

# Seventh Day Adventist Vegetarianism: The Shocking Origins of the Vegan Diet



Medically reviewed & fact checked by a  
board-certified doctor



Published on December 21, 2019 by [Carnivore Aurelius](#)

[By CarnivoreIsVegan.com](#)

When most people think of [veganism](#), they think of hipsters munching on granola or eating a tofu stir fry.

Or maybe you think of militant ideologic vegans shouting angrily at farmers and holding signs to protest the eating of animals.

**But do you know how veganism began in the west?**

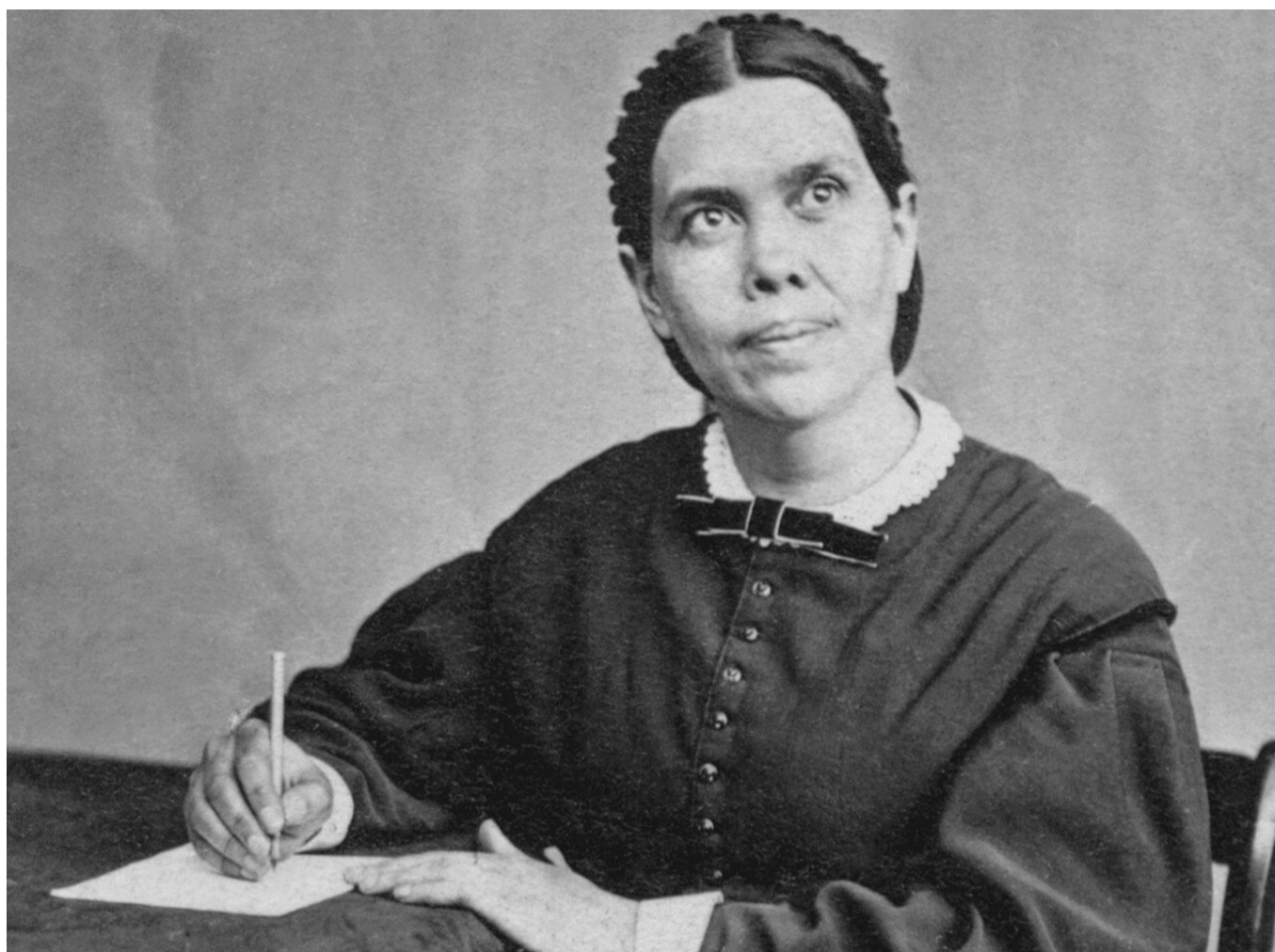
The truth is much more sordid and wouldn't be out of place in a Dan Brown novel.

