

Start Here

How to use and share the current food guide.

LOW VITAMIN A LOW NICKEL LOW COPPER MODERATE MANGANESE

199 primary recipes | 18 separate variations | 49-day meal calendar

v143 | October 14, 2026

This v143 edition corrects outdated collection wording and adds recipe overviews drawn from the written instructions. Overviews distinguish source-stated stage times from unknown total time and keep each dietary alternative separate. The website also offers reviewed planned shopping amounts and printable personal weeks. All 199 primary recipes, 18 variations, ingredient quantities, preparation methods, nutrient estimates, images, and 49 calendar days are preserved.

Educational material only, not medical advice. Planning estimates do not establish nutritional adequacy or verify vitamin A, nickel, copper, or manganese limits.

Choose a document

Document	Use
Start Here	Introduction, sharing directions, measurement guide, background, and resource links.
Food Guide Preview	Orientation, sample meals and selected current recipe cards.
One-Day Starter Pack	One sample day, its sample shopping list and six supporting recipe cards.
One-Day Starter Shopping List	Recipe amounts and practical package-buying notes.
Approved Foods and 199-Recipe Index	Browse the food framework and choose recipes by name or code.
49-Day Meal Calendar - Full Nutrition	A planned schedule with meal and daily nutrition estimates.
199 Recipe Cards	All 199 primary recipes and 18 variations, with complete methods, ingredient rules, source notes and shopping links.
Complete Guide with 199 Recipes	The complete current framework, recipes, calendar, shopping directory and references.
Professional Overview	A concise introduction for requesting professional feedback.
Mineral Calculation Notes	Sodium, potassium, and magnesium references, methods, and recipe estimates.
Complete Shopping List	Every recipe ingredient, approved additional foods, equipment, purchase links and original amounts.

The editions in this set are regenerated from the same current content. File basenames remain stable so bookmarks can be updated without losing the document identity.

Food guide orientation

9 reference sections, consolidated in v143 on October 14, 2026. Earlier research dates and scope limits remain stated within each section.

- Primary food list, fruits, and vegetables
- Food questions: Lotus rice noodles and pale root vegetables
- Food Guide Orientation
- Plant pigments: color is only a clue
- Metal contact, cookware, and water
- FOUR PRODUCE ADDITIONS
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- Garrett Smith livestream 268: how it affects this guide
- Garrett Smith livestream 269: what this review adds

Primary food list, fruits, and vegetables

The current Google document, The Low vA, Low Ni, Low Cu, Moderate Mn Diet, is the primary food-list reference, checked September 23, 2026. The August 15 saved PDF is historical. Where its food list differs, use the current document. Later personal additions and recipe-specific sourcing rules are identified separately and do not turn a restricted source food into an everyday default.

Vegetables

The following categories and parenthetical explanations reproduce the source document.

Best:

- Cucumbers (peeled)
- Light green lettuces

Avoid or only used occasionally for variety or eating out when other options don't exist:

- Zucchini (lutein issue for some, always well-peeled!)
- Green cabbage (high sulfur issue)
- White onions (high sulfur issue)

For routine meal planning, choose the existing peeled-cucumber option. Use light green lettuce only where the recipe already allows it. Zucchini, green cabbage, and white onions remain subject to the source category above, including when shown in the shopping directory or an optional recipe branch. Sauerkraut remains a green-cabbage preparation under this restriction.

Current fruit list

- Figs, fresh or dried
- Apples (peeled is best)
- Pears
- Grapes (green grapes are best)
- Green-fleshed honeydew melon
- Verified white-fleshed melons
- Bananas
- Berries

For this guide, Jarrod's melon selection rule is green-fleshed honeydew or verified white-fleshed melons. Avoid other melon types, including cantaloupe and orange-fleshed honeydew, which supply provitamin A. This is the guide's food-selection rule, not a claim that every other melon is equally high in vitamin A.

Some carotenoids, including beta-carotene, can be converted to vitamin A. Others, including lutein and lycopene, cannot. Green or white flesh does not establish that a melon has zero carotenoids or zero vitamin A.

Verify the variety and actual flesh color, not rind color alone. White-fleshed casaba is an example only when the actual fruit has white flesh. An unspecified melon, mixed melon package, or Canary melon is not automatically included.

Choose plain fresh or dried figs as a separately planned fruit. Five new fig preparations appear on selected days in the seven-day extension. These are measured recipe portions, not daily allowances or automatic substitutions. The S34 white-fleshed casaba plate remains unscheduled. The separate S49 casaba smoothie appears in the seventh calendar week. Check local availability before planning it. Green kiwi remains a separate personal addition.

Personal additions

Earlier personal additions, including green kiwi, red/purple cabbage, and the four measured produce additions, retain their exact recorded limits. They are separate from the primary source list. Red/purple cabbage and H16 sauerkraut remain occasional choices, not routine vegetable defaults.

