Introduction and guest background

I had cardiomyopathy and congestive heart failure with an injection fraction of 44. After one year on carnivore, I felt so good. Like I could run a marathon before I can barely stand up.

I was dizzy, fatigued and tired. So I said I'm going into the doctor with nothing wrong with me. Hello, welcome back to the podcast. Do you want to learn how to fix your hormones with diet?

Well, stay tuned today to that episode. We're here with Carey Mann. He is a carnivore and the thought provoking podcaster behind Homestead How. So he actually packed up his family of six to leave the hustle and bustle, trading big city life for peace and growth.

on a 20-acre slice of rural heaven. He owns the small town movie theater, but has big plans to help the hopeless and to change the world. As the driving force behind the documentary, Healing Humanity, The Power of a Proper Human Diet, carries passion about changing lives, one health decision at a time.

Welcome to the podcast today. So excited to dive in. Thank you, Dr. Jen, for having me. I really appreciate it. Yes, of course. So we kind of have a little bit in common.

I didn't live in a big city, but we definitely, when we moved to Tennessee, we wanted to be a bit off the grid. Tell me about how you moved your family, why you did, and how's farm life right now.

Yeah. So we've been on our 20 acre homestead for about 12 years now. And before that lived in the big city, uh, lots of traffic, a lots really busy-ness, I guess.

We kind of wanted to escape, get out to nature, and get away from all of the hustle and bustle. Honestly, in retrospect, the large part of it too was sort of my my health issues.

I had suffered from depression and anxiety. And I think part of it was just kind of wanted to get away from people, wanted it to be sort of out on our own and away for people.

So I've always worked from home so I could kind live wherever. When we started looking for a new property, we wanted get out of the city. One of many of reasons was We, I like farm fresh eggs and I could only have like three chickens where I was living.

I said, it'd be cool to raise our own chickens, get our eggs, do that sort of thing.

Leaving the city for homestead life

Be a little bit more self-sufficient, be a bit off-grid. So those were some of the plans early on. And then yeah, we picked up the whole family. My wife and have triplets plus one, all girls.

And they were younger then. And I remember the day we showed them the property, one of my daughters was crying. What are we doing? Like, why are moving out here?

The property needed a lot of work and it was out in the middle of nowhere. How old was she at that time? At that, so that was 12 years ago. She was seven.

Okay. The triplets were seven, yeah. So it was a big shock. I mean, moving, changing schools, things like that, but, um, they absolutely love it now, by the way.

That was just the first reaction now that we're, we were settled in. Um, and we've got chickens and goats and things. But yeah, it's been a bit adventure.

Kind of a city slicker. Like I had no idea what I'm doing. Uh, channel called homestead how about homesteading, But I always said on the channel, like, I'll not coming to you as an expert.

As someone like learn from my mistakes. We're kind of going through the process and figuring things out from scratch. Oh, yeah, that's how I feel. I mean, actually, I would like to ask you, how do you keep your chickens alive?

So we have a fox that keeps coming around. And I don't know, i've had my males, you know which we, have my husband and three boys in the house. So I'm like, pee around the cage.

Like, I don' know. i'm gonna get like coyote urine. there's a lot of issues because I guess people have been, you know, hunting the coyotes because they're a nuisance.

And now there are lots of foxes. So we just keep losing my sweet hens. It's so if you have any tips for that, or I can check out your YouTube because yeah, it's hard.

It is hard. That was all of our chickens. They're essentially livestock. We get eggs from them, but my girls, they name all them. So they've all become pets.

And when we first moved there, we lost quite a few to animals, to predators. Kind of heartbreaking. Then for quite awhile, We got a big chicken run area where it was like totally enclosed.

This was just crazy. It was very expensive and kind of ridiculous. But we like it when they free range. So we're limiting them. They're happier. Yeah.

It's more natural. And so eventually we went away from that big run and we let them start to go free again. We've lost one or two, but we didn't lose as many.

