

Clubhouse Carnivore with Jackie 50321

[00:00:00]hi everybody. Who's joining us. This is so awesome. I have got Jackie Jones here with me, the carnivores queen, a kind of book queen.

This is a recorded clubhouse. I am recording this because what I'm hoping that I can do is I'll pair it down a little bit. Uh, and I'll, I'll put it up on my site for people to listen to later. Cause I want to have this as a reference. Uh, we're talking to Jackie about her carnivore journey and hearing her.

We're going to hear the whole thing. Jackie's going to tell us her story. And, uh, I'm so glad that you've taken the time to do this. We are going to keep this to an hour. I just want I'm making that claim upfront so that when it comes time to six o'clock and I, and I abruptly end things. That's why, because I want to be respectful of everybody's time.

I'm so glad everybody joined us today. We're in the hat and we just lay some groundwork stuff out. We are in the EAD happy [00:01:00] kitchen club on clubhouse. So please tap on that UpTop and follow that club or join it or whatever the language is on clubhouse. We are recording this I'm with my friend, Jackie Jones, who is my, uh, touch point for carnivore.

I have done several carnival experience experiments the longest with my 28 day back in January. And, uh, which. Luckily, I had access to Jackie to help me out. And, uh, it was, it was really wonderful, but it sent me down. The, I did read, I will say I read Dr. Paul, Saladino his book, the carnivore code. I think it is, which is on, if you click on my website and his kitchen, that's in my little book club there, I found Jackie's real life experience to be very, very useful.

And it also made me feel not so alone because there are some little tips and tricks and pitfalls that you hear about with carnivore. And the reason why I called this clubhouse today, the carnivore curious chat is because so many people ask questions about it. And [00:02:00] I think rightfully so because a lot of us have started off.

I mean, listen, I've been doing nsng no sugars, no grains, which is a form of keto or low carb since 2012. So then I started podcasting with and for me, it's been having an autoimmune disease and kind of tweaking as I've been going along. I think that my journey is very typical where I felt great. I lost a little bit of weight, but things still weren't quite right.

And then I realized I took a bunch of blood tests, realized I had to cut out dairy, took a bunch more blood, has realized I had to cut out eggs. And I was like, Oh, this is annoying. But doing the carnivore experiment to me was like, okay, if we cut out everything, but meat, then there's literally nothing to flare up my auto-immune.

So for me, it was a personal journey of that. And I know Jackie has a different story that she's going to tell in just a second, but I that's why I said carnival curious, because then what happened is that once I started talking about, on the podcast, people were coming out of the woodwork. I want to know about that.

Should I be doing that? And it, and it felt like a little bit of folks coming at it from different angles. The curiosity coming [00:03:00] from a FOMO place, meaning like. Should I be doing more? Do I need to diet harder in order to get the results I want? And I just wanted to be really clear and address that kind of emotional aspect to that.

No, this is not something that you have to do, but if you're curious about it, we want to, we want to hear all about Jackie's story because it's a great story and the life she's living is incredible. And the changes that she's made is incredible. So that's what I just want to point that out and give a little context and, uh, I'm really excited to have you here, Jackie.

Thank you. Thanks for having me. I so appreciate it. And I find it amazing that anyone would even want to listen to what I have to say. Cause I'm no expert. I just, uh, I'm like you, I wanted to feel better and look better of course. And, and just be like the optimal me that I can be. And certainly when I was on the standard American diet, that was not the case.

In fact, I've always been [00:04:00] average size all of my life until I hit the thirties. And then all of a sudden weight loss was much harder, although it was doable, but then all these wacky diets, um, like Nutrisystem and all these things came about. So I did all of them. I, I can just say I've done them all. Even the one where they, you inject yourself with the pregnancy hormone thing.

What's that one? I forget. Good Lord. The eight human growth, human growth hormone. I did that too. Which crazy. I mean, you eat like a bazillion calories and then you don't eat and then you eat 500 and all this just makes you, you know, just crazy and nothing really stuck or worked. And I really, I think wrecked my guts when I did all those things, because I forget the name of it, but one of them was like almost all soy and I've never had good bowel system since that one.

[00:05:00] Until the carnivore diet, but I'm here to tell you, and I'm sure you're going to have questions. There's a transition phase. But so I actually, um, we learned my husband and I learned about innocent gee and Vinny tartar itch in 2015. And it took me all of 2016 of trying quitting, trying quitting, trying quitting.

Didn't do it. Just couldn't do it. But by, um, mid 2017, I finally got nsng down real quick. Jackie, what was it that took so long for it to stick? Because I feel like you're going to be talking to some folks out there who are like, I've been trying it and failing it and try it. And I want you guys to know there's no, there's no failing this.

It's what Jackie's talking about. You do you do it until it sticks. So please tell us what was your sticking points? Yes, I agree. And it's going to be different for every single person, but for me drinking alcohol, I would easily like on a Friday night after work. Oh, let's have some [00:06:00] drinks and, you know, Vinnie says you can have, um, distilled spirits.

So I would do that. And after one drink, maybe two, I'd be like, Hm, nacho sound good or pizza or whatever it was. And I always just immediately, you know, the next day be so upset with myself because I was good for a whole week, you know, and things like that. So really that was my big challenge. And in 2017 I quit drinking completely.

And then, um, it was easy. It was like, okay, I have a goal. I want to do this. And for all of 2017 and 2018, I was great. I lost a lot of weight. I wasn't anywhere where, you know, like models that you see on TV, but that's not realistic really. And absolutely not realistic. I'm going to back you up on that. And Jackie, if you're comfortable sharing your height and I don't know if you're comfortable sharing any other numbers up to you, [00:07:00] but just to give some folks some perspective who haven't seen your online profile yet, I can tell you that being carnivore and knowing exactly what works for me and what I'm doing, it gives me a lot more confidence in that area because I know what to do to keep me where I need to be.

And before I'd be like all secretive and I wouldn't want people to know my height or weight or any of it, but I am 58. I'll be 59 in June. And I'm five foot one, so really short. And when I'm on the standard American diet after age, about 45, when I could no longer I was going through. Perimenopause, all those things, I would get up to 200 and that's about where I would stay almost 200, but not quite.

I never, you know, like they say, I never let it go all the way and went over the 200 Mark that I was, it was appalling and I'm now at 140, and I would love to get lean, [00:08:00] like, you know, completely lean. But you know, some of the things that I've learned about, um, toxins and things that are in your body, your body stores them in your fat.

