

# 010 EHK Table Talk: Dr. Sarah Zaldivar

[00:00:00] Hello. Good morning, Dr. Sarah Zaldivar. How are you? Good morning, Anna. Thank you so much for this beautiful invite. I'm excited. I'm so excited to talk to you. Our mutual friend Nate Palmer, introduced us and he said to me, you have to speak with this woman. She's a badass. She's the hardest worker I know, and she's amazing in the carnivore space.

And I went down on a deep dive. I went on a YouTube. I went, I went down to Instagram and the YouTube and you are amazing. And so I'm really excited to talk to you. Wow, thank you so much. First of all. Thank you, Nate. Yeah, thanks Nate. You're right. We love that guy. I do. He's amazing. Um, I, yeah, when you're passionate about something, it's easy to work hard, you know?

Yeah, absolutely. So, well then, let's dive right in. How most people aren't born with, you know, parents who teach them carnivore. How did you come to this? Do you call it zero carb? Do you call it carnivore? Yeah. Where, what [00:01:00] do you personally practice, and then how did you get into it? Hmm. It's been a very long road for me.

So for me, it really started at 18 when I was having issues with my acne and I did Accutane twice everything. So every single dermatologist, both in Lebanon, which is where I grew up, and also in Miami when I flew here to do my doctorate. Right. And so that's what, that was the first break away from.

Believing everything that the professionals are telling you to or that that is right. And it's so funny because I understood that for my skin, And I started doing paleo and it helped when no drug ever helped. But, uh, I was so heavily brainwashed because I was a traditionally trained, uh, dietician. So it's like classical academic program, right.

I did my bachelor's and my masters in nutrition and dietetics. I became a licensed dietician. Like you have to do the whole year internship and then take a few months and study for the boards, and I did all those things. And then I [00:02:00] even, you know, right after I flew to Miami and I. Uh, I got my PhD, my doctorate in addiction, um, sugar addiction and, and exercise.

Wow. Um, but the PhD, like the title is PhD in exercise Physiology and Nutrition. So, So, um, academically I was so heavily brainwashed, you know, in

terms of body composition, cuz that was another major thing for me. I've always been overweight and PGY growing up and, and that was my real, uh, motivation behind it, becoming a dietician, behind continuing my PhD in exercise physiology.

And so it was so heavily brainwashed that it's just calories in, calories out, you know? And so I believe that, and it was such a strange. Schizophrenic situation where on one hand I understood what was the best for my skin, but it didn't make that link with the body composition. It's very strange. But anyway, eventually, um, I discovered for anxiety because, uh, you know, coming into the states and [00:03:00] teaching, um, for the first time ever, I didn't have that much experience, you know, with public speaking and all of a sudden they throw you in and you're teaching, uh, exercise physiology courses.

I literally just learned the basics on Tuesday, and now I'm supposed to teach it to consider like maybe just two, three years younger than me, you know? Right. And so it was a lot of anxiety. That and teaching nutrition courses and being, having a gazillion questions thrown at you all day long. And that anxiety, uh, pushed me to discover the best diet for anxiety, which was keto.

So I stumbled across, you know, David Pearl mutter website, and I tried it and within seven days I felt like there was a, like a light switch flip in my brain, and all of a sudden the brain fog that I never knew I had went away. And from there, I then I started making the link because it's such, it has such a powerful effect on your body composition and suppression of appetite, which I had never felt like that before.

Mm-hmm. That's when I started, [00:04:00] um, really becoming a convert for, you know, On a, becoming a convert in terms of ketogenic dieting as the best diet there is, and it worked for a while until the sugar addiction was, you know, it, it was still getting worse and worse over time because it What do you mean by that?

So when you go on a ketogenic diet, very quickly you discover the sweet treats, the keto treats, the atkin, all those things. The, the, the, the allulose and the, the stuff with the erythritol and monk fruit and that stuff. That's right. Right. And so the addiction is still there. You haven't really tackled the root cause.

And as you age, as time goes by, addiction is a progressive condition. I don't wanna say disease, because I don't think there's something wrong with us. When you have. Uh, billions of dollars being spent on creating those abnormal foods

that are drugs. So it's not like it's a disease, you know, but it's a condition that gets progressively worse.

And, uh, that's what [00:05:00] eventually happened until I realized, okay, I can't keep doing this. And that's when I discovered the carnivore diet. So it took me a very long period of time. And so my hope that is, is that with why my work, most people don't go through the decades of yoyo dieting and struggling with an addiction.