Like early on, I think we just had a string of bad luck. I don't know. like we live out in the woods, so you think would be losing more, But we haven't.

we do have two dogs and the dogs free range a little bit as well. So they're like oftentimes hanging out around there, Um, yeah, I think we've just been fortunate, uh, to, not lose too many and, um, it's so much better when they free range too, cause eggs just taste better.

When they're able to just eat naturally, from what they were able find and forage for. Yeah, and I get that's the price to pay to have free range chickens, but I've been trying to do things like leave them in the cage, like some days to throw the fox off.

Like we haven't tried everything yet. And the Foxes, I mean, they're so hard to get rid of. I'm just like, can someone please just get of it and make me a cute fox hat and all wear it around when I am letting the chickens out in morning.

But today like I gave him a pep talk. Okay girls, let's not get offed you know and i think and this is like this fox is very annoying like it actually like ate my favorite guinea fowl and like and didn't drag it away maybe it was something else but like i just saw it it, was so sad and I'm like really the guineafow like they're usually smart it ate our rooster a couple um ago.

Yeah, because we are rooster stayed out of the coop at night to like protect and, and it's just disappeared. And then I'm like, no, it didn't leave there's its feathers.

So anyway, um, this is just, This is not to discourage anyone from trying to homestead or have a mini farm. It's Just there is a learning curve. In for me as a doctor, like this is not the same learning curve as like going in medical

medical school and residency, which I mean, that's its own trauma.

This is like different kind of like learning curves, because these animals will just like straight up like off themselves, you know, in different ways.

And you're just, like, what? And everyone's like it's just farm life. I'm like well, I was just not used to that. But But anyway, it's good for kids.

Health decline, stroke, and heart failure

For me, every morning I get that early circadian sunlight, let out the animals, talk to them, our ducks in our pond. I say, hey girls, and they come get food.

So you might not need a mini farm, but you need some sort of nature in your life. And the city was not giving that to you, obviously. Part of that lifestyle came with you gaining weight and inflammation, and you lost 100 pounds.

Can you please tell us how? First, how you got to that point, then the things you did to help heal your body. Absolutely. So, so 19 years ago, my wife and I had the triplets, which was the craziest day of my life.

Um, it was completely unexpected. You didn't know. It wasn't like this was natural triplet. They're natural triplets. They don't run in the family. And we didn't find out until month five.

For one reason or another, she didn' have the ultrasound until a month. Five. The ultrasound tech was actually kind of unprofessional in my opinion. Like they said the word they probably shouldn't say, which was, uh-oh.

I'm like, oh, what does that mean? Like I just, are they, is my daughter healthy or my son healthy? And she said, there's more than one. There's two. Oh no, three.

Well, four. No, wait, it's just the three and I almost fainted. Okay. Yeah. It was completely unexpected. Um, but it was at that moment where I'm like, I need to be a provider.

Like things just got real serious now, like diapers, just calculating the diapers in my brain for the first couple of months and being able to afford that and the energy to do all of that.

And unfortunately, even at point, my metabolic health wasn't well, was overweight. I was having some anxiety, some depression, stomach issues. Over the 19 years since then, my health, unfortunately, until the last four years, I should say, just got worse and worse.

And, uh, definitely not blaming the triplets, but it's just like when I needed to be there for them. Unfortunately I wasn't, and I was just getting sicker and sickier.

Every time I'd eat food, get stomach aches and bloating. Um, was diagnosed with IBS. My stomach always hurt. I started snoring. Part of that was for the weight.

But the worst of all of it was, um, my mental health, my depression and anxiety, like thinking like moving out to the homestead, this is going to help.

And I kind of just, uh, turned into a bit of a hermit. Just kind. Could barely get up out of bed, just kind going along with things, going with the flow, and just going on with life.

The depression just kept getting worse and worse. It's hard to describe to people that haven't been there before, but the best way I can describe it is everything I looked at through a hopeless lens.

Everything was negative. everything was dark. And it was just terrible for my wife and kids because. I would try to fake it. But you couldn't, they would always know.

So it just kind of derailed the whole family. And then my physical issues got worse simultaneously. My gallbladder with all my stomach issues, they tested it.

They said it was borderline. We could take it, we could leave it." I said, take that thing out. My stomach hurts so bad. Maybe that'll give me some relief.