So it's the hardest to go is on the gut. For me, not for everybody, some people on the, on the hind end, some legs, you know, everybody has a different shape for me. It's all, I'm an Apple shape. So being short and round in my, uh, I'm a grandma. So I call it my grandma phase, but really you don't have to be that way.

And I've, you know, slowly gone down to this, but. After innocent G I, uh, you know, to 2018 and 2019 were very stressful times and my parents were declining. My father-in-law passed after many months of dementia and stuff. So all this stress and everything let carbs creep back in. Cause on innocent G you can have carbs.

I mean, that's part [00:09:00] of the great deal, but I would have too many and too many of the wrong kinds at times. And then I hurt my foot, my ankle, and had to have surgery in October of 2019. So I'm on a scooter. I have to have my foot elevated for this, like two months of this and I could not cook or do anything.

So I just said, I'm just going to eat. What all, what convenience foods I could get. I tried to stay away from pizza, but it was my favorite. And within, from October to December of 2019, I gained all my weight back. I'm like a slug on the chair. With my foot up. I can't even exercise because it, you know, pretty big surgery and I was just miserable.

But I, in, in that year, before I hurt my foot, I had tried carnival or the first time for two whole weeks, I made it two whole weeks. And then I'm like, Oh, I can't do this. I'm going back to nsng then a few months later, I, I did [00:10:00] it for a whole month, but I couldn't, you know, I just couldn't do it. I didn't have the right mindset.

And I think mindset was the key for me. I had to understand what was driving everything. And then that surgery gave me a lot of downtime sitting and thinking and listening to a lot of podcasts and things. So I really connected with, uh, Kelly

Hogan. Who's a carnivore for over 10 years. She's, she's a long time carnivore and others, but her, her, um, YouTube channel was my favorite and her information was my favorite.

So, you know, I always. Say, whoever speaks to you to your heart, go with that person and look at their stuff. And you know, some people like Sean Baker, some people like, I mean, there's so many out there too, to look at and read. So hers was my favorite and I, I love Kelly Hogan. She just truly is a genuine and nice person.

And she's the one I started asking questions of and so [00:11:00] willing to help, you know? So by the end of my downtime with this foot laid up, it was now Christmas time and I decided I was going to do the carnivore again, but this time for real, and I started on December 26th. 2019. So right before the big COVID and everything happened, and then COVID hit in 2020, and I was like full steam ahead.

And I had all this time. I retired from my job after 25 years. And so no stress there, all that job stress stuff gone. And, um, I just had a lot of time to work on me because of COVID. Thank you. COVID um, and also my husband, he I'm home all the time, so I'm cooking and he's just eats whatever I make. So he, you know, he hadn't done nsng or any of it really?

Um, since the beginning, he just knew about it because of Adam Corolla [00:12:00] and what I've been doing. And finally, he's just like, well, I like this and he's lost 50 pounds. And he's just nsng which I'm telling you, it's a great way to eat. I think, because, you know, if you. If you manage your carbs fine, you have no problem with them.

It's great for me. I have the carb creep, you know, I would always eat way too much of that stuff and not as much of the meat and, and things because I grew up not eating meat. My mom made us beans and rice and tortillas, you know, that was my fare as a child growing up, not steaks and, and hamburgers and things.

We just didn't eat those kinds of foods. So this was like a weird change for me. I always used to say I hated meat. I can't remember, uh, a time in my childhood that I liked meat. And the only meat I really liked were hot dogs. Cause you know, they're yummy. I love hot dogs. [00:13:00] Yeah. I literally, people are always shocked by that.

They're like you, you, you're a foodie. And I'm like, I know I love the most pedestrian of foods. The hot dog. It's amazing. Yes. I still love them. But then I, I did find a really good hot dog and then I. At a butcher that's here in my town. And one time they didn't have any out in the case. So they let me have a package of them.

They get them from some pack. Anyway, I got the package and I looked at the ingredients and they had honey now not messed up, honey, just, you know, organic, whatever, honey. But I was so dismayed because I'm like, no wonder, I liked these so much here. I'm like, they're all beef. They swore to me all beef, you can't really trust what people say.

Really. You've got to look at the ingredients, but if I have hot dogs, those are the ones I have and they are organic, but I don't, I don't eat them. I haven't eaten them since I found out. So I'm afraid. I don't want to get back on that train. I [00:14:00]

completely understand. And I want to, I want to bring up a couple of things, uh, that were hitting me as you were talking, number one, getting down to 140 pounds and being five one.

And I know you want to get leaner yet. Yet, when I see pictures of you it's I know what 140 pounds looks like on somebody. Who's five one, and you look way leaner than that. Does that make sense? Nothing, nothing wrong with 140 pounds. That's an awesome weight, but you know what I'm saying? Like, it's just interesting how the body, but D but different body compositions.

And I think it's like that, that Carrie Hines picture, I don't know if Carrie's going to be on this today, but that Carrie Heinz picture of her at a bunch of a bunch of different times frames. And then there were a couple of times, yeah, I was at 140 pounds. She had a completely different body composition, and it's interesting how the body takes the time to heal itself.

So I just want to point that out. Uh, we, we, you know, we're all very number driven, especially women because we [00:15:00] know what number we were. The day we graduated high school. The day we found out we were pregnant, the day we gave birth, like we have these numbers in our head or the day we got married or whatever it is like, cause you get on the scale and you learn to think.

And so we oftentimes create this idea of where we think it should be, but you've done phenomenal. And I just want you to be praised for that. And just, I just want to say, I don't do the numbers. I do the jiggle. I don't want to jiggle. That's the goal. I love it forever. That is my goal. So you know what I mean?

When I say that, yes, I can relate to that weight. It jiggles when you run or jump or anything. So I don't want that. So yeah, but also I am almost 60. I mean, so it's going to take time. It took a long time to get this way. Right. You know, I get that and I'm not in a hurry. I'm now so happy. Cause I'm not on any medications and I'm here to tell you, my doctors could not control my blood pressure.

Good not. And I've [00:16:00] changed. Are you saying back when you were overweight, you were on blood pressure meds and they, even the meds weren't working right, right. And into nsng as well. I was having trouble with it was still not quite right. And so I, you know, gave up, Saul, tried all the different things and now it's fine.

