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Woman gets kidney stones following carnivore diet – 20th March 2025

Level 0

A woman followed the carnivore diet and went to hospital. The woman, 23, said the high-protein diet gave her kidney stones. These are small stones in our urine caused by eating too much protein. They cause pain when peeing. The woman had eggs and steak every day for a year. She had blood in her urine.

The carnivore diet is becoming popular. Many people on social media are promoting it. They say it raises our energy level. However, health experts say eating too much meat, fish and dairy products is bad for us. This is because there is not enough fibre in the diet. This is unhealthy and can lead to heart disease.

Level 1

A woman followed the carnivore diet and ended up in hospital. The woman, 23, is a social media influencer. She explained how her high-protein diet gave her kidney stones. These are small stones in our urine caused by eating too much high-protein food. They cause pain when peeing. The woman ate only animal-based food in her final year of college. She had two or three eggs and a steak every day. She was shocked when she saw blood in her urine.

The carnivore diet is becoming more popular. Many people on social media are promoting it. Some say it raises our energy levels and encourages positive thinking. However, health experts warn that eating too much meat, fish and dairy products is bad for us. This is because there is not enough fibre in the diet. This can lead to health problems and heart disease. The woman told people not to eat too much protein. She said: "Don't neglect your fibre intake."

Level 2

There are many diets we can follow. A woman followed the carnivore diet and ended up in hospital. The woman, 23, is a social media influencer. She explained on TikTok how her high-protein diet gave her kidney stones. These are small stones created in our urine. They cause pain when peeing. They are caused by eating too many processed and high-protein foods. The woman said she ate only animal-based food in her final year of college. She had two or three eggs and a steak every day. She was shocked after she saw blood in her urine.

The carnivore diet is growing in popularity. Many influencers on social media are promoting its benefits. Some say a protein-only diet raises our energy levels and encourages positive thinking. However, health experts warn that eating too much meat, fish and dairy products is bad for our health. This is because there is not enough fibre in the diet. This can lead to health problems and increase the risk of heart disease. The woman advised people not to eat too much protein. She said: "Don't neglect your fibre intake." Kidney stones affect about one in ten people worldwide.

Level 3

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.