

Woman gets kidney stones following carnivore diet

20th March 2025



The Internet is full of diets we can follow to be healthy. A 23-year-old woman followed the carnivore diet and ended up in hospital. The woman is a social media influencer. She lives in Dallas, Texas. She explained in a TikTok video how the high-protein diet gave her kidney stones. These are small stones made up of chemicals in the urine. They cause pain when peeing. They are caused by eating too many processed foods and high-protein foods. The woman said she ate only animal-based food during her final year of college. She had two or three eggs and a steak every day. She was horrified after she passed blood in her urine.

The carnivore diet has been growing in popularity on social media. Many influencers and content creators are promoting its benefits. Some people say a protein-only diet raises your energy levels and encourages positive thinking. However, most health experts warn that eating too much meat, fish and dairy products is bad for your health. The Mayo Clinic said there is not enough fibre in the diet. This can lead to problems like constipation and headaches, and increase the risk of heart disease. The woman advised her followers not to eat too much protein. She said: "Don't neglect your fibre intake." Kidney stones affect about one in ten people worldwide. They can be broken down using lasers and medicine.

Sources: [msn.com](https://www.msn.com) / [aol.com](https://www.aol.com) / [ladbible.com](https://www.ladbible.com)

Writing

We should all reduce the amount of meat and dairy products we eat. Discuss.

Chat

Talk about these words from the article.

Internet / diet / healthy / carnivore / hospital / social media influencer / eggs / steak / popularity / benefits / protein / energy levels / meat / dairy products / kidneys / laser

True / False

- 1) A 23-year-old woman became a carnivore to get rid of kidney stones. T / F
- 2) The woman works as a nutritionist in Dallas, Texas. T / F
- 3) Kidney stones are made of chemicals that form in the urine. T / F
- 4) The woman stuck to the carnivore diet for a year. T / F
- 5) People on social media say the carnivore diet raises our energy levels. T / F
- 6) A clinic warned that the carnivore diet lacks sufficient fibre. T / F
- 7) The article says the carnivore diet can lead to problems like diarrhoea. T / F
- 8) Lasers can help to break down kidney stones. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|---------------------|------------------|
| 1. healthy | a. possibility |
| 2. ended up | b. described |
| 3. explained | c. shocked |
| 4. final | d. advantages |
| 5. horrified | e. last |
| 6. growing | f. specialists |
| 7. benefits | g. in good shape |
| 8. experts | h. drugs |
| 9. risk | i. finished |
| 10. medicine | j. increasing |

Discussion – Student A

- a) What do you think of the carnivore diet?
- b) What is your diet like?
- c) Have you ever been on a diet?
- d) What do you think of social media influencers?
- e) What do you know about kidney stones?
- f) How important is it to have a high-protein diet?
- g) Would you like to eat steak and eggs every day?
- h) What is the best kind of diet?

Phrase Match

- | | |
|---|---------------------------|
| 1. The Internet is full of diets we can | a. in popularity |
| 2. ended up | b. chemicals in the urine |
| 3. The woman is a social media | c. products |
| 4. These are small stones made up of | d. down using lasers |
| 5. She was horrified after she passed | e. in hospital |
| 6. The carnivore diet has been growing | f. blood in her urine |
| 7. a protein-only diet raises | g. constipation |
| 8. dairy | h. follow to be healthy |
| 9. This can lead to problems like | i. your energy levels |
| 10. They can be broken | j. influencer |

Discussion – Student B

- What do you think about what you read?
- What do you think of diets?
- What do you think of a high-protein diet?
- What do you do to raise your energy levels?
- What do you do to think positively?
- Why is fibre important for our body?
- How often do you take medicine?
- What questions would you like to ask a kidney doctor?

Spelling

- The woman is a social media lcirenfune
- small stones made up of cmhieclas
- sdocpseer foods
- high- toprein foods
- she ate only animal- sdeba food
- she passed blood in her neriu
- growing in typirolupa
- promoting its tifenbes
- gusrnoeace positive thinking
- yadri products
- problems like constipation and sceaehadh
- broken down using lasers and enicidem

Answers – Synonym Match

1. g	2. i	3. b	4. e	5. c
6. j	7. d	8. f	9. a	10. h

Comprehension Questions

Listen to / read the news article. Answer these questions. (Answers are on p. 27 of the 27-page PDF.)

1.	Where did the 23-year-old woman end up?
2.	What did the woman use to tell people about her experiences?
3.	What are kidney stones made up of?
4.	What can cause kidney stones besides high-protein foods?
5.	What did the woman eat at college every day besides steak?
6.	Where has the carnivore diet been growing in popularity?
7.	What do some people say the carnivore diet can encourage?
8.	What did a clinic say the carnivore diet can increase the risk of?
9.	What did the woman advise people not to neglect?
10.	What can help to break down kidney stones?

Speaking – Health

Rank these with your partner. Put the best things for our health at the top. Change partners often and share your rankings.

- | | |
|-------------------|--------------|
| • Medicine | • Vegetables |
| • No smoking | • No stress |
| • Sleep | • Exercise |
| • The countryside | • Protein |

Answers – True False

1	F	2	F	3	T	4	T	5	T	6	T	7	F	8	T
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Answers to Phrase Match and Spelling are in the text.