It's fine. And you, if you have titrated off of all of your blood pressure meds, that's amazing. All meds gone, including the hormone replacement therapy meds, which was the hardest one, because I do suffer with. The hot flashes and stuff, but I'm working with a natural path on those and those take time too.

Well, I was going to say that speaks exactly to my point of things, being a work in progress. It's not like Jackie's coming on today on clubhouse going like, guess what guys? 14 months of carnivore and I'm healed. Everything's great. Like just we're human. This doesn't work that way. Life doesn't work that way.

It just like, [00:17:00] it doesn't work that way in business. It doesn't work that way in relationships. There's always something to be working on, always. So, you know what I mean? I feel amazing. Amazing. I cannot tell you how good I feel. Just it's

incredible. That's the best part when you wake up in the morning and you don't feel so, uh, I don't know.

I would be so sore. My hands would be stiff and feel fat like sausages, and I don't have that at all anymore. And that much, I even had a doctor tell me that I probably had carpal tunnel, both wrists. And I'd need surgery, but, Hmm, amazing. That's gone all of a sudden. Well, you know, it is interesting and by the way, I want to get into more of your nitty gritty day to day, like what your day-to-day looks like.

But, uh, I wanted to say too, that I love that you found Kelly Hogan and I couldn't agree more find resources, people that you like. Like, [00:18:00] I just, I love that we have this community here. I love that we're giving each other ideas all the time and just keep, keep it in your purview. You know what I mean? If you're trying to stay on track, that's a great way to stay accountable is to just keep, this is, this is why Vinny and I are constantly putting content out because we don't want to lose anybody.

You know what I mean? Cause once people are lost, we know that then that's like however many months or even years before they come back around. Cause it's kind of like I've lost some, Oh yeah, of course. I know. You know, it's so hard. We, we want people because here's the thing, the message is always of acceptance and self forgiveness.

So if you do if you're nsng and then you drank too much on Friday and you ate the nachos, like Jackie's talking about which we've all done by the way. And sometimes you don't even have to drink. Sometimes you're like, screw it. I'm having the nachos. We want you to feel like, okay, now that doesn't mean that you have to go away and just go on a binge for a, don't go on a bender, like, just get right back [00:19:00] on.

We are right here. We are right here and we want you to be here with us and it's okay. I mean, don't like, you know what I'm saying? Yeah. I want to also just shout out for, um, her name's Bella, but she's the steak and butter gal. She has a different platform on a platform called mighty networks that I joined on the whim.

And because Kelly Hogan introduced her to me and that they have, um, biweekly zoom. Accountability meeting. Um, I have never felt so connected with the girls in my group and guy, um, that are in the group I'm in. And we talk every day, all the time constantly, if you're struggling, whatever, I mean, we are there to help each other and it's been amazing and I love steak and butter gal.

She's like, so uplifting and positive, but she's just created this space for people to connect with each other. And I actually I'm, I have a [00:20:00] really good friend. I consider a really good friend who's near my age. We started at about the same time on carnivores. So it's like, there's this, this weird connection that we have.

It's amazing. So there, there's lots of people out there that want to be. In, you know, feel like they have support and somebody to help cheer them on to have support. And it's not a, it's not a solo endeavor. And so many of us are doing this alone in our households when other folks are eating other ways.

And, and, uh, I, I, I love that Scott's doing it now doing it innocent. G-mail that makes me happy. It, it is easier, you know, generally the other folks in the household are pretty good about eating, whatever it is that you're cooking, but you also, still want to feel supported emotionally and not everybody has the same support and you and I are very lucky that we have supportive spouses.

So that's good. But several years of not, no nsng going on there. So yeah, I call it ASA G when Lucy was still at home too, I was, I had two against one, it all sugars, all [00:21:00] grains. And then you're like, and they were like, you know, that kind of infuriating kind of ASA G meaning that they were like super skinny.

And could eat whatever they wanted. You're like, damn, yo, I can't do that. So rude. Um, Maria, you've raised your hand. I'm gonna bring you up here in just a second. You guys think of your questions for Jackie. I'm going to start bringing stuff up. So when you come up, mute yourself. But Jackie, let's talk about, first of all, I want to hear about the transition.

Uh, because, because I asked around to a lot of people and talk to my naturopath, my functional medicine doctor, she told me straight from the get, go straight from the jump take betaine HCL, uh, because it'll help you with the digestive enzymes that you need. So that all that bile that's coming from digesting, the meat that's causing some diarrhea won't happen.

And sure enough, it didn't, it helped me a lot. And then I've heard other people, they say they don't have that issue. In fact, they get constipated. And so it's, uh, obviously we all want healthy bowels. I know nobody wants to talk about it, but everybody wants to keep healthy. Come on. [00:22:00] That's like, Oh yeah, I'll talk about some who I feel like Vinnie never was talking about poop.

And I almost exclusively only want to talk about poop. Maybe I missed my calling. Yes. And then, uh, when I asked Megan who's here, I asked Megan because she had done an experiment. I said, what's your one piece of advice. And she goes, um, never trust a fart. Like, and I was like, okay, that's good. But luckily I had a doctor who's to take these.

And by the way, who also said, when you cycle back off of your carnivores and you add back in the vegetables, because sure enough, I was totally fine. And then that first night I had a giant chopped salad with, and I, I never thought I would crave a salad so much, but I ate a giant chopped salad and immediately had diarrhea.

And it was because your body's so smart. It will, downregulate what, you're not eating the enzymes. It will stop and start up. So you don't take the HCL betaine for very long before your body's like, okay, we got this, you know? Yeah. And vice versa. He doesn't turn on a [00:23:00] dime. Does it? No, it doesn't. And it will tell you as such, but I want to hear about first of all, your transitional time, how you got acclimated to it, and then now what you eat day to day, because obviously you've got it down.

So, and I'll bring Maria, I'll bring you up and go ahead and mute yourself and anybody else who has questions for Jackie? Awesome. I just want to say that, that transition part, because of all the studying I did and watching of YouTubes and

tapes and everything, I knew it was going to be tough and I would probably have diarrhea for a while.

Well, for me, it went on for over three months on again, off again kind of thing, but I have no gallbladder. So I had my gallbladder out years ago, so, and I didn't like know that there was enzymes you could take or anything. I didn't like, yeah. When I just went, well, this is my life. This is how it goes.