New recipe cards: S32 fresh figs with ricotta, S33 dried fig compote, S34 white casaba and peeled cucumber with optional fresh lemon juice, S35 measured raw celery and cream cheese, H17 plain-boiled white turnip, H18 plain-boiled white cauliflower, and H19 plain peeled white-fleshed sweet potato. These seven additions previously brought the library to 148 primary recipes and 16 variations. They retain their source or personal-use conditions. That release did not insert them into the original 35-day calendar. The new preparations are planning recipes, not kitchen-tested results.

Figs remain on the food list. Dermatology guidance flags them for people who are extremely sensitive to nickel. These portions are not verified as low nickel.

September 25, 2026: S36 Homemade Plain Beef Meat Sticks and S37 Homemade Plain Beef Jerky add two snack options at Jarrod's request, then bringing the library to 150 primary recipes and 16 variations. Both use beef and measured salt, with separate cooking and cold-storage instructions. Their buying notes favor organic, grass-raised beef, plain flavors and full ingredient checks. That release left the then-current 35-day calendar and existing recipe amounts unchanged.

September 30, 2026: the v138 variety expansion adds 24 recipes, bringing the library to 174 primary recipes and 16 variations. Five additions use figs: B20 crepes, M79 turkey with fresh fig sauce, S38 galette, S39 dried fig bars and S45 fig-banana frozen dessert. Other additions include dumplings, steamed masa parcels, grits fries, fruit pastries and frozen desserts. The planner now has 42 days. Days 1-35 are preserved, while days 36-42 introduce 23 new meal recipes. H21 grits fries remains a separate unscheduled side. All new formulas are untested in the kitchen and have their own measured ingredients, preparation, storage and nutrient assumptions.

September 30, 2026: the v139 extension adds 14 recipes and a seventh week, bringing the guide to 188 primary recipes, 18 separate variations and 49 calendar days. The 14 new formulas were created with ChatGPT from the food list and existing guide adaptations. They have not been kitchen-tested. Existing recipe quantities and estimates, and days 1-42, are preserved. Every recipe has an illustrative image. Vegan and vegetarian checkboxes review the selected formula and its components, without changing the calendar or shopping totals.

This v140 edition adds 12 recipes based on reviewed Eat Beautiful preparations, with source links and the changes made for this guide. The previous 188 primary recipes, 18 variations and all 49 calendar days retain their formulas and nutrient estimates. The additions have new illustrations, measured ingredients, preparation and storage instructions, ingredient-based nutrition estimates and dietary reviews. They are adapted with ChatGPT and have not been kitchen-tested.

This v141 edition combines the duplicate chilled-grape card S27 into S03. The guide now contains 199 primary recipes and 18 separate variations. S03 retains fresh and chilled serving options, the same 151 g portion and nutrient estimates, and the grape safety instructions. All other recipe formulas and the 49-day calendar are unchanged. The twelve credited Eat Beautiful adaptations remain included.

Source links

Primary food list, checked September 23, 2026

https://docs.google.com/document/d/1O5G2vCQejyEwE2iaa3QCameK11Uy4vu_ze54C-DnOZk/edit

USDA ARS: orange-fleshed honeydew and provitamin A

<https://www.ars.usda.gov/news-events/news/research-news/2014/orange-fleshed-honeydew-ripe-for-beta-carotene-analysis/>

NIH: vitamin A and carotenoids

<https://ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/>

Oregon State: melon varieties and flesh colors

<https://horticulture.oregonstate.edu/oregon-vegetables/melons-cantaloupe-muskmelon-honeydew-crenshaw-casaba-etc-0>

AAD: figs and nickel sensitivity

<https://www.aad.org/public/diseases/eczema/insider/nickel-allergy>

Food questions: Lotus rice noodles and pale root vegetables

These answers describe the guide's current choices. The public food list and manufacturer ingredients were checked September 29, 2026.

Is Lotus Foods rice or ramen already included?

Yes. The shopping guide lists Lotus Foods Organic White Jasmine Rice and Organic Wide White Rice Ramen. The manufacturer lists organic white rice as the only ingredient in each product.

The ramen can be used for the white-rice noodles in M23 Chicken & White Rice-Noodle Bowl, M24 Beef & White Rice-Noodle Bowl, and M49 Turkey with Buttered White Rice Noodles. Follow the recipe's 57 g dry-noodle amount and its other ingredient conditions.

Does Garrett's Lotus Foods recommendation cover every noodle?

His food list names Lotus Foods in the rice section and specifies refined grains and noodles made from white rice. This guide therefore checks the exact product, rather than treating the whole brand as interchangeable.

For example, Lotus Foods Organic Millet & Brown Rice Ramen contains organic brown rice and organic millet. It differs from the selected Wide White Rice Ramen. Check noodles and any soup or seasoning packet separately, using the package you are buying.