It didn't. And my appendix burst on the operating table. So I just had health issue after health issues. Then long story short, about 10 years ago, eight or 10 year ago I'm bad with dates.

I was at home and I stood up and got really dizzy on the homestead. I couldn't find my words. My lips started drooping, my wife panicked. She called 911 and suffered a TIA mini stroke.

And I spent about four or five days. in the stroke unit of the hospital. And they did all these tests on me because at that point I was on a bin of medications for all of these health issues I having.

Most of them for the mental health, issues, anxiety and depression. But they, they looked at me and they said, we got to do some tests. Like you're in your mid thirties.

What is going on with this guy? And he diagnosed me with congestive heart failure. They said your heart can't keep up with the needs of your body. He had this mini stroke and, um, Long story short, to wrap it all up, about four years ago I saw a video on YouTube, Dante Ferrigno saying I'm doing a carnivore diet and he had all these same health issues that I had, depression, IBS, all of these things.

And I was like, this guy's insane. You can't eat meat. Like you're going to have a heart attack. I can do that. I'm gonna clog my arteries. I have congestive heart failure.

Can't eat all that fatty meat. That'll kill me. And long story short, I was so hopeless and so desperate. Just to get over that depression for my girls and for wife alone.

The video I saw from Dante, saying that he was going to do this carnivore diet. It was two years old. And then I noticed on YouTube, this is two-years-old.

So I said to my wife, I'm like, let's watch his most recent video. There's no way he's still eating meat now. Two years later, that's impossible. I looked at his recent most video, he had lost all this weight, but more important than the weight loss, his face was just glowing.

He was full of joy. His IBS, all his issues that I had that were my issues went away. But he so passionate about this healing he found. What's his incentive?

He just found this incredible healing. He wants other people to do the same. And eventually I said, I'm going to try this for 30 days. I am not doing carnivore though, cause that's nuts.

Am going just do a strict elimination diet. am going get rid of carbs and seed oils and food dyes and glyphosate and all this stuff. Essentially I was left with beef, butter, bacon, eggs, and it was a carnival diet, but reframing it helped me wrap my brain around it.

Yeah, yeah. I mean, it's wild when you think how much diseases can be prevented with diet, you know, with what we're supposed to eat.

Discovering carnivore and early healing

And you, know it is crazy because when, when talk about just eating steak, It becomes political, right? Like the vegans will like say they want death to your children and all this stuff.

Like, and it, like, well you're proving my point because you are very angry. You're very angry. You are probably

depressed. That's why you're a keyboard warrior.

Yeah, because I recently just wrote something on Instagram about just eating steak and vegans are usually unhealthy. And people just raged out at me and said horrible mean things.

I'm like, seriously? I know it doesn't mean anything to be a doctor anymore. the internet people, but I'm like, this is stuff I see in my practice. I am seeing patients.

And I have friends that won't even accept new patients, like medical colleagues, friends, that want to accept patients that are vegan unless they're willing to change because they are not getting the correct nutrients.

They are really not. Let's be honest, we just weren't meant to do that. It just doesn't work well. So you did this elimination diet for 30 days. You cut out basically all the processed crap.

It kind of left you more with a carnivore like animal-based diet. And did your family jump on board? How long did you maintain that? Do you add in anything else currently?

Yeah. So almost immediately I stopped snoring, which was huge for me because I had a CPAP machine for years. And I'm like, if I can improve my, I've slept so good.

It was the best sleep of my entire life. I I could just sleep this good the rest of life eating this way, it would be worth the price of admission alone.

and then so many other things started healing for. including my mental health, inflammation going away, the anxiety, depression going way. But one thing happened, like speaking of hormones, I'm not a doctor expert, obviously, but I feel like my hormones came back online or maybe I shall I say regulated.

I felt like body was like, Carrie, thank you. Finally, this fatty meat that I feared I used to cut the fat off my meat, used eat salad, low carb chicken breast.