Carry extra paint pants in the car, you know, to work. Cause I, at the time was, you know, [00:24:00] Um, still working when I started just a few days before I retired. So, um, and I worked 83 miles away from home. So bring extra pants, kids, um, if you're going through this transition, but it's not like, Oh my gosh, crazy.

It's, it's manageable. And for me, knowing that I have to go through this transition to get where I want to go. I was fine with it, but many people are like, I can't do this anymore. Well, then get the enzymes or whatever it is that can help you. Um, but yeah, your body doesn't know what to do with all the fat and meat and everything.

And truly, if you're going to go through that, Some temporary ways to solve it is to eat leaner cuts of meat, um, reduce your butter, reduce the amount of heavy whipping cream, um, and then slowly introduce those. Cause w you know, me, I'm all in all in all that food, no longer this food. That's how I did it.

And I just wanted to get through the transition, you [00:25:00] know, as best I could and get to the good part. And I'm here to tell you, when you get to that part, it's like, you know, the sky opened up and rainbows and butterflies. It, you truly feel amazing once your body is now adjusted and knows what to do with the fuel that you're giving it.

So that's how I went through. Um, but also in the beginning, in those first five months, I think I ate any kind of every kind of animal. Product. I didn't keep it to just be for just this or just that I, if it was, came from an animal, I ate it. And my favorite thing ever was bacon because I had serious carb addiction where I'm like, I need to snack.

Okay. Snack. I don't care if it's like right before bed. In those beginning few months, you need to just eat the animal stuff, animal products so that you can get to the part where you you'll start to find what you [00:26:00] like. Um, but the best advice to me that I, that I read and I knew is eat the stuff that you enjoy.

So I didn't really like steaks in the beginning. I, you know, gristle and those things really made me gag. I was like, Ugh, now I love steaks. But in the beginning I didn't. So my go-to has always been hamburger patties, and I make a lot of them and I eat a lot of them cold, hot doesn't matter. I like them.

And. Sometimes in my mind, I'm thinking, well, as soon as my tummy is full, I'm good. It doesn't matter if it was the best meal of all time. That's not why I was eating it. I was eating it so that I could be fueled and get to my day. And I've spent, you know, all day at work and never thought about food again.

And I love that about being carnivores is how easy it is and how long I last, after I eat. Well, I would imagine that you are in dietary ketosis for sure. Oh yeah,

because you're a zero [00:27:00] carb lifestyle. Okay. So I just want to be really clear about that with everybody. Now you said something earlier that I wanted some clarification on for everyone.

You said heavy cream and butter. Do you, do you eat those things as part of your carnivore lifestyle? Yeah, up until, uh, May 2nd, which I just started this all beef challenge just to see what happens just because I can, but yeah, before that, all the butter I wanted all of it. And I mean, I eat a lot of butter.

I have been eating a lot of butter and still lost weight, and I eat a lot of eggs, a lot of eggs. So you can imagine what those ingredients, you can make all kinds of things. Um, I've seen the people that make the truffles are waffles that are really eggs and don't like those, okay, didn't make those again.

Um, but if you find something that you like and it's made from animal products, go for it and have that every day, if you want, it doesn't matter just as long as you're [00:28:00] eating until you're full. That's the key. And we talked about it before Anna, where sometimes I'd be like, Oh, I'm feeling kind of full, but I'm not stuffed.

And I'd stop. And then, uh, you know, a couple hours later, I'd be like, I should have ate more. So I eat now until I'm stuffed. So I'm full. Yeah. I think that's great advice. And I would say when I did my 28 day experiment, since I don't tolerate dairy or eggs, I did, I only ate muscle meat and then I would have, uh, muscles like the shellfish.

Um, and I, and I would have, I would try to change it up with some seafood. And, uh, for me needing to eat the fattier cuts of meat was really important. Cause that's all I was eating. And then I took the liver supplements cause I'm not a huge eating of liver fan, but, um, so just throwing that out there for people who are doing it and may not tolerate dairy, you might find this didn't happen with me because I'm [00:29:00] dealing with autoimmune, but you might find person listening that you do this carnivore thing and you kind of reset your system and then you're able to tolerate.

Those foods that you weren't able to tolerate because it really, it really will calm down your immune system, calm down your leaky gut. It takes awhile, but it can happen. And it does happen to a lot of people. So I just want to put that out there. So, so walk us through real quick and then we'll talk to you or we'll hear Maria's voice walk us through now, today, what your typical day of eating looks like right now, because I'm doing this all beef challenge and I'm so busy, I'm just doing burger patties mostly, but tonight Scott made me a brisket because he loves me and brisket is good.

So I had brisket for dinner tonight, but as long as it's beef, I said, I'll have it. And I have a lot of bone broth, um, which I make myself in a crock pot and I make probably two batches a week and I drink a lot of bone broth. Um, [00:30:00] And I'm sad because I like my bone broth when I use a Hambone in there, but I'm doing all beef, so I'm not having that.

But, um, so I, before this little challenge that I'm on, so don't think you have to do a challenge or anything, but I would make a bone broth lattes in the morning every

morning forever. I've been doing those and that's, what are those? That's basically bone broth, heated till boiling with probably half a cube of butter in there.

I make enough for me and Scott, half a cube of butter in there, and it's melted. Then I cracked two eggs in my Vitamix, blender, and then I whip it just a little bit. And then I pour that boiling hot bone broth and immediately put the lid on and we're, you know, um, blend it and starting on low and then go up to high end and it whips into like a frothy latte.

And, but it's savory and it's so good and it's hot [00:31:00] and it's yummy and it makes me feel all warm and wonderful. It's like a whipped egg drop soup. Yeah. It's, uh, it's good down to your toes, like Serena says. So, and it really is so satisfying. So I have that as I'm making breakfast and then breakfast for us, you know, uh, before the challenge I make eggs, I make hamburger patties.

I would cook steaks, you know, um, I use an air fryer, which doesn't SERE and I'm looking into some other devices, but I got a George Foreman grill. Cause I liked the sear on the steak and I don't necessarily want to go outside when it was wintery. So, um, that's been, and as fast, the, the George Foreman, I got, you can remove the plates and wash them, put them in the dishwasher.

Very nice. I'm all about the cleanup pro tip fast too. If you have a cast iron at home, Heat it up until it's so hot. It's seems like it's going to burn your house [00:32:00] down and you can get a great sear on a steak. That's what they do in steak houses that don't have grills by the way. Yeah. I have lots of cast iron too.