Why is white turnip included?

White turnip is Jarrod's separate, provisional occasional addition. It is not on Garrett's current public vegetable list.

H17 uses 78 g of peeled white table-turnip root, weighed after plain boiling and draining. It remains outside the 49-day example calendar. Its nutrition estimate does not establish its nickel content.

Why are parsnips and white carrots missing?

Neither appears on Garrett's current public food list or in this guide's recorded personal additions. White turnip's separate inclusion does not automatically include other pale root vegetables.

Their absence is a gap in the guide's reviewed choices, not a finding that they are unsafe. Adding either would require its own review of the exact food, preparation, and available source evidence.

Source links

Lotus Foods Organic White Jasmine Rice ingredients

<https://www.lotusfoods.com/products/organic-white-jasmine-rice>

Lotus Foods Organic Wide White Rice Ramen ingredients

<https://www.lotusfoods.com/products/organic-wide-white-rice-ramen-4-ramen-cakes>

Garrett Smith's public food list

https://docs.google.com/document/d/1O5G2vCQejyEwE2iaa3QCameK11Uy4vu_ze54C-DnOZk/edit

Lotus Foods Organic Millet and Brown Rice Ramen ingredients

<https://www.lotusfoods.com/products/organic-millet-brown-rice-ramen-4-ramen-cakes>

USDA cooked turnip nutrient reference

<https://fdc.nal.usda.gov/food-details/170058/nutrients>

Food Guide Orientation

INFLUENCES AND DEVELOPMENT

Sources include Anthony R. Mawson, DrPH; Grant Genereux; Dr. Garrett Smith, NMD; Kelsey Kenney, BS; Beth Martens and her King Hero's Journey interviews; and other cited material. Their work does NOT represent one unified scientific consensus. Jarrod Scully began this guide on August 15, 2026, after Dr. Garrett Smith posted his updated food list. Development used ChatGPT Work mode with GPT-5.6 Sol in Codex at Ultra (highest); GPT-6 Astra in Codex at Ultra review began September 5, 2026. The version numbers document repeated prompting, review, and revision. YouTube Rumble Nutrition Detective Linktree Beth Martens

LOW VITAMIN A

Vitamin A is fat-soluble, stored mainly in the liver, and repeated high intakes of preformed vitamin A can accumulate. Higher sources include liver, supplements, fortified foods, eggs, dairy, and carotenoid-rich produce. Alternatives include plain muscle meat, unfortified products, and measured approved foods.

LOW NICKEL

NOT considered an essential nutrient for humans. In some people already sensitized to nickel, dietary exposure can trigger systemic contact dermatitis; evidence for broader symptoms is mixed. Higher sources often include cocoa, legumes, nuts, seeds, soy, and grain products. Most ingested nickel is unabsorbed, and absorbed nickel is mainly excreted in urine. Alternatives include muscle meat, dairy, refined white starches, and selected produce.

LOW COPPER

Essential for energy production, iron handling, connective tissue, nerves, and antioxidant enzymes. Healthy bodies regulate copper; clinically important accumulation is clearest in Wilson disease or chronic high exposure. Higher sources include liver, shellfish, nuts, seeds, bran, whole grains, and chocolate. Alternatives include muscle meat, refined white starches, and selected dairy.

MODERATE MANGANESE

An essential enzyme cofactor. Healthy bodies regulate absorption and excrete most absorbed manganese in bile. Excess can affect the nervous system, chiefly with inhalation, highly contaminated water, or impaired liver clearance. Higher sources include whole grains, nuts, legumes, tea, spices, and many leafy vegetables. Alternatives include refined white starches, muscle meat, dairy, and selected produce.

WHY MEASURED DAIRY IS INCLUDED

Approved dairy is optional and adds protein, calcium, energy, and variety. Plain milk and selected cheeses are typically low contributors of nickel, copper, and manganese compared with nuts, legumes, cocoa, and whole grains. Dairy still contains vitamin A, and fortification, milkfat, brand, and portion change the amount. The guide therefore uses measured portions, specified unfortified products, and current label checks. Prefer qualifying raw or unpasteurized milk and the exact named raw-milk cheese whenever available and when every applicable Food Guide rule is met. Approved pasteurized options remain acceptable. Butter and ghee are tracked separately.

Nutrient	Unit
Calories	kcal
Carbs	g
Total sugars	g
Protein	g
Fat	g
Calcium	mg
Sodium	mg
Potassium	mg
Magnesium	mg
Vitamin A	mcg RAE

SUGAR = total sugars. RAE = retinol activity equivalents. ~ = approximate estimate.

