

Carnivore diet challenges norms, reveals health transformations

*****SOT*****

**Dr. Philip Ovadia [oh-VAY-dee-ah]
OSF HealthCare cardiothoracic surgeon**

"I've been on a carnivore diet for five years. For another two to three years prior, I was on low carbohydrate diets in general. I have lost over 100 pounds and maintained the weight loss. I reversed my prediabetes. And today as I'm approaching 50 years old, I really feel better every day than I did in my 20s and 30s." (:27)

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"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)

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OSF HealthCare cardiothoracic surgeon**

"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)

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**Dr. Philip Ovadia [oh-VAY-dee-ah]
OSF HealthCare cardiothoracic surgeon**

"It's not that there are negative studies or positive studies. There just aren't a lot of studies." (:06)

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**Dr. Philip Ovadia [oh-VAY-dee-ah]
OSF HealthCare cardiothoracic surgeon**

"People on the carnivore diet are often eating once or twice a day and not having snacks because they're not hungry. When you eat nutrient-dense animal foods, you find you're hungry less often." (:14)

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OSF HealthCare cardiothoracic surgeon**

"If someone with Type 2 diabetes goes on a very low carbohydrate diet, their medication may need to be adjusted. They're not taking in carbohydrates, and their blood sugar can get low. I often see people with high blood pressure who are on medication that start these diets. Their blood pressure starts to get low, and their medication needs to be adjusted." (:24)