

What I Learned During My One-Year Journey on the Carnivore Diet

Firstly, this has been the biggest life hack that I've ever found. I never feel hungry throughout the day, and I'm always fueled with energy and satiated. This saves a lot of time when it comes to cooking, prepping, and even deciding what groceries to buy. Now that I strictly eat 100% red meat, the decision is simple. Over the past year, I've become insanely strong. I practice 24-hour fasting every day and only eat one meal at night. *How to look like a Spartan? Go carnivore.*

Meat is Medicine

Over this past year, I haven't felt sick once. Not a single cold, stomach bug, or any other symptoms of poor health. What I've learned is that meat is a healing food product. By eliminating all other foods, I've allowed my body to thrive on a simple, pure diet. This clarity has been life-changing.

"A life of vitality is the only life worth living."

Through my carnivore journey, I've found a sense of vigor that I never experienced before. When you feel truly alive, you realize that most modern comforts are only distractions from your potential.

Perfect Gut Health

One misconception I believe people have about eating red meat is that it will negatively impact digestion. *This is false.* I have perfect digestion every morning at the same time, like clockwork. I literally never have gas or flatulence. This is because the elimination of all carbs, sugars, and dairy has strengthened my gut.

Remember: *The connection between your gut and your brain is critical. If your gut is upset, it's inevitable that you will become upset too. By optimizing my diet, my gut health has improved my cognitive function and my ability to learn and think clearly.*

The gut-brain axis is a complex communication pathway that involves the nervous system, immune system, and hormones. Key points include:

- **Nervous System Connections:** The vagus nerve transmits signals between the gut and the brain.
- **Microbiome Influence:** Gut bacteria can affect brain health by producing neurotransmitters.
- **Immune System Interaction:** Gut health impacts the immune system, which can in turn influence brain health.
- **Hormonal Pathways:** The gut produces hormones that affect brain function, like hunger and stress hormones.
- **Mental Health Implications:** Research suggests a link between gut health and conditions like depression and anxiety.

Understanding this connection has not only improved my physical well-being but has also enhanced my mental clarity and emotional stability.

Real Strength is Made in the Kitchen

Strength isn't just built in the gym; it's built in the kitchen. One notion that has been on my mind recently is this idea of hypertrophy—exceeding your nutritional intake with the maximum amount of red meat per day. This allows you to gain muscle and lose fat simultaneously.

Forget about protein powders and supplements. *The real deal is within the meal.*

The etymology of “hypertrophy” comes from the Greek words “hyper” (over) and “trophē” (nourishment or growth). It literally means “excessive growth,” which perfectly describes the muscle-building potential of a carnivorous diet. When you fuel your body with quality meat, you’re providing it with the best foundation for strength and growth.

Cholesterol is a Natural Steroid

Cholesterol can be considered a natural steroid. It’s a building block for the synthesis of vital hormones like testosterone, estrogen, and cortisol. Cholesterol plays a crucial role in forming cell membranes and synthesizing vitamin D. By consuming red meat, I ensure that my body has the raw materials it needs to function optimally.

"The more cholesterol you consume, the more sunlight you absorb."

As you increase your intake of red meat and spend time in the sun, your body synthesizes more vitamin D, boosting your overall vitality.

Eating Meat Makes You More Beautiful

When you combine sun exposure, walking, weight lifting, fasting, deep sleep, and the carnivore diet, *you become more beautiful*. Not only will your skin clear up and your body fat decrease, but you’ll also develop a natural, sun-kissed complexion. This is a stark contrast to the pale skin that often comes from a lack of sunlight and poor diet.

Vitamin D synthesis and cholesterol are closely linked. Many people stay indoors too much and don’t eat enough nutrient-rich foods like red meat, leading to poor health and vitality.

Testosterone and Joy

Since going carnivore, I've been insanely confident and joyous. It's incredible how happy you become by simply getting enough protein and sun exposure. I have an abundance of joy that I want to share with others. I can't help but smile throughout the day, compliment others, and take in every moment.

I believe that the higher your testosterone, the more kind and gentle you become.

With high testosterone, you are calm and filled with candor. Nothing really bothers you anymore, and you can easily brush things off.

My street photography and artistic practices have also improved because of my dedication to focusing on my physiology. A strong body fosters a strong mind and soul, and this has translated into stronger artwork.

Embracing a Primal Lifestyle

Traveling to places like Jericho, I learned about the idea of sacrifice and fasting. In Jericho, during a celebration, I witnessed a communal sacrifice where hundreds of sheep were slaughtered. *It was a return to ancient rituals and a connection to something primal.* This experience, along with my time in Zambia, taught me the value of fasting and the power of gathering to feast on meat in the evening.

In modern urban life, we've become domesticated, like zoo animals. Most people snack throughout the day, consuming processed foods that lead to a decline in vitality. However, through fasting, I remain laser-focused with sharp visual acuity, especially when photographing. My intuition feels stronger, and the hunger within fuels my creativity.

The Power of Elimination

Think of the carnivore diet as an Elimination Diet. You're removing all the unnecessary choices and focusing on what truly fuels your body: animal-based protein. This simplicity allows you to go through life with clarity, vigor, and purpose.

After a day of fasting, the evening meal is a celebration of strength.

A feast that fuels not only the body but the mind and spirit.

By treating my body as a battery, I ensure it's charged through proper nourishment and sun exposure. At the end of the day, after being in the sun and pushing my body, I unwind with a hearty meal and deep sleep. This routine sets me up for success, waking up before dawn filled with vitality.

Why Does This Matter to Me?

I believe that the body is democratic. With a little bit of discipline, anybody and everybody can become beautiful, strong, and healthy. I encourage you to reflect upon the foods that you consume and your daily physical activity. At the end of the day, I want everyone to thrive together.

"Maybe a little bit of discipline can go a long way."

Through eliminating distractions and focusing on what truly matters, you can unlock your potential.

Strong body, strong mind, strong soul! I understand that I cannot change others' decisions, but I am happy to share my experiences with the hope that it inspires others to find their own path to vitality.

Embrace the Simplicity, Embrace the Freedom

Through my journey on the carnivore diet, I've learned that true freedom comes from the elimination of choice. It's about removing the clutter and finding joy in simplicity. I believe that this path has allowed me to connect more deeply with my body, my art, and the world around me.

So, to all those curious about the path of vitality, I say: *embrace the simplicity*. Let go of what holds you back and find strength in the primal, the ancient, the raw. For in doing so, you may just find the freedom you've been seeking.