I'm just scared. My pan fried ribeye steak recipe recipe is that. And we usually grill cause you know, we're lucky to be in California, but I've done many, in fact it, it will make your house smell like steak forever. The smell never leaves your house. That'd be a good thing. Yeah, I know. I don't mind it. Um, I've had guests not happy about my bone broth cooking.

Cause it makes the house smell like beef. So I do it now out in the storeroom where it doesn't make the house smell like that. It's funny. Cause I, I cook it in the Crock-Pot for three days. If it's on low or two days on high, which is what I'm doing now. Cause I'm all out. So that's awesome. That's great.

Yeah. Okay. Well, listen, you've given us lots and lots to think about, um, Oh, I know what I wanted to ask you. So in Paul book, in the carnivore code, he talks about an, almost like a, an, a [00:33:00] light version of carnivores, like an entree into it, which I found interesting. I didn't do this version, but I feel like it's, it's what I like to call keto carnivore, which is kind of how I am.

I eat mostly just vegetables and meat and every now and then some kind of nuts, because just when that, when I break down, but I really have to, I have got to watch all this stuff because I got to be closer to low, like low to zero carbs as well. Like that's just kind of how my system is, how, how I seem to function optimally.

And so, um, he talks about a light version of carnivore, which sounded like an intriguing way to ease into it. And I want to know what you thought. And I know you, I know you're not a doctor, but I'm just saying, by the way, none of us are doctors. Disclaimer, consult your doctor before starting any diet there.

I said, and I'm no expert on anything, but you're an expert on Jackie. So that's what, yeah. So he said he was talking about having olives avocado and maybe a handful of [00:34:00] berries from time to time. And I think he said a few other things, but what was interesting is during my 28 days, I had at two different times, half an avocado.

And by the way, you would think I was eating like a bowl of ice cream. I was so thrilled. I was like, Oh my gosh, this is amazing. I hadn't quite gotten into the, the, um, patterns of it all. Like, I really liked how I was feeling, but I had not gotten into the whole emotional spirit of it all. So, but, and in a couple of times I had some olives too, and it was like, I didn't want to overdo it.

Cause I really wanted to stick to the muscle meat and just really be focused on it. But I was pretty proud of myself that that's all I had, but I was just curious as to it, do you talk to other people who do that? Is it okay to talk? Yes. And some of them call themselves keto bores instead of carnivores.

And I think that's great. I mean, Honestly, you can do what works for you and it's going to be good if you feel good. And it's ho it's solving your [00:35:00] issue, whatever issues you have, then do that for God's sakes. So many people come to full carnivore because they just, I mean, honestly it's easier, but not because that's where they were headed.

They were just doing less and less carbs. And then eventually they just, you know, doing just the meat was easy and that's how they got there. Others, you know, they're really trying to solve some auto-immune and real serious troubles. I'm very fortunate. I was never really sensitive to much of anything.

Although I am now because I've been carnivore for so long. If I have anything with, um, seed oils in it, I know immediately the next day, maybe before the next day, because I get puffed up my fingers, that same horrible, tight, awful feeling I would get where they're stiff and sore and horrible, you know, I would feel that right away.

First thing in the morning is when I would notice it the most like. Like, what did I [00:36:00] do? Oh, that's amazing restaurant meal or whatever. It's usually when I go to a restaurant and I'm thinking it's going to be okay. And then, then it turns out not to be, and there's a lot of you can't skip, you can't avoid it at restaurants, even at the finest fine dining, expensive steak houses, they're going to use seed oils.

So just know that that's what you're getting into. Just do the best you can with. And I say that about everything, whether it's cooking, restauranting traveling and you're grabbing a thing of salami from seven 11, do the best you can with what you can afford with what's available to you in your immediate environment.

That's all you can. Yes. And I've noticed also with this lifestyle, I've gotten a whole lot less stressed about everything. I don't count anything at all. I go by, I'm trying really hard. To go by what my body is telling me and the natural, I like natural. You know, they always say, someone always says, you know, the lion doesn't count his carbs [00:37:00] or, or this or that.

He just always hungry. So I'm trying to be more, what is natural for Jackie? And it may not be natural for Anna or forum or any of us, but it's work is what I want and

what I feel in some days it's like a ton of eggs. Sorry, no swearing, Jackie. Oh, you can smell it. You can swear if anyone's going to tune out because sweet Jackie is swearing, then we hit go.

You know what I mean? You got to go of amazing tricks that carnivores do. Like some of the gals that are in my, um, Bella's babes group that I'm in. They do this protein sparing modified fast bread. That's by Maria Emmerich. And you can look it up on, on YouTube. It's. Like bread, but it's, there's no it's made of eggs and stuff, I think.

But anyway, they're, they're making Sammy's that I can not believe. I'm like, damn, that looks good, but I don't want to I'm too [00:38:00] lazy. I mean, I you'd have to bake and stuff and I just, I haven't tried one, but I'm willing to on special occasions, you know, I love that we have all kinds of different ways to make similar foods.

And of course, nobody can make, you know, an amazing thing that you'd eat in the standard American diet out of just, Oh, the number of messages that I get. Like, can you, can you make a fried chicken sandwich, chicken and waffles, but with cauliflower and I'm like, no, no, I can't. Nor should you just stop? Just stop, stop it, it just knock it off.

Yeah. But no, I think it is important to like have a wide variety of recipes, which is why he happy has a wide variety of recipes. But I think people are always shocked to find out if you follow my Instagram, I will do stories of almost every dinner that I do. And it's just always meat and vege. When I'm recipe writing, it's a different story.

You know, I'll, I'll about eat. Happy is I can make something and have [00:39:00] part of it. Just be what I would eat. And the other part, what Scott would, he he'll eat meat anytime, of course, but he can have the vege and I can still make the recipe to a point that I would have. Now I'm a carnivore that eats. Spices.

I love my spices. I'm never going to probably ever give them up. You know, I like seasoning things and that's one thing that many, you know, these hardcore carnivores, like more power to ya. But yeah, I agree. I think that if you really, really are sick and you're dealing with either autoimmune or chronic conditions, and I'm not even talking about like type two diabetes, I'm talking about like really sick people where your immune system is attacking yourself.

Okay. And by the way, there's a bajillion, autoimmune diseases. I don't know. But if you're really having, needing to try this to be strict, maybe do the first week with just salt and pepper. And I mean, there are people who are actually allergic to the Salus Salah, Sates in olive [00:40:00] oil. So it's like, and, but that's a very rare, specific type of person.