When I started bringing the cholesterol back in, I just, my testosterone has doubled on carnivore. My anxiety started going away, which I think is in part due to maybe hormones as well.

my sleep improved, My immune system got stronger. And I really feel like that was related to getting rid of the inflammation, of course, and insulin resistance, losing weight.

But I the hormones was a big part of it. Uh, but to answer your other question, yeah. Then shortly after my family started coming on board too, including one of triplets, Who, by the way, speaking of vegans, worst parenting of my entire life, she was vegan for almost five years.

She said she wanted to do this for her compassion for animals. And her mom and I five year before were like, this is a phase. There's like no way she's going to stick doing this.

So she ended up doing it for five and it destroyed her to your point earlier. Depression, acne, fatigue, chronic fatigue. She'd be going to bed at like 5 p.m.

at night. She's just, I never in a million years would think that she would go from vegan to animal based or even carnivore. And I didn't tell her, force her people on YouTube are so funny.

They're like, you forced your vegan daughter to do carnival. I'd never even suggested it to her. Right. Yeah. It's child abuse. Having them eat eggs. Interesting.

Where did she pick that up at? The vegan thing? Yeah, yeah. Vegan propaganda documentary on Netflix. She watched this documentary. It was complete propaganda targeted at children too that, oh, this is cruel eating this way.

And the thing that she learned, Dr. Jenn, that's so powerful that made her switch from vegan to carnivore is that. she truly dug into the research and realized I am doing so much more harm to these animals as a vegan.

70 million birds died last year from pesticide poisoning on plants. Now Emma, like one cow dies, she gets hundreds of meals before she's eating every color of the rainbow.

There's all sorts of death and destruction if you're vegan. It kills me when I get these vegan keyboard warrior comments, they don't have any blood on their hands.

And it's so sad too, because the cow that we… The cow that dies for us and we get hundreds of meals, it's from our neighbor who's a sixth generation farmer.

That cow grazes naturally on a field. It's the most natural thing in the world. Those animals that are dying for the vegan salad and plants, that's all horrible poisoning.

Billions of insects that die for that and they're all like well my feelings matter but it's like no your actions matter like there's a lot of death and destruction for That so that's what Emma realized.

Yeah, she decided to go carnivore and then just real quick There's video my her sister took of her eating an egg the first animal product She'd eaten in five years.

It was like a light switch went off to her face just lit up and she's Like this is so good. She actually cried a little bit And you could see her coming.

Her brain probably like rebooted. Yes. Yeah. She's just glowing and full of energy and her healing has been nothing short of miraculous. Her acne cleared up.

Okay. It's a cosmetic thing, but her mood, her outlook on life, for energy, looking people in the eyes, she's like up till two in morning, endless energy.

And it really, it's, It should be the default state of anyone that is her age right now. But most of us are limited because we're scared of those things.

We're told over and over again, eat more plants, Eat less fat. Yeah, and I think it's the propaganda. You said it right there. It's a propaganda, it pushing, you know, let's use tons of glyphosate and all of that.

Family reactions and vegan-to-carnivore turnaround

And I'm more animal-based. I love ferments. We have some fruits and vegetables, but the mainstay is, pasture-red. like bread and know your farmer meat and all of that.

And it's interesting because a lot of us that grew up in the 80s and 90s, the low fat craze, right? Like that was us, everything low-fat. That was me.

Yes. It's so funny because I joke with my husband like five years ago, you know, I graduated to loving fatty meat where before I was like only filet, cut it all off, fat is bad, you don't want fat, and now just I love like, ribeye is my favorite cut of meat.

But when you go, your brain important point when we talk about hormones, because when look at the hormone cascade, it starts with cholesterol, It starts fat.

And we know with men, if you get their fat down really low for the sake of their heart, with statins and we gotta get that LDL down, It really drives down their testosterone and no one talks about that and it's like sure you can live longer but like living longer with low testosterone is not ideal and when it comes down to heart disease and heart problems, it is inflammation.

It's inflammation that we have to look at. And I will guarantee you your doctor, it's just they're just running a lipid panel. They're demonizing the LDL and they are not looking at your C-reactive protein, your inflammatory status and all of that.