It starts with the entranced visions of a cult leader, a generations long fight to prevent sexual promiscuity, all ultimately leading to a multinational cereal corporation funding church-inculcated religious 'scientists' to promote a religious agenda. Now, city dwelling sanctimonious kids have jumped on the bandwagon unaware of veganism's perverted origins.

While it sounds like a conspiracy, unlike Flat Earth theory, this one is true. Let's dig in.

## The Surprising Founder of American Veganism

It's 1847 and a plain looking, 90 pound, brown haired, 21 year old newly married woman is lying on the floor of a church, unconscious and shaking.

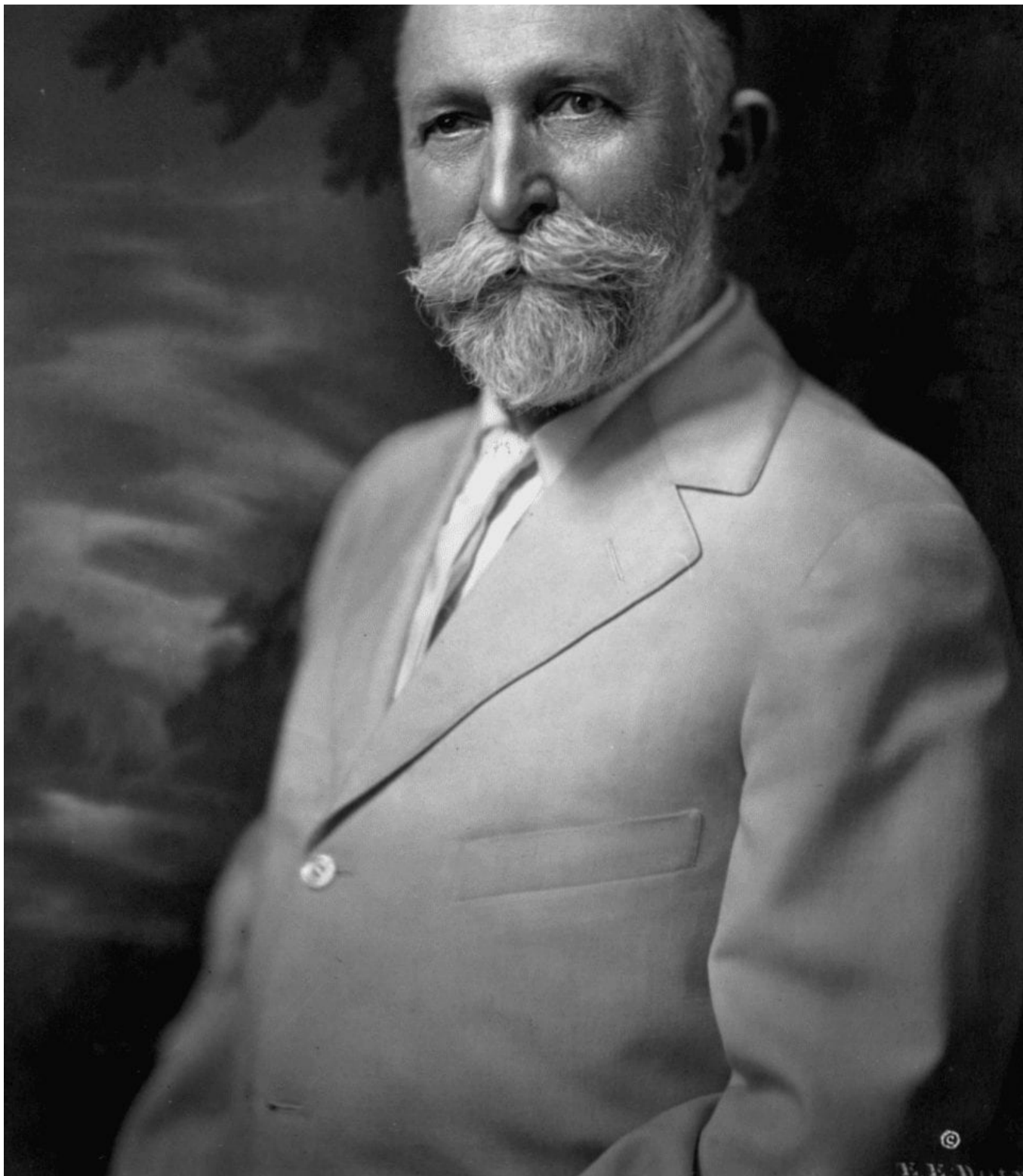


According to her, these attacks sent her visions from God. Many of which warned her against eating meat. Ellen would later be instrumental in the founding of the 12th largest religion in the world, the Seventh Day Adventist (SDA) church, a religion that now boasts a membership of 25 million people in over 200 countries!