Like it's very rare that that's, there's actually, uh, having a reaction to night shades is usually. Uh, uh, leaky gut thing. Not always, there are some people who have auto-immune and cannot tolerate the nitrate or, um, or seeds, you know, but some of this stuff can actually be healed through the elimination of it and calming down the immune system.

But, um, so I always say if you're not one of those people, you can certainly use paprika, smoked paprika, chili powder, onion powder, garlic powder. You can use use fresh herbs, use dried herbs, flavor, your food, like don't, you're not going to stick with it. If you have food that doesn't taste good flat out.

Yeah. And don't be so, um, Stuck on, it's gotta be this or it won't function instead. That's when it goes into disordered eating, by the way, one thing, you know, remove all the vegetables, but use the spices instead and see how that goes. Some [00:41:00] people go down to just B, which is what my challenges this month that I'm doing just beef, because it's supposedly the ultimate elimination diet where then after this, I can add one thing and see what happens, what happens.

Does it really make an impact to me? I won't be able to do that and find out, cause right now I'm pretty happy with how I feel, but I think it could be better maybe. Yeah. It's a constant, uh, adventure. Um, yeah. Maria. Hello. Thank you for joining us. Hi, thank you for having me again. It's lovely to hear your voice again.

So do you have questions for Jackie? You want to chime in? We'd love to hear. I do have a couple of questions. Um, I wanted to say that I really resonated with, uh, Jackie on her journey because I'm still on the beginning of my journey. So when she said like 2016, she was kind of an nsng kinda not, I feel like that's kind of where I am, but I've also heard, [00:42:00] uh, Anna on the, uh, podcast and then several other people talk about carnivore.

Um, and my question was just to clarify, and this could be my naivety or just the things that I've learned that maybe were incorrect. Um, carnivore is just meat or is it meat and dairy, but there is no vegetables at all. Um, so just kind of like my question is like, what exactly are the parameters of, of, uh, and how does that look awesome.

Anything that comes from an animal? So fish, poultry, Eggs butter, dairy meat. All of those are carnivore. Vegetables are not carnival. Okay. At all, even is cheese. Or would that be this carnivore that comes from an animal? Yep. Yeah. Sardines something. I've tried by the way. I'm [00:43:00] not an organ meat fan, but I'm learning to try things because it's never been my baby.

I'll say people say they're amazing that I'm like, Ugh, I want to just gag at the thought. I don't want your beef tongue. Have you seen those things in the supermarket? It's tastes buds. Just, just grind it up and put it in hot dog. I know, funnily enough, though, I was served a beef tongue as a child and I've never had, and we loved it.

So people swear by it. I think that we, as a, mostly it's an American thing. Cause I think even Canadians have more organ meat than we do. We just, it's just not like in Mexico you have menudo, which is a tripe soup. Like you just have other cultures have more as a part of their culture. And Americans were like, we have sausage and hotdogs, but we look the other way as to what's in it.

Don't want to know what's in it. We have a calamari that's actually pig assholes, like things like that. Like, but we deny it, you [00:44:00] know, no ox tails I've been doing lately to make bone broth. So it's crazy as I got. So as far as that shuttles are concerned, um, when you eliminate them, are there ones in India?

In particular that are better or worse, maybe that's not the best way to put it. Um, but like why, why eliminate vegetables altogether? Yes, there are better and worse. There's some that are higher starch. The cruciferous vegetables are the better ones, but if you do a little bit of research on some of those vegetables, you'll find people that say, I mean, people say all kinds of things on the internet, but there's people that say that some of them have oxalates that caused trouble for some people and others like me, no trouble.

Really. I never feel I've had an, uh, like an allergic reaction or anything from any [00:45:00] vegetable, honestly. At all. So I mean, the choice to eliminate them is more for me more of my quest to eat in a way that's not hard for me. And I find carnivores has been the easiest because I don't sit and think about having more and more and more when I'm full I'm so done.

When I eat meat or, you know, eggs or whatever carnivores dish I'm having. I never like, well, I could have eaten a lot more of that. You know, like you do with Chinese food, you're hungry an hour later, that does not happen at all with our grade, the making of it. And the cleaning up of it seems so much faster.

I, I did like that in my one month of doing it. It was much less. And in fact, You know, Lauren was on his own to figure out any side dishes. I was like, I'm not doing that. I'm going to, I'm making salmon and that is it. And then if you want anything else, make yourself a salad. [00:46:00] I'm not doing it. Yeah. So, and I put the stuff in the fridge and Scott has to make it cause I'm on carnivores.

Exactly. Maria. I wanted to tell you if this, I don't think that vegetables should ever be demonized or like, not that you're doing that. I know you're not doing that. Um, and, and uh, but I think that there's confusion. Like, wait, are vegetables bad for us now? No, they're not. They're good. Some people do have reactions.

If you think you're one of those people who has reactions talk to your doctor, there's tons of food allergy tests you can do. There's at ones from Everly, well.com. You prick your finger and it will tell you, you know, what, what you react to. And then you can make a choice as to whether you want to cut it out for a little while or, or, or what, however you want to, or dry carnivore diet for a little while.

I think that the, that the interesting thing about carnivores is it. You can try it and, and commit to doing it for a couple of weeks or a month. And then see if you like it. You can, I took my blood work at the, before it and after it. So, cause I wanted to [00:47:00] see what the change was. You can really kind of get granular with it and see how it works for you.

And uh, like Jackie doing her experiment is awesome. Um, but it's, and also to have the qualifier, I want to say too, is that kind of like what we talked about earlier? If you take somebody who's vegan for several years and they decide, I feel like crap, I'm not going to eat vegan anymore. I'm going to eat meat again.

And they eat a burger Patty or a fish let's say, and they get really, really sick and they go see meat makes me really sick and that's not actually what's happened. What's happened is that like we were discussing earlier, the body has down-regulated the enzymes needed to digest meat and consequently to your body will downregulate.

Uh, the enzymes needed to digest vegetables, if you're good. So just for temporary, when you're going on and off of things for longterm, you might need some enzymes. I'm throwing that out there. Some of the good ones for meat are HCL [00:48:00] betaine that's what did it for me? I was totally fine. Was able to digest and Jackie doesn't have a gallbladder.