So it is really hard and confusing out there when you have the propaganda. And then you have all of the influence of big pharma. They want you not only on a statin, they want, you want a lipid soluble statins, which is worse for you.

And they might you on his staten every day. Um, so I, I do have patients that have familial hypercholesterolemia. We've tried everything. we make sure their inflammation is low, but their LDL is like really, really high.

I do once a week statin with them. That's it. And I'll get letters from the insurance company saying that they're not on a high enough dose or as frequent, even though there's studies about once weekly Ruvastatin.

Anyway, this is like how deep the indoctrination, the propaganda is. This is how Deep it is, so for you, what kind of Other than like mean people on the internet, have you gotten any other kind of pushback from friends, from people in other communities?

Because this comes at a cost, like speaking truth and sharing what worked for you and your health and got you out of the pits of depression. I mean, I'm sure you get a lot of kickback.

Yeah. Yeah, a lot of it online. Cause I, on day 30, I felt so good. I'm like, i'm going to do a one YouTube video about my 30 days on carnivore diet. And so I got a a pushback online, but family also, so many family members will say to me, that's great, Carrie, But I want to see your cholesterol numbers.

and meanwhile, looking at them and their body is full of inflammation and insulin resistance and to your point, like I never knew that before. They put me on a statin.

I was on statins for like eight years and I had muscle aches and memory loss. And was it from the staten or from other 10 medications I can't say for sure, but I know that it was very foolish of me to be putting so much effort and worry into that.

When, by the way, I could have went and got a CAC scan and actually taken a closer look instead of relying on. Basic lipid panel to take a medication for 10 years, which is just crazy too.

If you've gotten one, cause that's the proof is in the pudding. Have you gotten a coronary? I have. After I went carnivore. For those listening, this shows calcification.

It's a CT scan, it's not tons of radiation, and it looks at the calcsification levels in the heart. Because we know if calcisification in heart is bad plus inflammation, so that's plaque.

And what other people don't realize is vitamin D, vitamin K, specifically vitamin k helps keep the plaque and the calcium out of the vessels. Vitamin K is in butter, so there you go.

But anyway, right? I mean, this is just like make it make sense that people get more mad about me eating a stick of butter. If I was eating donut, people wouldn't care.

It's so weird. So, okay, let's see the results. Can you share a little bit of your medical information, I guess? 100%. And some of this unbelievable, Dr.

Jen, too. I put my medical records on my YouTube channel for the haters because that's pushback I've gotten. This guy's lying, this guy is full of it because they don't believe some of my heart issues.

I got a CAC scan about two years ago after being carnivore for two year. Strict carnival, I have been carniva for four years now, and I haven't had a single cheat.

Im kind of hardcore carnivo.r I'm not saying everyone has to be like me or anyone has be me. That's just the choice I made, but my CIC scan came back zero.

The other thing that was crazy with this was I was on those statins for 10 years, thousands of dollars, doctor visits, side effects. Who knows the long-term repercussions for those?

There's a lot of evidence coming out for this. But all of that is based on the most foolish of tests, in my opinion, I'm not a doctor, a basic lipid panel.

Like you can do an advanced lip panel and see the density of the particles.

Cholesterol, statins, and CAC scan results

That's little bit more indicative. Or you could just go get a CAC. This CIC, it makes me so mad that nobody told me about this earlier. I didn't even do it under my insurance.

I thought that when I heard the CAC thing, I'm like, is this going to be like 10 grand and I got to go to my cardiologist? 100 bucks. Google the online C. A. C.

scan near me, i paid $50 out of pocket. i drove a half an hour away. I live out in the middle of nowhere, by the way, and it took like five minutes.i didn"t even have to change i sat down on this machine and i got the score of zero and There's some pretty good statistics and odds if your CAC scan is zero in terms of your likelihood of having heart disease afterwards.

I'm like, I'll just do that every five years or so. But so my heart is incredible. I had multiple heart echoes, all sorts of heart tests before. My ejection fraction was 44. It's in my medical records.

I have cardiomyopathy and congestive heart failure with an injection fraction of 44 after one year on carnivore, I felt so good. Like I could run a marathon before I can barely stand up.