Source links

YouTube

<https://www.youtube.com/@NutritionDetective>

Rumble

<https://rumble.com/user/NutritionDetective>

Nutrition Detective Linktree
<https://linktr.ee/NutritionDetective>

Beth Martens
<https://www.bethmartens.com/>

Plant pigments: color is only a clue

Anthocyanins are flavonoid polyphenols, NOT carotenoids. They color berries and purple cabbage; progressive liver accumulation in humans is NOT established. Cranberries are anthocyanin-rich; cherries can also contain carotenoids. Beta-carotene can become retinol (vitamin A). Grant Genereux addresses this in *Extinguishing the Fires of Hell*, *Poisoning for Profits*, and *Breast Cancer*. In *Poisoning for Profits* (pp. 207-211), he reports eye swelling and vascularization after a lutein/zeaxanthin supplement. He says inflammation began calming within four days of stopping it and speculates that carotenoids acted like vitamin A or released stored vitamin A.

Chemistry: NIH ODS Vitamin A; Iqbal et al. (2016); Adato et al. (2009); Urbstaite et al. (2022); Srednicka-Tober et al. (2019); Czank et al. (2013).

Grant Genereux sources: *Extinguishing the Fires of Hell* (2015), pp. 55, 108, 130; *Poisoning for Profits* (2017), pp. 207-211, 339; *Breast Cancer* (2018), p. 29. Read all three free ebooks: ggenereux.blog/my-ebooks/

Source links

Grant Genereux's three free ebooks
<https://ggenereux.blog/my-ebooks/>

Metal contact, cookware, and water

BEYOND FOOD: METAL CONTACT, COOKWARE, AND WATER

NICKEL: SKIN AND FOOD CONTACT

Skin contact: Nickel-releasing jewelry, watch backs, fasteners, and eyeglass frames can trigger allergic contact dermatitis in sensitized people. If you react, choose verified nickel-free items or another material you tolerate. A positive skin patch test does NOT by itself show that food or cookware causes systemic symptoms.

Food contact: Many stainless-steel pots, bottles, cups, and utensils contain nickel. Release varies with alloy, maker, acidity, heat, contact time, prior use, and condition. Stainless steel is NOT universally unsafe. For stricter nickel reduction, use glass, intact food-safe enamel, an exact manufacturer-described non-nickel item, or 100% ceramic cookware; see examples below, especially for acidic foods or drinks and prolonged cooking or storage.

COPPER: SKIN, VESSELS, AND WATER

Skin contact: Copper allergy is uncommon. Avoid copper jewelry if it causes dermatitis, but ordinary skin contact is NOT established as a meaningful source of systemic copper. Food contact: Do NOT cook or store acidic foods or drinks in bare copper or brass cookware, drinkware, or utensils, or in vessels with worn or damaged linings. Use only intact food-safe linings or choose glass or intact food-safe enamel. Water: If copper pipes contaminate water, use cold tap water and flush for at least 15 seconds after six hours of nonuse. Test or treat rather than guess. For new or replacement home piping, NSF/ANSI/CAN 61-certified PEX may be a better fit for this low-copper framework where code permits; verify fittings.

These checks reduce avoidable contact and food-contact exposure; they do NOT show that every metal item is harmful. Exposure anchors: AAD nickel guidance; ATSDR Nickel/Copper Profiles; FDA Food Code 4-101.14; Health Canada cookware; CDC water; Kamerud et al. (2013); Guarneri et al. (2017); NSF PEX guidance. Manufacturer-described only; not independently verified or brand-wide. Verify exact item and all guide criteria: HOMICHEF; Solidteknics nōni; Xtrema 100% ceramic.

Source links

NSF PEX guidance
<https://www.nsf.org/consumer-resources/articles/faucets-plumbing-products>

HOMICHEF
<https://www.homichief.com/>

Solidteknics nōni
<https://solidteknics.com/collections/noni-non-nickel-stainless-steel>

Xtrema 100% ceramic.
<https://xtrema.com/products/traditions-saute-pan-with-lid>

FOUR PRODUCE ADDITIONS

Retained food approvals; current source authority through Amendment v80

APPROVAL DECISION

- Raw certified-organic celery stalk: 1/2 cup chopped / 50 g.
- Peeled and cooked certified-organic white-fleshed turnip root: 1/2 cup cooked cubes / 78 g. This remains provisional because the reviewed FDA Total Diet Study supplement has no matching turnip result.
- Plain cooked certified-organic white cauliflower: 1/2 cup cooked pieces / 62 g.
- Fresh certified-organic lemon juice: 1 tablespoon / 15 g.

CONTROL BOUNDARIES

- These are occasional, measured, exact food-and-form choices. They do not approve related leaves, seeds, peels, powders, juices, prepared products, mixed products, or seasonings.
- New cards S34, S35, H17, and H18 now provide the four measured produce choices. They remain occasional and unscheduled. Calendar v13 retains 35 days and 175 planned meals.
- Do not insert them into an existing recipe, relabel a scheduled code, or treat them as automatic substitutes. Homemade Organic Green-Cabbage Sauerkraut (H16) remains unchanged.
- Pale or white color is only a clue and does not establish vitamin A, nickel, copper, or manganese content.