So her liver was producing that bile didn't have anywhere else for it to go put it in the gut, poop it out, get it out. This is what the body does. Are those things that you can get over the counter HCL betaine hydrochloride betaine and it's an, it's an enzyme. It helps with digestion of meat. That they're the ones that are good for vegetables are, uh, any of the, um, the aims, the pain and the bromelain, the ACEs, like the lipase spacing out.

Uh, you could literally go to Amazon or Google, um, vegetable, digestive enzymes. And, and those, those will help you. So if it, so that's probably most likely what's happening, but again, talk to your doctor because if you have a specific, let's say your brussel sprouts make you deathly ill, uh, no enzyme is going to help that, right?

Yeah. So, [00:49:00] so just, um, I'm, I'm gonna wrap it up real quick. Um, one question that I feel is naive is that if you doing carnivores, are there anything, is there anything that you need to take an, uh, additional vitamin for, or are you going to get everything you need just from the meat? That's everything I need just from the meat.

And I intend to have, um, whatever blood tests done, but not until after two years carnivore. I did an, and the great thing I did with, because my doctor was Dr. Ted Naiman and he ordered the CAC test, which is the calcium artery. Something score where it measures, um, how much calcium is in your arteries, which is calcium is produced to fix problems.

And if it builds up, that's how you get blockages and things. It ha it, it reflects how, [00:50:00] um, I don't know how to say it. I'm not, I'm not a doctor, but I know that, you know, your coronary artery, calcium score can reflect how in bad shape your heart is or not. So I had that done before going carnivore or right.

You know, I was still innocent G at the time. And I was seeing Dr. Naiman and my score was 80. So it wasn't zero, like Vinny he's, you know, I'm not surprised zero scoring Anna's is zero. That's amazing. But from my understanding from watching, um, Ivor Cummins that it's not something that you can improve. You can only stop it from getting worse is what I, what I've heard as well.

Yeah. So I'm interested in not it getting worse. So after two years on carnivore, I'm going to get that test again and see what happens. If I'm still at 80, I'll be very happy, but I don't want it to climb and I'll do all the [00:51:00] cholesterol and everything tests. But my, my cholesterol and scores right now are good.

So if they're, you know, terrible after two years, then I'll know, you know, Hey, this isn't so good. But from all that I read and understand, I'm not worried about that one bit. I don't take any vitamins at all, and I don't take any supplements, but I do make a thing called. We call it snake juice, which is an electrolyte drink that I make myself out of salt baking soda, and, um, no salt, which has potassium.

And I just mix it up. I'm cause I'm cheap, it's cheap and easy to make. And I drink that when I'm fasting, by the way. Yeah. It doesn't make the same stuff move. It tastes very smooth. Um, but if I'm ever like, Oh my gosh, I'm so tired of eating meat and everything. I just fast for a day. That problem goes right away.

Cause I'm like, so ready to eat all the meat when I'm done with the fast. So I don't [00:52:00] fast at all, hardly ever. But when I do it's usually because I just feel kind of blah, you know, and it's a, it's a reset kind of thing for me that snake juice stuff. I love that stuff. And it's that guy who's, he's nuts, his coal something or other.

And he, he promotes like a fasting focused lifestyle and, and uh, I like him. A lot of people don't, he's very divisive because of his language. I think he's crazy and great, but his snake juice. That's where I got the idea for that. And I've tweaked it a little bit to that. Um, I'll have, uh, a little bit of Apple cider vinegar, lemon, and baking soda in the morning when I'm either fasting, we're going, you know, really strict carnivore.

And I kind of like it. I get, I get it. I get a weird thing. I get like a lower back pain that in my mind is like my kidneys ache. And then I feel better after I have that drink. I don't know. I'm not at, I don't know what the hell it is, but, um, you know what I mean? It's, it's my [00:53:00] Buddha drink. I love it. Brian.

Thank you guys so much. Sorry, Brian. No, Maria. That was awesome. Those questions were great. Thank you for asking them. Hey, Brian. Hey. Yeah, thank you for having me on I'll try and make it quick. Cause you got it. Six minutes to go before the top of the hour. Um, a couple of things I wanted to point out. Jackie loved your story.

Um, and, uh, congratulations on, on your continued success. Um, what, I got two things I mentioned, um, I know that, you know, uh, Dr. Sally Dino was talking about carnival ish diets, I think. And I think you were talking about that earlier today. Um, where it's, it's not, it's just like, uh, you know, not a hundred percent carnivores, but it's this a little bit a touch under where you can incorporate some of these, um, products into your, into your diet.

Um, I've, you know, I know that so many good things are saying about organs. And so I wanted just to share real quick. Um, I tried. Making [00:54:00] like a liver, uh, on, on the stove. And I'm not sure if anybody's ever cooked liver before, but it there's a, there's a real fine line where if you, if you, if you overcook a for one second, it becomes very chewy and very tough to get through.

Um, so it's a very difficult, um, Uh, to, to cook liver correctly. So what I did, and this is kind of disgusting. Um, I ordered, uh, some, uh, bison liver and I thought it out in my refrigerator, I cut it up into little bits and I would. Take a handful of that and just swallow it with a glass of water. Yeah. It's more like a, like a liver shooter and, um, to get the liver, uh, that I need.

And it, it, you don't, you don't chew it, you just swallow it and you just, I look at it as like, okay, this is my multivitamin, you know, get liver in your [00:55:00] system just to swallow like a, like a pill. Um, and it worked and it's a lot cheaper to do it that way than to buy, you know, some of these, uh, companies that will sell, you

know, you have to take six capsules a day of, you know, and you will get us a fraction of the amount of, uh, desiccated organs in that capsule.

It's a lot easier. It's a lot cheaper to do it that way by swallowing it whole, but I just wanted to share that. Um, the other thing, okay, I'm sorry. I'm sorry. I was just going to say a lot of people do that in the carnivore world. They freeze it. Cut it into little tiny pill sized bites and they swallow it whole, you know, those and like they're taking pills and it's just, you know, frozen, raw liver, basically.

That is what a lot of people do that. Yeah. Yeah. You know, I've kind of did the whole carnivore ish diet as well. Uh, just because, you know, sometimes I didn't have [00:56:00] time to be cooking vegetables and I just kinda did it. Wasn't the, I wasn't even realizing I was doing it and I ended up was doing it. And I, I'm not sure if this happened to you, Jackie or Anna when you were doing your challenge, but what I've noticed that when you're going strict carnivore, um, I would cry.