Um, my hope is to kind of bridge that gap and get them to the end point as quickly as humanly possible. Okay, so you said a lot of things that I wanna go back and get more information on. Number one, just being on Accutane now, I'm not a doctor. You are. How? How much does Accutane actually trash your liver?

Well, it does come with a black box warning, I think. Right? Like, I think they, they pulled it, didn't they pull it too? Or does? There are certain variations. I think for a little while they did, but I remember thinking I wanted to go on it as well, and then they had all this, you have to have your liver tested.

And I was like, I don't think that's good. It's, I didn't do it. Yeah, I, I mean, I was what? [00:06:00] 18, 19 when I got on it. Mm-hmm. You're not thinking about No, no, no effects. You just know, you know, to ask questions. Yeah. You, you wanna go out with your friends and, and you, you wanna go party. And I would literally sometimes not go out because I was breaking out, you know?

Um, that's, that's all I cared about. And so, uh, yeah, I did get the testing done, uh, for my liver enzymes and, uh, I don't know, I, I definitely did go through a nervous breakdown right after that, right around that time. And that's probably because also the Accutane that I took twice increases risk of suicide ideation and Oh gosh.

And yeah, and, and that definitely also happened to me. So, yeah. Well, so how did you get off of it and how did the breakout stop? Was it when you discovered paleo, it kind of resolved itself? And then did you take yourself off? Did you talk to your doctor? How did you do that? Doctors do not even know what a paleo diet is.

Especially back, right. Cause yeah, I remember asking a dermatologist, even when I came to Miami, still struggling with [00:07:00] that. I asked the dermatologist at the University of Miami, it's like, what do you think about the

paleo diet? He's like, what does that mean? What's a paleo? Well, they probably thought you were crazy too when you explained it.

Yeah. Grain free. Yeah. What, what are you talking about? He just, he didn't even know. Can you imagine? He was like, in his seventies, 70 years, he's, he's not gonna, never came across the word paleo. Wow. So, yeah. Um, it never worked. From the get go. It actually, the Accutane never worked worse. No, it made, it gave me cystic acne.

I never had cystic acne before, nor after Accutane. I only got cystic acne when I got on it. Like those deep cysts that were horrific. Yeah. It never worked. So that's why I, you know, I got off of it and I realized nothing works. And, uh, I started doing my research That was around the time that the internet was starting to have some good content on it.

And so I discovered the book by Dr. Norton Bourdain with regards to Yep. The, it was called The Acne Cure. He did, he never even mentions, I think, um, paleo. He just [00:08:00] mentions. Uh, the diet that removing grains and beans and dairy, um, and going back to the diet that we ate for 99.99% of our existence as a species here on Earth, that's, that is a cure because hunter-gatherer societies and tribal populations don't have acne, not even in their teenagers.

Yeah, it's fascinating. I had him on, uh, our podcasts that I do with Vinny to Rich. Years ago, and, uh, oh my God, that's, I didn't realize that Dr. Lauren Cordain owned, he owns the phrase Paleo. Yes. How are you gonna enforce that? You know what I mean? Like, I, I love that. I was like, you invented the paleo phrase.

You own it. That's so cool. Yeah, he's a really cool dude. And, and, uh, he's also somebody who, when I talked to him, was an older guy and yet he was in touch with new information and was able to get this information out. So I, I'm, I'm not gonna be ageist and, and, and say that. You know, these older doctors aren't trying to find new information.

It's doctor specific. So if you are seeing a doctor who's just like, wait, what's that? Or feels that you can go see another doctor, hopefully if you have somebody in network, just wanna throw that out there to people. [00:09:00] Yes. Um, it's not be, it's, it's not, if you're old, doesn't mean Right. I'm old. I just turned old by the way I wanted to tell you.

Cause I know that I'm older than you are, but the, the ad campaigns in the eighties, late eighties, early nineties for Clearasil for acne, which I paid attention to. And everything had benzyl peroxide, which gave me a rash anyway. So it's like, do you have a rash or do you have the zits? But they always said, and it always stuck with me.

And I remember reading in 17 Magazine, you know when you're young and you're reading your little magazine, and it said, it doesn't matter what you eat, what you eat does not cause acne. It's bacteria on your skin. And I always was like, oh, it's bacteria in the skin. You know? So then you scrub your face and they, they're, and now I know they're trying to get you to buy all the, the potions and the creams and the stringent and the, yeah.

