



Changing Healthcare, one practitioner at a time

THE CARNIVORE DIET

A Science-Based Approach to Animal-Based Nutrition

**Unlock the Science & Practical Application of the Carnivore Diet
A Cutting-Edge Training for Health Professionals & Nutrition Enthusiasts**

The Nutrition Network Carnivore Training is a deep dive into the science, application, and clinical relevance of a carnivore diet. This comprehensive course brings together leading experts to explore the evolutionary, metabolic, and therapeutic foundations of an all-animal-based diet.

With **expert-led lectures, case studies, and real-world applications**, this training is designed for healthcare professionals, coaches, and individuals looking to **deepen their understanding of the carnivore approach.**



The **Carnivore Diet Training** by Nutrition Network is a deep dive into the science, clinical application, and practical aspects of an animal-based diet. Whether you're a healthcare professional looking to expand your expertise or an individual seeking optimal health, this training equips you with the knowledge to understand and implement a well-formulated carnivore diet for yourself or your clients.

Why Carnivore?

The carnivore diet is gaining global attention for its role in **weight loss, metabolic health, and chronic disease management**. But is it the right approach for everyone? This training breaks down the **mechanisms, benefits, risks, and real-world application** of an animal-based lifestyle.



Key topics include:

- **The Evolutionary Case for Carnivore** – Understanding humans as carnivores from an anthropological and nutritional perspective.
- **Therapeutic Applications** – Examining carnivore's role in body weight control, metabolic health, cancer, gut health, autoimmune conditions, metal health conditions, and eating disorders.
- **Formulating and Optimizing a Carnivore Diet** – Designing well-formulated animal-based approaches, assessing blood markers, troubleshooting common challenges, and personalizing nutrition for individual goals.
- **Assessing and Monitoring a Carnivore Diet** – How to track health markers, identify problems and ensure nutritional adequacy.
- **Debunking Myths & Addressing Concerns** – Common issues, safety considerations, and whether carnivore is suitable for every condition.
- **Sustainability & Regenerative Agriculture** – Understanding the environmental impact of a meat based diet and other more contentious applications, such as carnivore during pregnancy, lactation and weaning.

Expert-Led Training

This course features **leading experts** in the field of metabolic health, nutrition, and regenerative agriculture. Gain insights from **medical professionals, researchers, and practitioners** who specialize in the **science and application of the carnivore diet**.

- **Exclusive Interviews** – Hear from leading experts
- **Real-World Case Studies** – See how carnivore has transformed lives and health outcomes
- **Bring carnivore to your practice**
 - A practical guide to implementing and monitoring a carnivore diet in your practice
 - Learn when and when not to use carnivore



ONLINE, FLEXIBLE, SELF-PACED STUDY

Who Is This Training For?

- **Medical Professionals** – Doctors, nurses, dietitians, and nutritionists looking to integrate an evidence-based approach.
- **Health Coaches & Trainers** – Those working with clients seeking weight loss and metabolic health.
- **Individuals & Enthusiasts** – Anyone interested in optimizing their health with a carnivore diet.



Curriculum Overview

1. Foundations

- The Evolutionary Carnivorous Diet of Humans – Miki Ben Dor
- Evolution of Dietary Guidelines – Prof Tim Noakes
- Plant vs. Animal Nutrition – Tamzyn Murphy, RD
- Carnivore Diet Guidelines: A 10-Part Series – Dr. Rob Cywes

2. Health & Metabolic Benefits

- Carnivore for Weight Loss – Craig Emmerich
Mechanisms for weight loss support, fat adaptation, and satiety.
- Is Carnivore the Best Diet for Cancer? – Christy Kesslering, MD
- Carnivore and the Gut – Tamzyn Murphy, RD
- Eating Disorders & Carnivore – Amanda Cini

3. Practical Applications & Personalization

- Carnivore Diet Assessment, Monitoring & Safety Basics
– Dr. Hassina Kajee
- Carnivore & Blood Markers: A Deep Dive – Siobhan Huggins
- Common Issues with the Carnivore Diet – Dr Paul Mason
- Carnivore Case Studies – Tamzyn Murphy, RD

4. Sustainability & Ethical Considerations

- Regenerative Agriculture, Sustainability & the Environment
– Dr Peter Ballerstedt

6. Expert Insights

- Cancer – Dr. Nasha Winters
- Cancer – Miriam Kalamian
- Keto, Carnivore & Fasting – Anthony Chaffee, MD
- Carnivore Mom – Janae Cywes
- Eating Disorders & Carnivore – Amanda Cini, Kelsey Buchalter & Krystal Anastas
- Carnivore & Mental Health – Rachel Frase

Join this expert-led training to gain in-depth knowledge and practical insights on the science and application of the carnivore diet!



Launch Date

26 March 2025



Enroll Now!

Early Bird Discount Available

JOIN TODAY
and transform
your understanding of
Carnivore Nutrition

\$440

www.nutrition-network.org

Meet the Experts: Carnivore Diet Training Lecturers

Our Carnivore Diet Training features a world-class lineup of leading experts in nutrition, metabolic health, and regenerative agriculture. Learn from medical doctors, researchers, and practitioners who bring cutting-edge science and clinical experience to the course.

Featured Lecturers



Miki Ben Dor

Researcher in human evolution and ancestral diets.



Craig Emmerich

Author and expert in ketogenic and carnivore nutrition.



Dr Paul Mason

Specialist in sports medicine and metabolic health.



Dr. Christy Kesslering

Radiation oncologist focused on metabolic therapies.



Dr. Rob Cywes

Bariatric surgeon and expert in carbohydrate addiction.



Dr. Hassina Kajee

Specialist physician in metabolic health and lifestyle medicine.



Rachel Frase

Expert in blood markers and metabolic adaptation.



Siobhan Huggins

Researcher in lipidology and immune health.



Amanda Cini

Carnivore nutrition coach and educator.



Dr. Peter Ballerstedt

Regenerative agriculture expert and advocate for sustainable meat production.



Tamzyn Murphy, RD

Researcher and dietitian specializing in low-carb nutrition.



Professor Tim Noakes

Renowned scientist and pioneer in low-carb, high-fat nutrition.

Special Guest Lecturers



Dr. Nasha Winters

Integrative oncologist and expert in cancer metabolism.



Miriam Kalamian

Specialist in ketogenic therapies for cancer.



Anthony Chaffee, MD



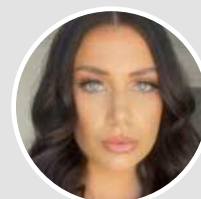
Janae Cywes

Carnivore mom and advocate for family-based animal-based nutrition.



Kelsey Buchalter

Researcher exploring nutrition's role in mental health and eating disorders.



Krystal Anastas

Advocate for healing eating disorders through a carnivore-based approach.