Based almost exclusively on these visions, meatless eating became a tenet of the church that many Adventists around the world still adhere to today.

## The Dark Underbelly of a Meatless Religious Precept

While seemingly harmless, the precepts of religious cults often end up far darker. In this case, western civilization was to be (and still is being) irreparably influenced by White's visions. One of the major conduits of this influence was via a young Adventist named John Harvey Kellogg who became a typesetter for Seventh Day Adventist (SDA) publications around 1866 when he was a young teenager.



The young man's mind was so deeply influenced by the Church publications on health, chastity, and purity that he became a doctor and later ran the first Adventist hospital, the Battle Creek Sanitarium, in order to advance that cause.

Advance the church tenets he most certainly did. After brutalizing young boys who masturbated through 'circumcision as punishment', pouring carbolic acid on girls' clitorises, or suturing the foreskin over the tip of boys' penises to prevent erections, he went one step further and invented what he hoped would be a form of chemical castration: Kellogg's Corn Flakes.

This isn't some conspiracy that people against vegans or the church made up, these are 'remedies' for masturbation and impure thoughts outlined in Kellogg's own book ["Plain Facts for Old and Young"](#). In Kellogg's book he wrote:

"A remedy for masturbation which is almost always successful in small boys is circumcision, especially when there is any degree of [phimosis](#). The operation should be performed by a surgeon without administering anaesthetic, as the pain attending the operation will have a salutary effect upon the mind, especially if it be connected with the idea of punishment."

Bland, plant based, 'non-stimulating' food was one of the core tenets of furthering a life without lust, which later became the Kellogg's cereal giant we know today. The good doctor should know what worked since he reportedly never consummated his marriage, preferring to adopt rather than give into lustful thoughts.

eugenics organizations and white supremacist groups.

## Corn Flakes Were Part of an Anti-Masturbation Crusade

BY MATT SONIAK

MARCH 7, 2018



In 1906, Kellogg put his beliefs into action and became the founder of a segregationist group called the Race Betterment Foundation which successfully lobbied the Michigan legislature to pass a law that ultimately sterilized at least 3800 ‘moral degenerates, sexual deviants, epileptics, the feebleminded or insane.’ against their will.

### Pushing the Nutrition Agenda Beyond the Church

Kellogg and the SDA church promoted a meatless agenda in several brilliant if not downright devious ways. Early church hospitals, known as Sanitariums, offered medical care and, of course, advocated and served a meatless diet.

Since the Sanitariums needed doctors, the Adventists created colleges to train their doctors. Later, the church continued to train their doctors in the hundreds of US hospitals they eventually created, as well as training missionary doctors to take the message of ‘health through diet’ around the world.

The church, in a paper entitled ‘The Global Influence of the Seventh-Day Adventist Church on Diet’ freely admits that “The SDA Church established hundreds of hospitals, colleges, and secondary schools and tens of thousands of churches around the world, all promoting a vegetarian diet.”

Of course, hospitals pushing a dietary agenda need dietitians to tell patients what to eat. Adventist Lenna Frances Cooper filled that role by cofounding the American Dietetic Association in 1917 in order to train these budding dietitians in the art of promoting a diet for chastity and purity.

Today, the American Dietetic Association is the Academy of Nutrition and Dietetics, and describes itself as “the world’s largest organization of food and nutrition professionals” whose “members... play a key role in shaping the public’s food choices”.

## Spreading Ideology Takes Money!

But to spread an ideology, a church needs money and when passing around a hat just doesn't cut it, you need to turn to more ambitious endeavors. Watching Kellogg peddle his Corn Flakes, invent granola, and patent methods for making peanut butter, the church soon learned that feeding people meatless 'convenience' foods was extremely lucrative.



So through their creation, the Sanitarium Food Company, today known as Loma Linda Foods, introduced other nut butters, 'nut loafs', and meatless animal protein substitutes to the US a century before Beyond Burger and Impossible Burgers.

In fact, it was the Seventh Day Adventist Church that was instrumental in spreading soy from Asia to the rest of the world.