Toner, but it's just so interesting that now we know it's what you eat. So when I first started in a, in a way, they're kind of right. Um, in that when I first started doing my research, I. I only was able to find two [00:10:00] published studies with that were like randomized controlled trials, which is like the gold center type of study that looked at the relationship between food and acne.

It's true. Um, but since then the number of studies is, has exponentially risen. I'm glad. Yeah. But dermatologists to this day will still basically tell you that there is no link between diet. That's, that's, that's so fascinating. And I don't, I don't know the studies. I don't read the studies, but I am my own study and I know that when I went low carb, my breakout stopped and I did get the cystic stuff, the hormonal stuff that goes on your chin below your mouth, you know, I got, and then I'd, it, it would hurt.

I would try to pop 'em, it was a mess. And you'd get scary. I'm lucky I didn't scar. But you know, it's, it's, you have perfect skin. I was gonna, you have perfect skin. Oh my God. Let's sit here in time. No, you do. No, you do. We both do, do. But, but honestly, I and I get asked all the time cuz I just turned 50 and I get asked all the time about my skin and I'm like, wow, [00:11:00] I, you guys, the best thing you can do is not have sugar or grains.

Like, I don't, that's what's worked for me. I can't, I can't believe you just turned 50. I will, I, I, I can't believe it. I can't believe it either. But that's, That's another reason. What? What'd you say? You, you look 30. Oh, you're so nice. Thank you. Easy. Thank you. Um, I'm in shock. Well, let me ask you this, cuz you talked about being chubby as a kid Yeah.

And dealing with your weight as a kid, and you're from Lebanon, correct? Yes. Okay. So this has got to have informed some of your origin story because. How,

what were the messages that you received as a kid and how, how, cuz it seems like if you were chubby as a kid and you had this, what, how, how did that form your, the superhero?

Who is Dr. Zaldivar now? How, how did this form your origin story? I. Thank you for that. But, um, it was a very harsh environment that I grew up in, you know? Yeah. And it's, it's a harsh environment. Lebanon came out of a brutal civil war [00:12:00] from 1975 till, um, 1990. I was born 1987, like in the last three years of the Civil War.

So my parents were like, you know, just. Going through it, you know, everybody was going through it. And so that does something to the psyche of a country, you know, it's like a war torn country. And, uh, people are depressed. Um, it is just a very bad, bad place to grow up in, especially as a woman. And, um, especially in my circle.

It's not like the, the environment that I grew up in, um, was like upper class or, you know, like traveling to Europe this weekend and we come Yeah, we had, yeah, we're, we're Lebanese, but we're living half the time, we're living in Europe, you know? Right. Um, cause there's a lot of that in Lebanon too. There's a lot of.

Any that comes from outside, there's actually far more Lebanese outside of Lebanon than they, they have inside of it. Wow. And that's a, that sells a lot about like the resilience because it is just a lot of dollars [00:13:00] coming in from friends and family outside. You know, that kinda keeps it afloat, I think. So, yeah, I definitely was very much, um, subjected to that from people very close to me, you know, like my own parents.

So, and I hate to say that I don't ever wanna say anything negative because I understand how they grew up and the. Like my mom's dad, um, my grandpa was shot dead when she was 18, and, uh, he was the only breadwinner. Yeah, because, because again, because of the, uh, civil war, he started getting into politics and people were jealous that he went up the ranks very quickly, became a leader and, and some political factions.

They literally just gun him down. So my mom was 18. She had to quit college and, um, work full-time to provide for her mother and three younger, um, siblings. So I understand where that comes from, but you know that that definitely, that, that kind of, uh, [00:14:00] trauma keeps transferring down generations, right? Until somebody puts an end to it.

So I was definitely both from my dad and my mom. Like it's, I don't remember ever being enough ne I was always like the top of my class, you know? Mm-hmm. Oh, straight A, like my, my professors would be like, You need her to skip a grade cuz this woman is like, like she, she doesn't need to be in the grade.

You can put her in a, in a higher grade. And they would also always cancel my final exams because I was always straight A, straight A three was like, she doesn't have to do the final exam. She's good. Wow. So, but yeah. That's amazing, right? Isn, isn't it? Yeah, definitely. That. That's. Definitely something genetic that's, I, I'm not gonna say, oh, I'm proud of, that's like, I just, I don't feel like I ever struggled to, to, to get there, you know?

So it's not like, oh, I'm so proud of it, you know, it's just we all genetically have something, right. That we're gifted in. We all have that. So, but yeah, like n nothing I ever did was ever enough, you know? It was felt to [00:15:00] feel like, I, I don't care how much you accomplish, it'll never be enough. Mm. I think that probably had a lot to do with, uh, you know, with my overachievement, but I love it.