EVIDENCE BOUNDARY

- The FDA FY2018-FY2020 Total Diet Study supplement provides food-specific results for raw celery, boiled cauliflower, and lemon juice. Those samples support cautious measured use but do not guarantee an individual purchase.
- USDA FoodData Central supplies planning nutrition for each exact food and measured portion. The turnip decision is provisional and must not be described as verified low nickel, guaranteed low nickel, or nickel-free.

PRIMARY REFERENCES

- FDA Total Diet Study FY2018-FY2020 supplement: foods 114, 116, and 524.
- USDA FoodData Central downloadable datasets: the planning-nutrition records listed in the retained v64 source.

Source links

FDA Total Diet Study FY2018-FY2020 supplement:
<https://www.fda.gov/media/159751/download>

USDA FoodData Central downloadable datasets:
<https://fdc.nal.usda.gov/download-datasets/>

Comment review: evidence and food-list boundaries

Practical questions in Love Your Liver comments under the post linking the primary diet Google Doc informed this review. Food, label, and safety claims were checked against official standards, current manufacturer pages, and research on September 23, 2026. Private commenters are not identified.

The supplied material also contained separate feed posts and incomplete excerpts. Those are distinct from the diet-post comments. The review covers the visible material, not all comments counted by the interface, missing attachments, or complete linked videos.

The current Google Doc remains the primary food-selection reference, with the separately recorded personal additions. A commenter's suggestion, a symptom report, or a manufacturer call that cannot be checked does not approve another food or establish a health effect. Ricotta and the other previously approved white cheeses retain their existing product and portion rules.

Food-list restrictions are guide preferences, not proof that an excluded food is universally toxic. The reviewed evidence does not establish a general low-sulfur advantage for Napa cabbage or show that garlic in ordinary food amounts is poisonous to everyone. Napa cabbage, garlic, fonio, and other suggested foods receive no new approval from this review.

No PEA, niacin, pectin, charcoal, frequency-watch, or mouthguard treatment protocol is added. The reviewed posts do not establish their proposed detoxification or stone-treatment claims.

Source links

Primary food-list document

https://docs.google.com/document/d/1O5G2vCQejyEwE2iaa3QCameK11Uy4vu_ze54C-DnOZk/edit

NCCIH: garlic evidence and safety

<https://www.nccih.nih.gov/health/garlic>

Plant study: sulfur nutrition and Chinese-cabbage glucosinolates

<https://doi.org/10.1016/j.jplph.2019.153088>

FDA: dietary supplement evaluation

<https://www.fda.gov/consumers/consumer-updates/fda-101-dietary-supplements>

Garrett Smith livestream 268: how it affects this guide

Garrett Smith discussed an expanded food list in Nickel Detox UPDATE: Diet, Binders, Minerals & Hidden Nickel Sources, Love Your Liver livestream 268, streamed September 15, 2026. This review uses the supplied transcript, with the video title, channel, and date checked on YouTube on September 23, 2026. The live Google food list remains the primary food-selection reference. The livestream supplies additional explanation, not automatic medical validation.

Smith explicitly rejects aiming for zero dietary vitamin A or nickel and cautions against adding restrictions beyond his list. He also says to replace the food and energy being removed. This guide keeps measured meals and calls for review of nutritional adequacy rather than treating ever-lower nutrient intake as better. Vitamin A is essential, and an undetectable blood retinol result is not a safe target.

He withdraws the old blanket three-month duration and suggests a longer period in the livestream. Neither three months nor six months is adopted here as a clinically established treatment duration or a preconception waiting period. A restrictive diet needs an individual plan and review, especially during pregnancy, breastfeeding, or childhood.

His explanation supports retaining figs as a considered source-list choice and dairy when tolerated. Ricotta and the other previously approved white cheeses keep their specific product and portion rules. Figs need a nickel-sensitivity qualification, explained in the figs and dairy section. The occasional-use limits for zucchini, cabbage, and white onion remain.

The review adds context about food variability, practical exposure checks, and the limits of supplement and detoxification claims. It does not diagnose nickel toxicity from symptoms. At that release, it preserved the then-current 148 recipes, 16 variations, and 35-day calendar amounts. Private viewer identities and personal medical stories are not reproduced.