So I said, so I'm going into the doctor with nothing wrong with me. And I want to get a heart echo and see what happened to my heart. They did the heart echo and my congestive heart failure cardiomyopathy has completely reversed after one year on carnivore.

And this is in my medical records, which I've shared publicly. I'm happy to share with anyone. He literally wrote, you no longer have evidence of cardiopsy.

My ejection fraction was 44 before it's 60 after which is like perfect. This is the craziest part of the story. I have had an lifelong, irregular, highly erratic heartbeat since birth.

I've worn dozens of heart monitors. In kindergarten, it was like this big vest. Later in life, It's just like, this little heart monitor. It always, every doctor visit I ever had, the nurse checks my heart and she's like whoa, like your heart beats all over.

And I'm like yeah, its in my medical records, you know this. it is perfectly normal on carnivore and that's in medical record too because that blows my mind.

I've had Dr. Ovedia in our documentary. He said, well, Carrie, the heart prefers ketones. The brain prefers key tones. That's not, that's like in the literature.

It's. Not like some weird carnivore doctor talking. that. Probably part of it. There's probably a lot of other factors. I lost a. Lot of weight too, but my heart recovery has been just incredible.

Yeah, well, I think of it, so you telling that story. The heart is the mitochondria in the heart. It's very dense with mitochondra, those cells, the cells that make up the hearts.

So if you're fueling the hear with nutrient-dense food and B vitamins, if your eating organ meats like liver and has CoQ10, that is going to support the What you were doing before was causing inflammation, which is dragging down the mitochondria, and then also taking a statin.

They know when they made statins that it would deplete CoQ10. We know this. And they should have added Coq10 into the original drug patent, but they didn't.

Now they can't go back on it. So if anyone's on a Statin, you need to be on Co Q10, Co-Q-10 is high in beef liver and organ meat. It's very interesting.

So many diseases, right? They're caused from not eating properly, and you can supplement with things if you need to, or you're just not in the right space to go full carnivore.

But we have to know that we're doing harm with what we eat. It's either calming inflammation or creating it. You know, the hard part is, is people are like, well, like they put one foot into the carnivore, but they're still eating, you know a potato with their steak and seed oil.

So what do you say to those people? Because that is that's doing more harm. And that kind of with the studies with standard American diet, You have a burger with a bun and with fries.

Then they say that eating all meat because the burger is in there is bad. That's just not the truth. Like, how do you encourage people that are just like nervous to take the plunge or they're just kind of half doing it?

So they are not seeing results. So then they were like, well, it's not going to work for me. Yeah. Oh, that's a great question. There is a, um, a lot of people will say, oh, I'm fine.

I am eating more meat. It's, not about eating. My encouragement for people is. Try this to heal your body and then go back to ketogenic or whatever you need or supplementing some things.

But I have found no better way in the world to heel. All of my health issues have heeled. I had so many health issue.s I'm just an anecdote, but through our documentary now, I've literally interviewed and my YouTube channel and a book we're putting together, literally interview thousands of people that have fun healing.

It should be front page news, the things people are healing from. And the sad part is most people who are walking around with a level of sickness they don't even realize.

They're like, I'm just fine. The doctor never said anything. Meanwhile, if you really took a closer look, they probably got a fatty liver, mitochondrial dysfunction, inflammation, visceral fat around their organs.

There's all these things going on that they're not aware of. They got brain fog, but they've normalized it because it's happening for years and years.

My encouragement for people is Do this to heal, but you have to do it strict.

Strict carnivore, ketosis, and healing advice

You can't kind of do. And then have a donut on the weekend. Cause it'll kick you out of ketosis. But if you do, it's strict for like 60 days, 90 days is a little bit better, or just until you find your healing, you're going to feel better than you.

Have your entire life. Then you can figure it out from there and go back and potentially add things back in. Yeah. And so that ketosis, so a lot when you're eating carnivore, you are naturally put more in ketoses.

So that is a good point to talk about. That's why you want more like fatty cuts of steak and you know, make sure you aren't just eating egg whites. Make sure your having egg yolks.