I am not complaining. I, it brings me great joy to be an overachiever. I feel like I agree with what Tony Robbins says. Um, progress is the very foundation of happiness and I agree with that. Cuz as long as I'm growing and I'm building and I'm reaching, I'm happy. So, You know, and, uh, so there's that. And there's also the, uh, the way they put people down in Lebanon, especially.

I, I can't speak for every single pocket in Lebanon, but I can tell you from the 25 years that I've lived there, you put people, you put women down all the time. They're always the but of the joke. That's why I had no self-esteem. Um, you can talk about their appearance, um, as, as much as I want, as much as you want.

For, I remember being so much in shock when my girlfriend, when I first flew to [00:16:00] Miami, I was like 25, right? A few months after, uh, flowing to Miami, she was with me. She's a PhD student, so. And she would, so she just casually, like randomly said, oh yeah, because you're pretty, I couldn't believe I thought she was messing with me because nobody has ever told me that for 25 years in Lebanon.

I, so I never thought of myself as pretty, you know, um, just to, just goes to show you what kind of environment I was. You know, being raised in, and then of course if I gained a pound, it's like, oh, your butt is getting bigger. And that

was back in the nineties where it's like the wave era of the wave. You had like no curves, like, oh gosh.

The Kate Moss WA era. Yes. Yeah, yeah, yeah. So that was like an insult. Oh, your butt is running now. Women love that. Yeah. No, now we wanna be juicy. Absolutely. Mm-hmm. But back then it wasn't like that. So all those things really, like I had zero self-esteem. Well, I guess I'm kind of leading you a little bit too, because I found.

I'm wondering if this happened to you once you [00:17:00] started to find this way of eating and losing weight. Did it kind of uncover these negative beliefs that then you had to ki you had to work on in yourself? Mm-hmm. Not anymore. In the past, I would lose weight in a yo-yo dieting fashion. Oh, tell us about that.

How, yeah. Yeah. All, all my life's always been like either I'm on a diet, off a diet, on a diet, off a diet, binge eating. It was, and now recently I finally discovered that, that I had a case of. Severe sugar addiction, and by the way, most of us do. Mm-hmm. Um, and I realized that, um, what the addiction does, it destroys the dopamine centers in your brain.

Not only does it destroy the amount, um, well, so you need two things to have a healthy brain and to not have an addiction or a temptation or urge to, to use an addictive drug like food. And so to have healthy levels of dopamine, you need to [00:18:00] release the dopamine, but the dopamine needs to attach to its receptor on the cell surface of adjacent brain cells.

The dopamine receptor is called D two receptor because you have D one, D two, D three, D four. We care about the D two. This is the one that's mostly active in addiction. So you release the dopamine, it attaches like a lock and key situation and activates the D two receptor, and you feel amazing. High energetic focus.

No fears, no anxieties. So in the past you would have those feelings. You would as you would, as you lose weight, but, but you're still an addict. You're just doing a weight loss phase for a short period of time. You're still an addict. Your dopamine is still pretty low, right? And you're losing the weight and you start having all kinds of fears, uh, anxieties, um, feeling like.

Oh, you know, am I getting too good? Am I, am I, you know, getting too successful? Am I gonna self sabbath? All those things, those are irrational thoughts that are, that [00:19:00] you don't, you shouldn't really, um, look deep



into them, except as a symptom of low dopamine activity. That's all they are. The moment you raise that dopamine and D two receptor level.

All of a sudden you never have those. So it's not like they have to come, it's just the, the more you have them, the more that's a sign that you need to up-regulate and you need to build those dopamine D two receptors as quickly as you can. And you can do that with exercise. That's my preferred. Hmm. Okay.

Yes. The more intense and the longer the duration of the exercise. So dose and duration. Exercise is equal to the amount of dopamine and D two receptors that you have in your brain, right? And so if your, your, your ability right now is to run five miles a day. Let's say, but you're still having those thoughts, those fears, those anxieties that tells me that your dopamine level is still not where it needs to be.

So that five miles [00:20:00] you, you either need to bring them up to six miles or you need to do them in a shorter period of time. My preference would be to force yourself to, and train yourself to start getting faster so that in that same amount of time that you are on that treadmill, You can do six miles. So that means you got faster, right?

