that will have severe repercussions for our health and wellbeing, and for the future of the planet. THE GREAT PLANT-BASED CON is neither anti-plant nor anti-vegan - it is a call for us to take an honest look at the facts about human diets and their effect on the environment. Shocking and eye-opening, this book outlines everything you need to know to make more informed decisions about the food you choose to eat.

cramping on carnivore diet: Carnivore R(E)volution Elyana Wilder, 2025-06-28 Carnivore R(E)volution: 11 Powerful Health Reasons to Choose the Carnivore Diet - and Heal the Planet Are you searching for lasting health, energy, and clarity? Carnivore R(E)volution is a science-based guide that challenges conventional nutrition and empowers you to reclaim your vitality. Drawing on rigorous research and ancestral wisdom, Elyana Wilder reveals 11 compelling reasons why an animal-based diet may hold the key to overcoming chronic fatigue, inflammation, brain fog, and other modern health challenges. Inside this book, you'll discover: - Clear, evidence-based explanations of how a carnivore diet can restore metabolic health, balance hormones, and support mental clarity. - Insights into why plant-based diets may not suit everyone, and how ethical, regenerative meat consumption can benefit both people and the planet. - A practical 30-day Carnivore Reset with email support to help you get started and experience real results. Whether you're a health seeker, environmental advocate, or simply curious about alternative nutrition, Carnivore R(E)volution offers a paradigm-shifting path to holistic well-being and ecological harmony.

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cramping on carnivore diet: *Contraindicated* Edward A. Goeke, 2025-04-01 We, as humans, have been the apex predators of the world for millions of years. But, in the last couple of thousand, we have started to decline rapidly—physically, mentally, and emotionally. With the introduction of new ideas and philosophies about lifestyle, health, and diet, we've introduced new (supposedly) self-evident truths designed to aid in such a decline. However, all this has done is introduce a slew of new toxins, myths, and contraindications into our lives. Disease rates continue to increase exponentially, most notably obesity, diabetes, heart disease, autism, and autoimmune disorders. This is why, in this book, we will be taking a closer look at these mainstream health axioms that have perpetuated illness, disorder, and death for over a century, exposing them, and revising them, so that you have the knowledge to avoid these, and live a happier, healthier, more indicated life as a human being.

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