Can you touch on that a little bit more? Yeah. So carnivore, it's not binary. A lot of people think it so simple. It's the simplest thing once you do it, but it is not just binary, so to your example, you could eat chicken breast six times a day.

You're not going to get the same benefits as me if I'm eating fattier cuts of meat. I am in a deeper level of ketosis. If I add intermittent fasting, all of those things can affect the level that you are in.

And then it really varies too. Like a lot people watch my YouTube channel and say, I want to know what you're eating right now today. that doesn't matter what i'm eating today is different than what I ate on day one when I was 100 pounds overweight I didn't necessarily need to have as much fat when i got down to my goal weight then I had to put more fat into my diet so it's constantly kind of changing my encouragement for people is if you're thinking about doing this don't just start you've got really good questions you probably worried about fiber or heart disease but the beautiful thing is I can almost guarantee you every one of your questions has been asked and answered and your, your fear of starting is usually just a lack of knowledge.

So go out there and do some research. Like Dr. Ken Berry has a video on pretty much every topic. Dr Jen, you have amazing videos. There's so many people out, there's sharing wisdom.

Um, but my, my suggestion would be started and give it a try, be strict and actually let it run its course and so that you can heal yourself first. That should be the biggest priority is the healing.

I love it. I do want to talk about this documentary that everyone can go watch and it will answer a lot of their concerns and questions. Can you tell us about where they can watch that and what Kaling Humanity is about?

Yeah, absolutely. So after finding my healing and seeing this on YouTube, I decided to, we need a documentary for this because we're just reaching a small subset of people on Youtube.

What if we could get something big on Netflix? And I wanted to do a document about these just miraculous stories of healing. It was blowing my mind what people were healing by just their diet, just, their nutrition, type two diabetes reversed.

People are mad like how easy it was. They were on metformin their entire life and then they just changed their diet, depression, anxiety, all these things.

Healing Humanity documentary and where to find Carey

So we filmed 400 hours worth of footage over the last three years, nine doctors and experts, Harvard trained psychiatrist in the film, a heart surgeon in film.

There all practicing this way. Their all eating a carnivore diet. And the goal was just to share these stories of healing across multiple different health issues.

Everyone can watch it right now if you go to healinghumanity.movie. It's $10. You can stream it, you can own it forever. And we have this limited window, it's not going to be available forever, and we had a really good chance of getting this on one of the big distributors like Netflix, because of people pre-ordering it for that $ 10. So we're so grateful for everyone that's doing that.

We screened it in 17 cities all over the world. reviews, the ratings, people can check it out on IMDB. If you have no idea what I'm talking about, if you just go to healinghumanity.movie, we have two trailers there where you can get a better idea of what we're talking.

Yeah, definitely watch it. Keep your mind open to healing. I mean, I think a lot of people are stuck and lost and they're not finding help in conventional medicine, conventional diets, and we have to realize that there's a very heavy push for vegan diets.

Like, let's be honest. There's lot going on there as a doctor. It's just not making sense because we're getting sicker and sickier. So give it a chance.

Make sure, you know, if you do have some guilt about eating animals, just know your farmers. You should be knowing your farmer's anyway. your milk, your dairy, everything, you should be trying to get that local as much as you can.

Use this as an opportunity to open your mind and watch it with a friend, send it to a friends, and maybe get a little challenge going on. Kerry, where can everyone find you and your podcast YouTube if they want to find out and follow your journey more?

Absolutely. So my YouTube channel is Homestead How. I don't do a lot of homestading videos anymore. My whole channel has pretty much people that have found incredible healing through fixing their metabolic health.

There's a little bit of home studying stuff on there. Other than that, if you just Google healing humanity or go to healinghumanity.movie, everything else is there, including our social media for that as well.

And I really appreciate you having me on Dr. Jen. This has been great. Yeah, of course. And if anyone's going to Hack Your Health or Meatstock, we will both be there.

So come say hi, give us a hug. Maybe we can, you know, grab a ribeye together or something. Absolutely. Looking forward to it. Great to see you. Thank you so much.