The irony is that both vegan burgers and granola, products often associated with hippies and 'nature children' are actually the result of a puritanical church ideology trying to curb masturbation and lust!



or peanut butter to the Western world.” — Soy Info Center

One of the ways they have accomplished influencing their religious agenda on the world is by funneling this money into their flagship creation, Loma Linda University Health in southern California, where the long tradition of Adventists getting trained to become doctors, nutritionists, dietitians, and scientists that will help to spread the tenets of the church through the veneer of charity and science is carried out.

Loma Linda University Health is the umbrella for a huge number of health organizations, including Loma Linda University and Loma Linda University Medical Center, all working hand-in-hand to spread the tenets of the church.

Loma Linda University is where they train and give degrees to these professions, thus stocking the world’s medical centers, political lobby groups, and even the CDC with Adventist trained physicians, dietitians, and their most nefarious of tactics, raising up a plethora of research scientists.

## When a Church Buys Science...

These doctors and research scientists, who specialize in such diverse subjects, unsurprisingly, as nutrition and environmental science, then go on to use the medical center to do studies on the ‘healthfulness’ of a meatless diet as well as it’s impact on the environment.

The church has been so successful in this clandestine ‘study’ of their tenets that the vast majority of ‘evidence’ favoring veganism or vegetarianism, recently being lumped into the undefined term ‘plant based diets’, have been conducted by scientists trained at Loma Linda University!

The numbers of their studies are so extensive that my attempt to quantify them ended after several hours of continuously finding more and more. I settled for a list of just the studies conducted by a single Loma Linda scientist named Joan Sabate, whose lifetime achievement of at least 31 published studies (this does not include metanalyses or opinion pieces published in peer reviewed journals) would make any scientist green with envy.

But there are dozens, if not hundreds more studies all done to advance the religious precepts of the church. In fact, there are some researchers, like Terry Butler, DrPH, MPH, who are also pastors in the church! Not only that, but he’s infiltrated himself into none other than the CDC, doing studies that impact world health recommendations.

You’ll find Adventist trained scientists similarly situated in positions of authority around the world. Gary Fettke, for instance, is a doctor who promotes a low carbohydrate lifestyle and was investigated for his practices by the Australian Medical Board. His wife, Belinda, discusses her shock in discovering that the expert witness doctor in the trial was an Adventist.

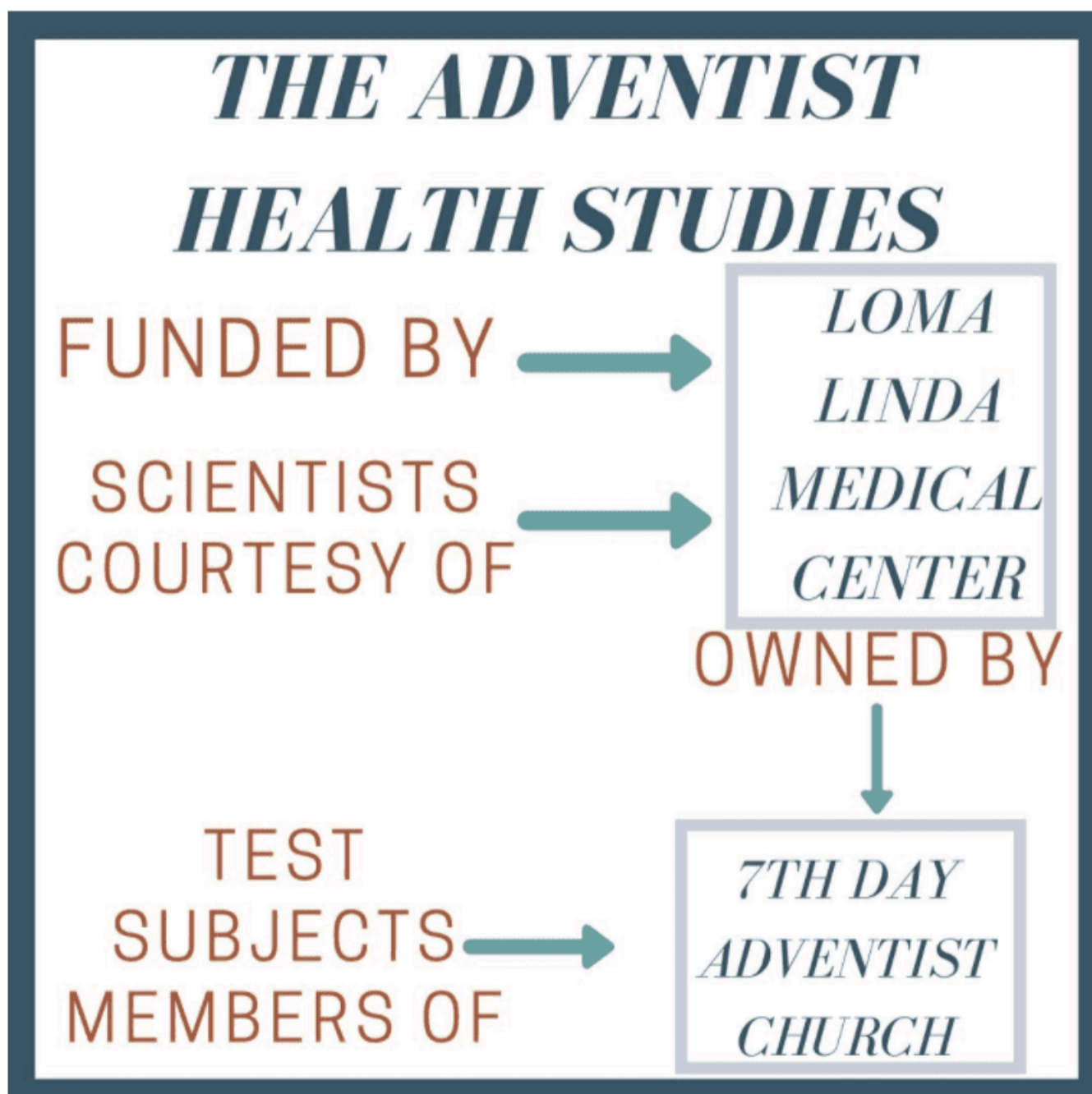
Another example is this official Italian position statement on vegan and vegetarian diets . All one needs to do is to search for any of the researchers’ names and ‘Loma Linda’ or ‘Joan Sabate’ and you’ll find that most have worked directly for Loma Linda or with their scientists. There’s almost no where you can look into nutrition science and not find the influence of the Adventist church.