You didn't, you didn't. It didn't take any extra time outta your day. You just got faster. You increased the intensity, right? And so now instead of running five miles, you're running six miles every day, and then you, it's just such a beautiful transformation that I see with my clients how it's like week after week after week, we're raising the dopamine levels more and more and more and more.

And it's like their whole personality changes, all their fears, all their anxieties, all of this fear of self-sabotage goes away. And they was like, you know what, what you can do with that in a short period of time is like years of therapy, can't even dream of accomplishing. Right? They're not cause basic physiological.

Issue. Issue that we just need to heal the damage that that drug caused. Remember, sugar is [00:21:00] far more addictive than heroin, not just cocaine. Everybody knows about the cocaine studies. I don't think people know about the heroin studies far more addictive than heroin. So it's like if you are shooting heroin every day by eating the sugar, How do you expect to have a healthy, functioning, non, non-anxious, non-depressed mind?

It's impossible. You gotta gettin and you gotta take the drug away and you got to heal the damage that that drug inflicted on your brain. That that's incredible.

And it makes me think too, I think. Let me ask you this. Do you think that people should go straight to carnivore or should they do it via keto first?

Because the sugar deck addiction, everything you said just resonates so much. I know it's gonna resonate with my audience listening. Yeah. I used to say you could transition and I even have YouTube videos showing you how to transition. I personally transitioned in the past, but I find that I used to do that before I realized how to use all my training and exercise [00:22:00] physiology and using exercise as.

As the dopamine, um, substitute because once you start using exercise as a dopamine substitute, you don't need to transition anymore. You're giving yourself the dopamine. So now you took the, the sugar, which was originally giving you the dopamine. Instead you replace it with exercise, which is now giving you the dopamine.

So there you're, you don't have to go through the craving, you don't have to go through the, the hardship of transitioning. So it's just so much easier to rip the bandaid off and there's. I would argue you wouldn't even probably suffer that much if you do it the way that I am recommending with the exercise.

Go hard with the exercise. Um, and it's just so much easier as opposed to saying, okay. Um, I know you're a heroin addict. You, let's transition you off of the heroin slowly, right? Like minimize the amount or the, the, the, the dose of the heroin that you're taking every day until we reach abstinence, it's much harder to do that.

You're just prolonging the pain, right? And you're ex. Meaning that addiction. [00:23:00] So it's the same thing. It's actually sugar's far worse. It's the the single hardest drug to, um, to quit because people don't know it's a drug. They don't believe it's a drug, and the triggers are everywhere. Right. So, and I've worked with so many people, they tell me all the time and all the sugar world experts that I've interviewed and collaborated with, They all say the same thing.

I quit alcohol, I quit cocaine, I quit heroin, I quit. Any drug that you can think of, I can't quit the sugar. Mm God. Isn't that just crazy? It is everywhere. Um, uh, so, and we're gonna talk about your group coaching. Yeah. Cause I think that that's just such a fabulous resource that you offer people. Um, Thank you.

You're, you're setting yourself up for success if you, if you get coaching. By the way, I'm, I'm a huge fan of coaching just because, Like, do you think that, like what were we watching the other day? Oh, we were watching the, the, the PGA

golf thing the other day, and it was that, it was [00:24:00] that guy who, who was just a club pro.

I mean, I don't wanna say just a club pro, you're still very good at golf, but like people, you're constantly getting coached, like even the people who are at the top of their ER getting coached. So I have a coach, everybody I know that is at the top of their game has a coach. The, the higher up you go, the more you understand even the value of coaching and the more coaches you start to have.

Absolutely. So I, I love that you're doing group coaching. Are there, when going zero carb or carnivore, what do you prefer to call it? By the way? Carnivore. Carnivore, car carnivore. So when going carnivore, um, do. Do. Do you recommend taking any of the enzymes for the tummy, for digestion or anything like that?

Or you just say, go for it, the diarrhea and all that? No, I just say go for it. A lot of the stuff is actually sugar withdrawal symptoms. Mm. You know, the diarrhea. Literally go online and look at the heroin withdrawal symptoms. They track closely with the keto flu or with that transitional phase. [00:25:00] Yeah. You get, you're gonna get like explosive diarrhea for a few days, maybe a couple of weeks max.

Uh, if you're drinking coffee, that's a problem because that's gonna keep the diarrhea going. So the, that was my next question. Do we have to quit coffee if we're doing carnivore? Cuz I don't like that. Um, I don't like it. It's hiding. I mean, I love coffee. I guess I'm addicted to coffee. Allall. Do we all do?