Cramping would be the, uh, in terms of leg cramping at night. I mean, that just would kill me and I have to get up out of, out of bed and walk it out and I must be the salt intake. So I would, you know, increase my salt and, and I had a very difficult time adjusting my electrolytes appropriately so I could sleep through the night.

And I hate saying this because this is goes, uh, flies in the face of everything. But if you are metabolically healthy and, and again, this, if you don't have any food addiction situations, if you are, if you are metabolically healthy, I found that some raw organic. H O N E [00:57:00] Y.

Um, yeah, and I know it really, if you think about it, it's made by bees. So I guess you can call it carnivore, but, and I, and again, I, and I heard this also, you know, I tried it, um, and it, and it actually helped out a ton with my electrolyte disturbances when I go to bed at night. And I know that flies in the face of everything about nsng and I, and I, I'm sorry to point it out, but I thought it would be appropriate just to bring it up during this conversation.

Well, it's a good thing. None of us can spell cause we have no idea what you're talking about.

I mean, no one can follow you for that. If you were, if you're half struggling or in pain, like is some asshole really going to be like, you ate honey, you're the devil, like what? The club? Yeah. We're not speaking. We don't speak to Brian anymore. He had honey. So some of the people on Facebook get a little, uh, you know, it's a little touchy [00:58:00] subject there.

Right? Exactly. That's why I'm sharing it here. But I, I didn't know. You know, I don't know if you guys had any experience with that or if that was something you guys didn't, uh, didn't touch. I find that mentality of like, you can't be in the club or there's something wrong with you because this thing that you're doing is different and it's actually working for you.

So why would they, you know, have a problem with it? I don't get that. That's, what's different about some of the Facebook groups that I've been in some are so absolutely locked down strict. You can't. Post about, talk about carbs, whatever.

And I D I disagree with that, but I'm on those groups because I learn a lot of things and I just dismiss the stuff that I don't like.

And of course, you know, there's going to be all kinds, but basically, yeah, if that helps you with whatever you're experiencing, like leg cramps are the worst. I used to have [00:59:00] those amazingly, especially when I was, I haven't especially foot cramps. I would get those from just turning the wrong way all the time.

Now, now I don't get that at all. And I don't know, I don't want to mess with it. So I'm like, okay, I'm happy. I'd always heard it was an, a mineral imbalance. So, I mean, but I don't know, but I, I personally have not had any leg cramps. Since I was diagnosed with celiac. So for me since giving up gluten, I don't, I haven't, but I had them all the time as a kid all the time.

And even twice as worse when I was pregnant with Lucy. And then she w I had her and I, she was two when I was diagnosed with celiac. So Brian, I, my heart goes out to you when, because that's not, that's not pleasant. It is always too when you're like laying in bed and you're like, Oh, I'm going to have a nice stretch.

And you kind of point your toe just it's just so, and then it's like, Oh yeah, it's horrible. Yeah. What that feels like I've had it in my back in the dentist chair [01:00:00] going, you know, and I'm spasming in my back. Like, that was me. That was my life before, but I honestly have not had the problem, but I would be seeking for other ways to, to reduce it.

But I did find when I had those, I was always taking the, um, The magnesium, that pure vitamin club that's out. Yeah. I like that. I love that. I've never had the cramps when I took pure vitamin club magnesium. So that was yeah. Major plug for them. Cause that it's a really high quality product. I agree. Yeah.

Well it is six 71 and I, uh, Brian, are you, are you good? Are you complete? I don't want to, uh, No, I don't, I don't want to go above or a lot of time here. So I'm, I'm done. Thank you so much for having me on and guess what, we're going to do it all again. Next week. Plus I am hosting, uh, I, we haven't set it up yet, but I'll, I'll put the notification out there.

I host a regular room in the keto for the soul club. It's either Tuesday morning or Wednesday morning. We haven't settled on a regular time yet, but that will [01:01:00] be coming up. Uh, Megan and Leona lead a Thursday afternoon. Uh, NSN G a F check-in and I'm not sure the time if one of you guys want to text me about that, but if you're in the eat happy club, you will be notified about all these things.

And then by the way, if you want to have more groups hosted in the eat happy clubs so that people can be notified. Cause there's something with the algorithm that if you're in that club and you start a room in that club, folks will be notified. That, which is great because we all want to be a part of these conversations.

And I love clubhouse cause I can hear you. Good. Megan just texted me 5:00 PM. Pacific is the check-in time on Thursdays for NSN G a F. Now Jackie, you have places where people can check in with you and see your progress. And I'm going to put some stuff in the show notes when this eventually gets posted on my site.

But until then, until I have actual links, please tell the people at JJ by nature. Yeah. I, I just want to say I am more than willing to answer questions. Talk to anyone, just reach out [01:02:00] to me. I am on Facebook. I have a, um, a page, not a group, a page called JJ by nature. And she'll put the link for that, but that's a lot more about me becoming more in sync with nature.

And that includes carnivores, which has some really cool content on it. You guys really follow her because we didn't even get into all that stuff. There's a whole other world out there. Folks. It's super fun. My carnivore talk. I tend to do all of that. Most of that on Instagram and that my handle over there is at, I am Jackie jam, J a M like the stuff you don't know, because to top it all off, she makes the best, the best jams you've ever had in your entire life.

I'm not making any more. So you're done. It's just pure sugar. So it's poison. Yeah, I'm done. I last year was born. Tarquino is going to be devastated to hear that I have some jars for Lauren him, but I do, I will continue to make [01:03:00] salsa.

and I make salsa with the pears surfing. It's good. Yeah. It's innocent. Jewish. I think it's fabulous and everything about you is wonderful. And I can't thank you enough for doing this. Uh, you guys, you know, the drill follow Jackie. I am Jackie jam on Instagram. Thank you, Brian and Maria for asking questions.

Thank you, Jackie, for sharing your story and all those deeply personal things that, uh, that thank God you feel more comfortable with sharing? Yeah, it's all out there now in the world. Yep. And join us next week. 5:00 PM. I don't know what the topic is yet. It might be more, or it might be a regular check-in.

We're not sure yet, but definitely join us every Monday, 5:00 PM Pacific and every Thursday at 5:00 PM. Pacific for the NSN GAF check-in and uh, um, everybody go have a wonderful evening. Thank you, Jackie. All right, bye guys.