

Carnivore diet challenges norms, reveals health transformations

ANCHOR LEDE

Though not everyone is sold on it, Doctor Philip Ovadia isn't shy about the carnivore diet. And the cardiothoracic surgeon at OSF HealthCare has studies and a remarkable personal experience to back it up.

TAKE VO

A person on the carnivore diet consumes animal products like meat, dairy and eggs but abstains from plant products and processed food.

Yes, Doctor Ovadia admits this diet flies in the face of advice we've heard since we were kids.

SOT

Dr. Philip Ovadia [oh-VAY-dee-ah]

OSF HealthCare cardiothoracic surgeon

"There are no essential nutrients that are not available in animal products. The animal has eaten the fruits and vegetables. In many cases, ruminant animals like cows have multiple stomachs that are better able to digest the plant products and better able to extract the nutrients. Those nutrients end up in the animal meat." (:30)

and/or

"When you really dig into the scientific literature around fruits and vegetables, their benefit is in substituting for processed food. In the context of someone eating a lot of processed food, when you start eating fruits and vegetables, you see improvements in health." (:22)

VO TAG

Doctor Ovadia says his health turnaround while on the carnivore diet has been experienced by others. He says benefits include reversing or improving diabetes, obesity, autoimmune conditions, inflammatory bowel disease and mental health.

But, you should talk to a health care provider before trying the diet.