Source links

Garrett Smith: livestream 268, September 15, 2026

<https://www.youtube.com/watch?v=IkOXkZbFCrU>

Primary food-list document

https://docs.google.com/document/d/1O5G2vCQejyEwE2iaa3QCameK11Uy4vu_ze54C-DnOZk/edit

NIH: vitamin A requirements and assessment

<https://ods.od.nih.gov/factsheets/VitaminA-HealthProfessional/>

Garrett Smith livestream 269: what this review adds

Garrett Smith discussed nickel and vitamin A in Is Nickel Blocking Vitamin A Detox in Arctic Predators? - The Evidence, Love Your Liver livestream 269, streamed September 22, 2026. The supplied transcript was reviewed in full. The video title, channel, and date were checked on YouTube on September 23, 2026. The assessment distinguishes observations, hypotheses, testimonials, and clinical evidence.

The primary Google food list remains the food-selection reference. Figs, honeydew, verified white-fleshed melons, ricotta, and the other recorded white cheeses keep their existing conditions. The limits for occasional vegetables also remain. That review added evidence context without changing recipe quantities, nutrition estimates, images, or the then-current 35-day calendar.

A reported wildlife trend is worth distinguishing from its proposed explanation. Studies can show changing vitamin concentrations or environmental metals without establishing that nickel blocks vitamin-A clearance in people. The framework chapter explains that distinction. Supplement reactions, pregnancy, and breastfeeding also require evidence specific to the person, product, and outcome.

The practical result is to use the existing measured food choices, review nutritional adequacy, and avoid treating a new symptom or a supplement response as proof of detoxification. This episode does not establish a new food ban, nutrient target, supplement regimen, or treatment duration. Private viewer identities and their medical stories are not reproduced.

Source links

Garrett Smith: livestream 269, September 22, 2026
<https://www.youtube.com/watch?v=92d6YLBKMOQ>

Primary food-list document
https://docs.google.com/document/d/1O5G2vCQejyEwE2iaa3QCameK11Uy4vu_ze54C-DnOZk/edit

Background and resources

Source note date: October 1, 2026

This guide is based primarily on [Dr. Garrett Smith's food list](#), his [Love Your Liver livestreams](#), and his teaching in the [Love Your Liver Network](#). [Grant Genereux's writing](#) is an earlier influence. Jarrod's personal additions and adaptations are labeled separately.

These accounts explain the guide's influences. Personal experiences and the authors' hypotheses are not clinical proof, and their recommendations are not identical to this guide's food rules.

Dr. Garrett Smith and the Love Your Liver Network

Hello, hello, hello! [Dr. Garrett Smith](#), also known as [The Nutrition Detective \(around these here YouTube parts\)](#)^[1], has a background that includes a [physiology degree](#), a [nutrition minor](#), [strength and conditioning work](#), and a [doctorate in naturopathic medicine](#).^[2]

In his [YouTube biography](#), he declares himself as the "foremost expert" on vitamin A toxicity and cholestasis.^[3] His [X biography](#) describes him as a "World Expert" in vitamin A toxicity and detoxification.^[4]

In a [November 3, 2018 post](#), Smith credited his friend [Matt Stone](#) with introducing him to [Grant Genereux's work](#), first through a [Facebook post](#) and then a [blog article](#). Smith and Stone wrote [Solving the Paleo Equation: Stress, Nutrition, Exercise, Sleep](#) together. Grant's work helped shape Smith's subsequent focus on vitamin A.^[5]

Smith's later teaching also addresses [nickel](#), [copper](#), [manganese](#), [liver function](#), and [bile flow](#).^[6]^[7]^[8] His [current food list](#), [livestream discussions](#), and [Love Your Liver Network](#) teaching are the main references for this guide's food framework.

He developed what he first called [Toxic Bile Theory](#) and later called the [Toxic Bile Paradigm](#).^[9] This is his framework connecting vitamin A and other exposures with liver function, bile flow, and the recirculation or elimination of substances carried in bile. Love Your Liver livestreams [53](#) and [71](#) explain the foundations of his interpretation.^[7]^[8]

The [Love Your Liver Network](#) brings his educational work into a [course and private community](#), with discussions, ongoing updates, and member Q&A.^[10] He also hosts weekly public [Love Your Liver livestreams](#) covering topics, questions, and participant experiences.^[11] For ongoing Nutrition Detective news and updates, sign up for the [Nutrition Detective newsletter](#).

[Kelsey Kenney](#) works with Smith on research, education, and [consultations](#).^[12]^[13]^[14]^[15] Her [official biography](#) lists a degree in cellular and molecular biology and biotechnology experience.^[12] Smith credits her with prompting him to reconsider [flush niacin](#) and with bringing [PEA \(palmitoylethanolamide\)](#) to his attention after her nickel research.^[13]^[14] In a July 29, 2026 [mea culpa \(admission of error\)](#), he acknowledged that he had been wrong about niacin and explained how [Kelsey's](#) input led him to revise his advice.^[13] She is also [his girlfriend](#).^[16]

PEA is a fat-like compound the body makes naturally. In laboratory studies, it can influence [endocannabinoid signaling indirectly](#)^[27] and activates [PPAR-alpha](#), a receptor involved in controlling inflammation.^[28]

Small human trials have reported relief of [nerve pain associated with diabetes](#)^[29] and of [knee pain and stiffness associated with osteoarthritis](#).^[30] Results vary by condition and formulation, and larger independent studies are still needed.