In fact, vegans like to hang their hat on a study showing vegans and vegetarians have long lifespans, but this study, too, was done by Loma Linda University Medical Center with none other than Joan Sabate as one of the researchers. Not only was the research and scientists paid for by

If this is not a massive conflict of interest, I simply don't know what is. Indeed, the bias of the Loma Linda researchers is overwhelming. Studies done on vegans and vegetarians that are not done by Adventists do not yield the same positive results. In fact, [Hong Kong Is One of the Longest Lived Places](#) in the World, and eats the highest amount of meat in the world as well.

“The current scientific evidence is too low to conclude that vegan diets are generally healthy diets, in particular concerning their long-term impact on the risk of several diseases and all-cause mortality. These diets can therefore not be recommended, in a disease prevention optic.”  
2018 Vegan diets: review of nutritional benefits and risks Expert report of the Federal Commission for Nutrition FCN

The veganism that we see in the west has been founded, funded, and promoted not as a healthful diet or an animal rights crusade, but as a puritanical Seventh Day Adventist Church religious agenda. Not ironic at all is that one of the few ‘negative’ findings on vegan and vegetarian diets done by Loma Linda scientists, with Joan Sabate on board, was that [Vegan Men Have Lower Sperm Counts](#).



Since [Sperm Counts Have Been Steadily Falling](#) since the widespread consumption of foods introduced by Kellogg's and Loma Linda Foods to begin with, I can only imagine that John Harvey Kellogg would be laughing with glee at the new crop of vegans who style themselves as 'enlightened', but who are unwitting proponents of a giant worldwide promotion of the bizarre ethics of a puritanical and even sadistic religious agenda.



Veganism is religious propaganda. And everybody has fallen for it.

Vegan promoters and acolytes do not have your best interests in mind. There is no reason to be a vegan. It is not better for the environment. It is not better for your health. And it is not better for animals.

Ready to give the carnivore diet a try for 30 days? Sign up below.

Additionally, if you're interested in learning more about the carnivore diet, join my Facebook group [Carnivore Nation](#). I also post daily on [Twitter](#) and [Instagram](#).