I know. Trust me, I've, I've been off of it for a year and a half. Oh wow. Yeah. Because it used to gimme headaches and that cure, and I always knew it was a coffee. Especially like the more research I did, it was like, oh my gosh. It's like the same changes in the brain, uh, when you get a headache versus when you drink coffee.

Like it causes the same constriction of blood vessels and you know. So anyway, I knew that that was gonna cure it, and guess what? It did? It did. So there's that. Then, then, The sugar experts that I've spoken with, they all say pretty much the same thing. They say that only 10% of their clients that get sober, uh, from sugar.

When I say sober, I'm talking about food sobriety. Okay? Only 10% of their [00:26:00] clients who, who get, am I saying that right? People so, so, Only

10% of the people who get sober can keep their caffeine in or coffee in, which means that 90% of people who keep drinking coffee cannot get food sobriety. That's interesting.

Yeah. Interest and that's because that's interesting. There's a link between the caffeine and the sugar and the cream that we normally add to it. So historically, we've always had the coffee with the cream and the sugar together. And so remember neurons that fire together, wire together. This is like basic principle in, um, neuroscience, right?

Any part of the brain that lights up collection of brain cells, that lights up in close conjunction with another collection of brain cells. They're gonna form connections. They're, the axon is going to spread and connect to these [00:27:00] two brain cells, or collection of brain cells is gonna become thicker. That myelin sheet that wraps around it is gonna get thicker so you have literal physiological changes in your brain that makes it very easy for those two brain cells or collection of brain cells in the future to.

Turn on at the same time. So now you're taking off the sugar, you're drinking the coffee. This is lighting up and it's the axon is connected to, it's sending that electrical signal. But then wait a second, where's, where's the sugar hit? Right. And that gives you the craving. So, so, so you're saying even if you have black coffee, it's doing this?

Mm-hmm. Yes. Absolutely, yes. Not to mention the blood sugar imbalances that can happen from the caffeine, which leads to cortisol and adrenaline going up, which raises blood glucose levels, which leads your pancreas to secrete insulin to bring it down so you're, you're riding a rollercoaster in your blood sugar that, um, is also gonna trigger, uh, hunger and cravings because of those [00:28:00] energy crashes that are happening throughout the day.

Well, and as for me as a p menopausal woman, I don't like to hear that any adrenaline or cortisol or whatever is being activated. It's like enough, I've got enough of that, so that's interesting. All right. I'll have to, I'll have to take a look. I'll have to take a look. Highly commend. I might cur, I might curse you, but then I'll praise you.

You'll, you'll, all my clients do. It's ok. I'm used to it. So what does a typical day of eating carnivore look like? Can you walk us through like what, what, what, what would one eat in a day after? Yeah. After making the adjustment or even making the adjustment and then how it kind of regulates. Ideally just beef.

Ideally like ribeye steaks. That's my favorite. Or ground beef. Yes. Yeah. You can also do the other things. You can do. Lamb. Lamb chops are really great. Um, you can do pulled pork. You got all kinds of pork. Um, like yesterday we grabbed the rotisserie chicken and we had that for dinner. Um, eggs and bacon.

Actually I had half a [00:29:00] rotisserie chicken. Bunch of scrambled eggs and bacon. It was glorious. And, uh, but that, I mean, it's pretty much the same things you can do poultries, so like pulled chicken or, or, or any kind of chicken you can do, um, ground Turkey burgers. I have those a lot too. It's a little bit on the leaner end.

So if you wanna, like, it depends on the amount of calories, right, that you wanna be at. If you, if you need to drop body fat or if you wanna need to maintain, or if you wanna put on body fat, that would dictate what kind of meat you would go for. But in, in a nutshell, I would say beef is best red meat. So when you're eating this way, Because you mentioned calories and I thought to myself, if you're eating a carnivore lifestyle, cause I've done carnivore challenges and mm-hmm.

I love the way I feel and I, but then I'm upset about the restriction of the, I just, I never kind of cro crossed that threshold, but I, but it got me thinking. So you're in dietary ketosis for the most part, right? If you're eating carnivore, yes. All the time. Pretty much. So do you have to, [00:30:00] do you have to eat a lot of organ meats to get the rest of the nutrients or you stick with muscle meat Mostly.

It seems like we don't need Oregon meats, it seems, and we have a lot of accounts of tribes. Some of them would say that no, the organs would just throw 'em to our dogs and they would eat 'em. So it's not like we need them. Other tribes have been shown to like prize their Oregon meats and have them, but whichever way you look at it, it's always a small fraction.