For more about [Kelsey's](#) background and personal health journey, see her December 2024 [King Hero's Journey interview with Beth Martens](#).

[Nutrition Detective](#) offers [testing](#) and [private consultations](#). Current bookings list consultations with [Kelsey](#) and optional [Office Hours](#) follow-up by monthly subscription during the six months after a consultation. The [official booking page](#) gives current availability and terms.^[15]

[Arizona's public register](#) lists Smith's Naturopathic Medical Doctor (NMD) license, 05-893, as issued on October 15, 2005 and active when checked on September 8, 2026.^[17] His [published biography](#) says he began his medical practice in 2006.^[18]

[1] Smith's video introduction, livestream 268 at 0:04
<https://www.youtube.com/watch?v=lkOXkZbFCrU&t=4s>

[2] Smith's official biography
<https://nutritiondetective.com/pages/dr-garrett-smith>

[3] Smith's YouTube biography
<https://www.youtube.com/@NutritionDetective/about>

[4] Smith's X biography
<https://x.com/NutriDetect>

[5] Smith's November 2018 account
<https://nutritionrestored.com/blog-forum/topic/start-here-read-grant-genereuxs-tour-de-force-of-poison-vitamin-a-toxicity-research/>

[6] Nickel, copper, manganese, and food-list discussion, livestream 251

<https://podcasts.apple.com/za/podcast/nickel-detox-update-live-chat-q-a-testimonials-lyll-251/id1681129279?i=1000768783926>

[7] Toxic Bile & Cholestasis Basics Review, livestream 53

<https://www.youtube.com/watch?v=8GxCoUfaB8c>

[8] Toxic Bile Theory Explained, livestream 71

https://www.youtube.com/watch?v=JTdfRu_OFv0

[9] Smith on the change from Toxic Bile Theory to Toxic Bile Paradigm

<https://nutritiondetective.com/blogs/news/responding-to-grant-geneureuxs-are-supplements-ruining-the-low-vitamin-a-diet-part-3-of-a-multi-part-series>

[10] Love Your Liver Network: course and community

<https://members.nutritiondetective.com/>

[11] Nutrition Detective podcast and weekly livestreams

<https://podcasts.apple.com/us/podcast/nutrition-detective-podcast/id1681129279>

[12] Kelsey Kenney's official biography

<https://nutritiondetective.com/pages/kelsey-kenney>

[13] Smith credits Kelsey on flush niacin

<https://drgarrettsmith.substack.com/p/what-medical-school-didnt-prepare>

[14] Smith credits Kelsey on PEA, livestream 264 at 1:29:28

<https://www.youtube.com/watch?v=SAsuruy9MY&t=5368s>

[15] Private consultations and Office Hours

<https://nutritiondetective.com/collections/schedule-a-consultation>

[16] Smith describes their relationship, livestream 249 at 19:54

<https://www.youtube.com/watch?v=EZM0F0g9tq4&t=1194s>

[17] Arizona license register (search Garrett Smith)

<https://sites.google.com/nd.az.gov/public-register/home>

[18] His published 2024 interview biography

<https://kingheros.bethmartens.com/blog/100846-dr-garrett-smith-antidotes-to-the-great-poisoning-2>

[27] PEA and endocannabinoid-related signaling: laboratory study

<https://pmc.ncbi.nlm.nih.gov/articles/PMC5338153/>

[28] PEA and PPAR-alpha: inflammation mechanism study

<https://pubmed.ncbi.nlm.nih.gov/15465922/>

[29] PEA for diabetic nerve pain: randomized trial

<https://pmc.ncbi.nlm.nih.gov/articles/PMC9700575/>

[30] PEA for knee osteoarthritis: randomized trial

<https://pubmed.ncbi.nlm.nih.gov/30927159/>

What started Grant Geneureux's investigation into whether vitamin A is a toxin?

Grant Geneureux, a retired engineer and geologist in Western Canada, says persistent eczema and severe fatigue led him to investigate diet in 2014.^[19]

In his first book, he describes reviewing eczema food-trigger lists, checking a fortified-milk label, and reading about vitamin A before beginning his own dietary experiment.^[20] He later shared his observations and hypotheses through his blog and free books.^{[19] [20]}

In his books, he reports that eczema cleared, fatigue disappeared, and he lost about 20 pounds during his dietary experiment to reduce vitamin A.^{[21] [22] [23]} His first book also describes an early recurrence of eczema before later improvement.^[21] His second book says he no longer had eczema after more than three years.^[24]