Sources:

1. [God on the Brain](#)
2. [Chapter 23, Flesh Meats](#)
3. [How the Battling Kellogg's Brothers Revolutionized the American Breakfast](#)
4. [The Global Influence of the Seventh-Day Adventist Church on Diet](#)
5. [The Academy of Nutrition and Dietetics](#)
6. [The eugenics archives](#)
7. [John Harvey Kellogg was Wrong on Race](#)
8. [Seventh Day Adventist Church](#)
9. [La Loma Foods](#)
10. [List of studies done by Joan Sabate](#)
11. [The sacred duty](#)
12. [About Loma Linda University Health](#)
13. [2018 Vegan Diets Review of nutritional benefits and risks Swiss Report](#)
14. [Comparing Self-reported Disease Outcomes, Diet, and Lifestyles in a National Cohort of Black and White Seventh-day Adventists](#)
15. [Thou Shalt not discuss Nutrition 'Science' without understanding its driving force](#)
16. [Position paper on vegetarian diets from the working group of the Italian Society of Human Nutrition](#)
17. [Eating nuts can reduce weight gain, study finds](#)

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ABOUT THE AUTHOR

**Carnivore Aurelius**

Carnivore Aurelius is the son of Marcus Aurelius. He's used a combination of beef liver, red light therapy and sunning his balls to live thousands of years and speak to you today.





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**Hosē**

2 years ago

Dr. Gary Fettke talked about it as well. This is not a conspiracy - this is agenda.

2 0 Reply



**Sergio**

→ Hosē

2 years ago

The meat industry has an agenda. The dairy industry has an agenda.

0 1 Reply



**Sergio**

2 years ago edited

Nonsense article by a blow-hard anonymous author. Well-planned vegan diets are regarded as appropriate for all stages of life, including infancy and pregnancy, by the American Academy of Nutrition and Dietetics, the Australian National Health and Medical Research Council, the British Dietetic Association, Dietitians of Canada, and the New Zealand Ministry of Health among many others. This isn't a conspiracy by Loma Linda.

As for Kellogg's radicalism, this is simply muddying the waters. The overwhelming majority of vegans would disavow the and having no part of their beliefs or diet.

2 4 Reply



**Phil**

→ Sergio

2 years ago

Please can you tell me what independent evidenced based scientific studies have led you to your opinion? My guess is you haven't found any, as there aren't any!

The whole concept of a non meat based diet is based on a 'vision' which has been successfully spread around the world within a religious & commercially funded dietetics organisation, which have promoted the concept of Low Fat High Carb (LFHC) diets.

If this way of eating was totally appropriate for the human race, please answer the following:

1. How come the human race managed to survive for thousands of years before these manufactured food products were available?
2. Why is it that human health across the world is suffering from so many serious noncommunicable diseases?
3. Taking Type 2 Diabetes as an example, why is it that if the opposite to the LFHC diet is followed this disease can be put into remission within 6 months of following a Low Carb High Fat diet?

6 1 Reply



**Sergio**

→ Phil

2 years ago

"Please can you tell me what independent evidenced based scientific studies have led you to your opinion? My guess is you haven't found any, as there aren't any!"

👉 Then you've either been living under a rock or willingly made yourself blind. Here are 16 studies placed together including meta-analyses [https://www.healthline.com/...](https://www.healthline.com/)

"The whole concept of a non meat based diet is based on a 'vision' which has been successfully spread around the world within a religious &

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Source? Even if that were true, that's a genetic fallacy. As has been proven, scientific studies have shown that vegan diets, when planned well, can lead to healthy weight loss and are typically higher in dietary fiber, magnesium, vitamin C, vitamin E, iron, and lower in saturated fat and cholesterol. This is indisputable. It's not only healthier for humans but better for the environment.

"If this way of eating was totally appropriate for the human race, please answer the following:

1. How come the human race managed to survive for thousands of years before these manufactured food products were available"

Which manufactured food products are you speaking about? Are you referring to vegan substitutes? Humanity survived because of certain anatomical features enabled greater and greater intelligence and survivability behaviors. Not sure what this has to do with veganism tho.

"2. Why is it that human health across the world is suffering from so many serious noncommunicable diseases?"

many reasons, but to name a few: tobacco use, physical inactivity, the harmful use of alcohol and unhealthy diets mainly made up of processed and meat.

"3. Taking Type 2 Diabetes as an example, why is it that if the opposite to the LFHC diet is followed this disease can be put into remission within 6 months of following a Low Carb High Fat diet?"

You realize there are LFHC vegan diets too? There is no good evidence that low-carb dieting definitively confers any particular health benefits apart from weight loss... Now where low-carbohydrate diets do achieve outcomes similar to other diets, as weight loss is mainly determined by calorie restriction and adherence to it.

All I'm saying is that most attacks on veganism are based on ignorance and unfounded claims. I've seen the difference, both in my life and the lives of countless others. And to sweep that as religious propoganda is... well... dumb.