Even if they did eat 'em, it was always a small fraction, um, of their calories because there's always smaller amounts of organs compared to muscle meat. And, um, in my foray into carnivore dieting and talking to long-term carnivores who have been doing it for decades, they don't take organ supplements and they are thriving.

They're not just okay, they are thriving compared to anybody else in their age group, right. Or situation. So I don't think you need the organ meats. I think you could, if you wanna just be [00:31:00] extra careful or, or on the safe side

because. We still don't have recent high quality carnivore diet studies because nobody has bothered to study them in academic circles.

It's taboo to even mentioned the word. You know, we get attacked all the time, right? It's like, oh, dare you. We need plants. You know, we, or it gets associated with a political agenda and I'm always like, trust me. So stupid. I couldn't be further than associated with political agenda. Yeah. Right. Like yeah, we're talking diet and healthcare.

Who cares about your pol politics? Yeah. We're just trying to get people healthy. Yeah. Funny. Yeah. What are, if someone's listening right now, what? What would you say are the signs of somebody who should try this? Like what are some of the thi, what's a checklist that somebody could run through in their head and go, you know what?

That's me. I should try this. If you are a homo sapien, sapien, Okay. That's our species. So all the dogs who are listening, although dogs are carnivore, nevermind. But they're carnivore [00:32:00] too. Yeah. All homo sapien sapiens and their dogs and their cats. And you know, if you have a pet lion too, it's just our species specific diet.

Right. Just like dogs and cats. Are carnivores, lions are carnivores. We never we're, nobody's confused about the species specific diet of any animal except for humans. Why? Because we have figured out how to patent certain foods and to market them in a way and to convince others that this is also food and this is also healthy.

But why are we not confused about any other species on the planets in their diet? You know, you, we, we know that a panda eats bamboo and the, so if you feed it, anything else, it's animal abuse. We know a lion is a carnivore, feed it. Anything else, it's animal abuse, right? But all of a sudden we seem to have forgotten that for 99.99% of our species, percent of our time or existence as a species, your on earth, we [00:33:00] have consumed a carnivore diet.

Why did we forget that all of a sudden, right? Of the \$1 trillion. Food industry. I was gonna say, because people are trying to make money selling us things. That's why it's true. \$1 trillion food industry. Think about that for a second. Not only that, \$78 billion dieting industry. So, and the same companies that own those, um, traditional, regular foods are now buying Atkins and Weight Watchers in the diet companies in SlimFast, it's the same companies.

They sell you the drug and then they try to sell you a solution for it. Yeah. Right. And then they, they, they work hand in hand with the Academy of Nutrition and Dietetics, who by the way, are in bed with the food company. Yes. You go to the Academy of Nutrition and Dietetics yearly conference, it's like a showcase for the candy makers and the food companies.

It's all carbs [00:34:00] and sugars, carbs and sugars, and addictive crap. Not only that, they come up. And they present to the registered dieticians, the the spokespersons or these food industries, what do they have to offer to our registered dieticians? Why are they giving them lectures so that those registered dieticians can earn continuing education credits?

Isn't that a conflict of interest? Well, yeah, and, and, and I, I even tell my husband, I'm like, if, if I go into the hospital for any reason and I'm incapacitated, you have to step in, not only because I have Celiac and it has to be gluten free, but I don't want any of the stuff that the dieticians at the hospital are gonna want me to eat if I'm there.

Like, it's like it's, it's honestly frightening to me. That conflict of interest and if you say something then you are the crazy nutty one. So I'm really glad that we have doctors and dieticians and, and PhDs like you who are out there. Yeah, [00:35:00] spread the word cause. Oh, we're growing. Trust me, there's a lot I'm learning every day.

There's a lot more of us. Then, okay, good. I think it was just me and Chaffee and Dr. Robert KILLS and Dr. Right. And Barry was like, I was like, how many is just us and No, I'm learning. There's, oh, there's a lot. They're joining. They're joining us. Yes. So I'm excited. Well, listen, I, full disclosure, I have a food company, so I sell tomato sauces, which are definitely not carnivore, but I sell spice mixes and, but my journey of.

Deciding to launch these products were because I was tired of being at the grocery store shelves and being lied to and seeing crap in the foods and, and even the idea of reading a nutritional panel. It's all bs. Yeah. They just run it through, they run it through an algorithm and it spits out the nutritional panel and that's that.

