

# Carnivore conviction



## Customer Profile

**E**ddie Cooper Willhite is a committed Ranch Foods Direct customer from Manitou Springs.

**TALK ABOUT YOUR APPROACH TO HEALTHY EATING:** I'm doing the carnivore way of eating. My husband and I both decided to do it a year ago, so we live off of everything Ranch Foods Direct. It's been really wonderful for us physically.

**WHAT CONVINCED YOU TO DO IT?** We did keto a couple of years back, and it worked pretty well. I listened to a lot of YouTube interviews and podcasts with people like Dr. Ken Berry, Dr. Anthony Chaffee, Dr. Shawn Baker (author of 2018's *The Carnivore Diet*) — and it just made

sense to me that meat was the proper human diet. These are real doctors seeing real results. I love meat, too, so it all works out. I dropped down to my high school weight very easily and naturally. Eating carnivore helped me lose about 25 pounds, and when I did keto, it was about the same. So I've lost 50 pounds in the last few years. All my inflammation is gone, my skin looks great.

**DO YOU PLAN TO CONTINUE EATING THIS WAY INDEFINITELY?**

I believe so. I have started adding in a few things like blueberries and organic wine. But I will say when I do veer off a little bit,

my body lets me know. Overall, I feel the best when I am strict carnivore. And feeling good beats a temporary yummy flavor in your mouth any day.

**DESCRIBE HOW YOU GOT INTO MAKING BEEF JERKY:** I never did like the way most beef jerkies were kind of leathery. So I bought a slicer and a dehydrator, and through trial and error, I came up with the perfect decadent beef jerky. Because of the marbling in the Wagyu, it's moist, and because of how thin it is, it's almost like a potato chip that melts in your mouth. I gave it as gifts to everyone at the store for Christmas. Now I eat jerky for breakfast in the mornings. It's quick, easy and delicious, and I'm not hungry until later in the day when I have an early dinner, usually steak. When you have quality meat, you don't ever get tired of it. You might as well be eating chocolate.

**HOW LONG HAVE YOU BEEN A CUSTOMER?**

I discovered the store a couple years ago. Prior to that I'd been going to the Woodland Park butchers. They've since closed. I heard about Ranch Foods Direct through them. After they sold out and moved to Florida, I switched over to Ranch Foods Direct.

**WHAT DO YOU BUY IN ADDITION TO THE WAGYU STEAKS?** My dog loves the treats there. I use the tallow skin cream; it works wonderfully. My husband really likes the ground beef. He likes to make it with scrambled eggs. That's a regular for him.

**WHAT DO YOU LIKE MOST ABOUT THE STORE?** The people there know me well, they know what meats I like. They are very accommodating of special orders. It's like family. Just a great atmosphere. One of the things I love about it is that so many people bring in high quality items they make themselves. It's that old corner store feeling. And that's pretty special.

**EATING CARNIVORE** refers to a diet of strictly animal products. "It's basically just meat, butter and salt. Sometimes I'll do heavy cream in black tea or coffee. Once in a while I'll do bacon and eggs," Edie says. Her latest go-to? Ribeyes seared in a cast-iron pan: "Bring the steaks to room temp. Heat it over medium-high heat, and cook for three to five minutes on each side. It's superb."

More info and online ordering available at [RanchFoodsDirect.com](https://RanchFoodsDirect.com)