3 2 Reply



**Hosē** → Sergio  
2 years ago

Actually American Heart Association has included KETO diet in their guidelines as beneficial for Type 2 diabetes, and quite right so, as it was known to LCHF community for years.

3 1 Reply



**Tony R.** → Sergio  
2 years ago

The day you get a diagnosis of type 2 diabetes and are facing the possibility of blindness, limb amputation, dialysis, dementia and a miserable decline and death, you'll change your opinions in a hurry.

0 0 Reply



**Sergio** → Tony R.  
2 years ago

Interestingly enough Veganism can drastically reduce your chances of diabetes. I've seen it myself

0 1 Reply



**Sarge** → Sergio  
2 years ago edited

Well-planned vegan diet is a ridiculous oxymoron. Pure vegan diet lacks B12, A, D, K2, taurine, creatine, carnitine, heme iron, and other essential nutrients. This makes it inappropriate for humans on the most basic level. You have to be completely ignorant of your own body's needs to eat plants all day like a f\*cking gorilla. Humans evolved for millions of years eating fatty meat.

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2 years ago

The only reliable vegan sources of B12 are foods fortified with B12 (including some plant milks, some soy products and some breakfast cereals) and B12 supplements, such as our very own VEG 1. Vitamin B12, whether in supplements, fortified foods, or animal products, comes from micro-organisms. Most vegans consume enough B12 to avoid anemia and nervous system damage.

1 1 Reply



**Filip Balt** → Sarge

2 years ago

A healthy organism syntethises the b12. That is an organism that doesn't consume corpses. D vitamine can be created by exposing tu sun, of course you have to be healthy to be able to do that. The rest of what you mention is eather found in fruits and vegetables or is not esential (taurine?).

0 2 Reply



**Tony R.** → Filip Balt

2 years ago edited

If you live north of 32nd parallel in the Northern Hemisphere, which would be about the latitude of San Diego, California, you could go bare-naked half the year when the Sun is low in the sky and not gather enough ultraviolet rays with all the skin on your body to synthesize the vitamin D needed for health. You would have to do what the Vikings did – catch codfish and learn to render cod liver oil, unless you want to be afflicted with rickets and cancer.

0 0 Reply

P

**ProudPureBlood** → Sergio

2 years ago

LOL @ U, Sally Salad Eater! You're 100% wrong and have been brainwashed and castrated by FAKE "scientific studies". I bet you believed the "pandemic" hoax and got the vaxxx and boosters. Some people never learn because they refuse to accept that they were wrong.

1 0 Reply



**David** → ProudPureBlood

2 years ago

Nothing wrong with salads though, lots of greens and veggies with an oily dressing. And meat for main course.

1 0 Reply



**Marty** → Sergio

2 years ago

Can you show me exactly where it says this on those sites you cited?  
"Well-planned vegan diets are regarded as appropriate for all stages of life, including infancy and pregnancy"

1 1 Reply



**Sergio** → Marty

2 years ago

I paraphrased from this source:

<https://pubmed.ncbi.nlm.nih...>

"It is the position of the Academy of Nutrition and Dietetics that appropriately planned vegetarian, including vegan, diets are healthful, nutritionally adequate, and may provide health benefits for the prevention and treatment of certain diseases. These diets are appropriate for all stages of the life cycle, including pregnancy, lactation, infancy, childhood, adolescence, older adulthood, and for athletes. Plant-based diets are more environmentally sustainable than diets rich in animal products because

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diabetes, hypertension, certain types of cancer, and obesity. Low intake of saturated fat and high intakes of vegetables, fruits, whole grains, legumes, soy products, nuts, and seeds (all rich in fiber and phytochemicals) are characteristics of vegetarian and vegan diets that produce lower total and low-density lipoprotein cholesterol levels and better serum glucose control."

I can show you more too.

1 3 Reply



**Sarge** → Sergio  
2 years ago edited



This is just a mindless appeal to authority. Plus all these official dietetics organizations push the same bullshit agenda because it serves the interests of the oligarchs.

2 0 Reply



**Sergio** → Sarge  
2 years ago



It's not an appeal to authority if it's backed by scientific studies genius.

0 0 Reply



**Clarissa1986** → Sergio  
2 years ago



Academy of Nutrition and Dietetics  
Another interesting fact that has to spread around. Since some "health organisations" spread vegan agenda, here is some insight I found in an online posting, about the background of one:

The position paper of the "Academy of Nutrition and Dietetics" has Joan Sabate as a Reviewer and Winston Craig as an Author. Both of them are Adventists.