Yeah. And legally you have a plus or minus 20% leeway. Exactly. And I found that out when I was looking at a William Sonoma, like a short rib starter sauce, which people tell me is delicious. Um, but I read the ingredients and it said, it said one gram of carb, but it [00:36:00] had five different kinds of sugar listed in the ingredients.

And I'm go. And that's precisely why. And it's so infuriating and people don't know that they're being lied to. And I think for me, the reason why I have conversations like this with people is that I hope that everybody listening starts to ask questions and figure out what's right for them. And if you go carnivore, great.

Or if this other thing works great, I don't care. I just wanna be able to give information and perspectives so we can all be conscious and aware. Yeah. And ask these questions. Cuz once you get into the hospital and they're trying to feed you jello and Aw and uh, you know, Rolls and apple sauce. I dunno.

Apple sauce, ambrosia salad, bullshit. Like, no, we don't want it. Yeah, yeah, yeah. I appreciate you people also need to thank you so much. Uh, I people need to check out, um, this dietician, registered dietician that I just didn't Instagram, like with also posted it on my YouTube channel. Her Instagram handle is run eat meat.

Repeat. And, um, she was a [00:37:00] registered dietician and obviously followed all the guidelines, which led her in a, led her health to be in a much worse, uh, condition. And that eventually led her to do her own research. And then she became a carnivore animal base at the very least. And she, she was like, oh my God, look how much better I feel everybody needs to know this.

She went and she spoke to the HO Hospital administration that. I was hiring her to tell them that, can I talk to them about this stuff? I mean, look at, look at the benefits. And they were like, no, no, no. We don't wanna be sued. Like you can't. Just follow the dietary guidelines, just follow the Academy of Nutrition.

Dietetics tells you, and, and that's eventually you get to a point where you, you can't feel like a hypocrite every day. She had to literally quit, uh, a good paying job. And now, you know, thankfully her partner, um, supports her and, and makes a good income, but she definitely doesn't make as much income now cuz she just, you know, quit.

And I'm like, don't worry, don't worry. Social media is better. Trust me. That's true. Well, and speaking of how do people get in touch with you? [00:38:00] To, uh, if they wanna join up with your group coaching? Yeah, you can. Just for now, um, uh, I'm gonna create like a way so that they could do it online. Um, but for now I just have people email me, uh, at Dr.

Sarah Zaldivar, so D R s a R a H Z A L D I V A R, which is. Pretty much my name was, I guess, shows on the screen. Dr. Sarah, I'll put it in the show notes



too. Fantastic, thank you. Um, no, no, no comments, no periods, nothing. Dr sarah var gmail.com and uh, and of course you can always look me up on, uh, YouTube. My name there is really no other person with, uh, even remotely close name with a doctor, so that's good.

And then there's also my, um, Instagram, Dr. Dr. Sarah. Great. And yeah. I'm gonna link to all these in the show notes. You guys follow her? I know there's a bunch of y'all carnivores out there who are always looking for more answers and, and Dr. Sarah Zaldivar has them, so please [00:39:00] consider Sure do. That's right.

Consider joining her group coaching. It is wonderful. So I just wanna thank you for your time. Thank you for laying this stuff out. Thank you for the reality check about the caffeine. Um, Yeah. I know, right? That's a I appreciate it. That's a tough one. People don't realize how addictive coffee is Oh, yeah.

Until they try to quit. Oh, oh, absolutely. Right. I, I have done, even when I had my colonoscopy in 2021, I had a colonoscopy and endoscopy and, uh, it was really funny. I was like, well, I'm gonna shoot an espresso before I do the second drink at four in the morning. Or I had to take the second drink at five in the morning, so I got up at four so I could shoot an espresso.

Oh, how funny. You know what I mean? I was like, oh, that's true. Addiction right there. I was like, I don't think we're designed to be doing that, but I was like, Yeah, but I do it anyway. Yeah, I know. I know. Right? As one justifies, right? As one normally does. Mm-hmm. Mm-hmm. That's funny. Caffeine is an insecticide.

It is. Oh god. Coffee being plants, natural insecticide. It is designed wow. To kill off [00:40:00] any animals or severely injure them. Any animal or insect that dares to touch that plant, whoa. Yeah. Plant self-defense chemicals. They're in every single plant that you put in your mouth. Yeah. They sure are. They sure are.

Yeah. Well, thank you so, so much for your time. I really appreciate having you here. I hope that we can talk again in the future and let's connect on Instagram too, because that could be fun to do an Instagram live. Oh, I would love to. Yeah. Yeah, that'd be awesome. Thank you so thank much enough for this beautiful little chat.