All three of the authors are vegan advocates. Two of them (Vesanto Melina, Winston Craig) are selling numerous fad dieting books.

Their statement regarding conflict of interest reads: "No potential conflict of interest was reported by the authors." Ofcourse they lie about conflict of interest, in order to push the cult message easier, by deceiving people about their background...

Nice try of using vegan cult propaganda :D

0 0 Reply



**Sergio** → Clarissa1986  
2 years ago



It's not just them.

The Australian National Health and Medical Research Council, the British Dietetic Association, Dietitians of Canada, the New Zealand Ministry of Health and the Italian Society of Human Nutrition all regard well-planned vegan diets are regarded as appropriate for all stages of life, including infancy and pregnancy.

<https://web.archive.org/web...>

<https://web.archive.org/web...>

<https://web.archive.org/web...>

<https://web.archive.org/web...>

<https://www.nmcd-journal.co...>

And not the forget The China Study book by T. Colin Campbell.

And there are plenty of more non-vegan organizations which

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:D

0 1 Reply



**Clarissa1986** → Sergio

a year ago

The China Study book by T. Colin Campbell is already completely debunked as fraud propaganda. That does not even truly focus on the actual true China Study data in fact. It is misleading propaganda, written by a guy who turned vegan and then tried to misinterpret things in his own personal vegan way.

These organisations you mention are part of this conspiracy against a normal, omnivoric diet. And their funding sources show who is controlling them.

0 0 Reply



**Sergio** → Clarissa1986

5 months ago

"The China Study book by T. Colin Campbell is already completely debunked as fraud propaganda."

\*cites zero evidence\*

"These organisations you mention are part of this conspiracy against a normal, omnivoric diet."

\*cites zero evidence\*

0 0 Reply

A

**Albuquerque Bandit**

3 years ago

So, I need to rape, torture, and kill animals when I can just get those nutrients from plants, so as to avoid sewing up little boys' dicks without anesthetic... Is that what the article is telling me?

1 1 Reply

P

**ProudPureBlood** → Albuquerque Bandit

2 years ago

You go Sally Salad Eater! You really shouldn't rape animals or torture them though. That'd be real dumb! You can NOT - NOT get all required nutrients from plants. FACT.

3 0 Reply



**Sergio** → ProudPureBlood

2 years ago

False

0 1 Reply



**Tony R.**

2 years ago

Years ago i was listening to Dr. Michael Savage on a local radio station when he deviated from his usual discussion of politics and current events to point out that the length of the gut indicates what kind of diet an animal has. Obligate herbivores such as horses, cows and deer have very long guts, because it takes a lot of processing of their food to extract nutrition. Obligate carnivores, such as cats, have short guts. Humans and other omnivores have intermediate-length guts, able to handle vegetables and meat. The dentition of an animal also indicates its diet. Herbivores don't have the teeth necessary to tear meat and carnivores don't have the teeth necessary to grind grains and vegetables, while humans have both kinds of teeth. Finally, the body must produce the digestive enzymes appropriate to its diet. Herbivores will get sick if fed meat, carnivores will get sick if fed vegetation, because they lack the enzymes. Humans have enzymes to process vegetation, grains and meat. All of this evidence suggests we're not supposed to live on 100% vegetable matter, nor are we to live on 100% meat. Ignoring the evidence is simply an attempt to deny reality.

0 0 Reply

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That doesn't make sense. Does not white supremacists want white people to breed more and spread their good (eu) genes? Why they would want to chemically castrate you? Next thing you say white supremacists are responsible for European immigrant crisis.

0 0 Reply



**Juan Carlos**

2 years ago

Why getting second hand nutrients from vegetarian animals, when you can get them directly for yourself without sacrificing the life of the animals and avoid turning your stomach in the graveyard they are buried taking days to process those second hand nutrients?

0 1 Reply



**Tony R.** Juan Carlos

2 years ago

Because *you* can't eat and digest the plants that provide the nutrients through the flesh of the animals. Your teeth, gut and digestive enzymes won't allow it.

0 0 Reply



**Clarissa1986** Juan Carlos

2 years ago

Because you can't get your nutrients from plants. <https://www.psychologytoday...>

0 0 Reply



**Filip Balt**

2 years ago

Hahahaha! "Conflict of interest"? Who says it? The one selling "carnivore diet"? Woow! Not conflict at all, hum?

0 1 Reply



**Clarissa1986** Filip Balt

2 years ago

Funny comment, after all this conflict of interest points brought up by this article above, that you just seem to wipe away in full ignorance mode :)

0 0 Reply

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