In February 2019, he described recovery from previously diagnosed chronic kidney disease and said he was no longer leaking protein in his urine.^[25] In September 2026, he reported an eGFR of 63 and interpreted this as his CKD having reversed.^[26]

His September 17, 2026 update also describes a recent setback with muscle and weight loss, poor sleep, and fingertip inflammation. He reported changes that included reducing red meat, switching to chicken, and later stopping honey. His account and diet have continued to change.^[26]

He also shared a ten-week update from his gerbil-feeding experiment on his YouTube channel in February 2017.^[36]

[19] Grant's About page

<https://ggenereux.blog/about/>

[20] Grant's first book, Chapter 5

<https://ggenereux.blog/wp-content/uploads/2016/10/extinguishing-the-fires-of-hell2.pdf#page=63>

- [21] Grant's first book, eczema account, PDF page 382
<https://ggenereux.blog/wp-content/uploads/2016/10/extinguishing-the-fires-of-hell2.pdf#page=382>
- [22] Grant's first book, fatigue account, PDF page 378
<https://ggenereux.blog/wp-content/uploads/2016/10/extinguishing-the-fires-of-hell2.pdf#page=378>
- [23] Grant's first book, weight account, PDF page 258
<https://ggenereux.blog/wp-content/uploads/2016/10/extinguishing-the-fires-of-hell2.pdf#page=258>
- [24] Grant's second book, Preface, PDF page 12
<https://ggenereux.blog/wp-content/uploads/2018/09/PoisoningForProfits.pdf#page=12>
- [25] Grant's February 2019 kidney account
<https://ggenereux.blog/2019/02/05/protein-synthesis-and-setbacks/>
- [26] Grant's September 2026 update and diet changes
<https://ggenereux.blog/2026/09/17/twelve-year-update/>
- [36] Grant's ten-week gerbil update, February 12, 2017
<https://www.youtube.com/watch?v=QjpNIS9g9ZA>

Megan Stevens and Eat Beautiful

Megan Stevens writes Eat Beautiful and develops recipes for several dietary approaches, including low vitamin A and gluten-free cooking. Her biography says she and her husband owned a gluten-free café for eight years. ^[31]

Twelve recipes in this guide are adapted from her work. Each card links to the original recipe and explains the changes made for this guide. These adaptations have not been kitchen-tested.

In Love Your Liver Live 222 on October 28, 2025, she joined Dr. Garrett Smith to discuss her personal experience and gerbil project. The interview includes a gerbil discussion at 59:36 and an Eat Beautiful recipe discussion at 2:10:08. ^[32]

Her article about starting the gerbil project credits Grant Genereux's earlier work as an influence. ^[33] She documents the project on her own YouTube channel, beginning with an introductory gerbil video in October 2025. ^[34]

Her June 2026 one-year update follows the gerbils and introduces a later mouse phase. ^[35] The linked videos present her observations and interpretation of the experiments.

- [31] Megan Stevens: Eat Beautiful biography
<https://eatbeautiful.net/about/>
- [32] Megan Stevens with Dr. Garrett Smith, Love Your Liver Live 222
<https://www.youtube.com/watch?v=w2D3twFq090>
- [33] Megan's account of starting her gerbil project
<https://eatbeautiful.net/why-im-raising-gerbils-a-scientific-experiment-on-vitamin-a-deficiency/>
- [34] Megan's introductory gerbil video, October 21, 2025
<https://www.youtube.com/watch?v=ZZNDJNg7f9M>
- [35] Megan's one-year gerbil update, June 13, 2026
<https://www.youtube.com/watch?v=tAokXJm87sU>

Nutrition Detective website

Dr. Garrett Smith's main website

Nutrition Detective website
<https://nutritiondetective.com/>

Nutrition Detective newsletter and free course

Sign up for Nutrition Detective email updates and The Madness of Modern Nutrition course.

Nutrition Detective newsletter and free course
<https://nutritiondetective.com/pages/madness-of-modern-nutrition-course>

Nutrition Detective on Substack

Articles and updates from Dr. Garrett Smith

Nutrition Detective on Substack
<https://drgarrettsmith.substack.com/>

Nutrition Detective on YouTube

Videos and Love Your Liver livestreams

Nutrition Detective on YouTube
<https://www.youtube.com/nutritiondetective>

Nutrition Detective Linktree

Directory of channels, podcasts, and social links

Nutrition Detective Linktree

<https://linktr.ee/NutritionDetective>

Earlier writings and research forum

Includes Smith's 2018 account of finding Grant's work

Earlier writings and research forum

<https://nutritionrestored.com/blog-forum/>

Search Nutrition Detective video transcripts

Find discussions and timestamps. Check the linked video and surrounding context.

Search Nutrition Detective video transcripts

<https://nd-youtube-search.vercel.app/>

Kelsey Kenney on Substack

Articles and updates from Kelsey Kenney

Kelsey Kenney on Substack

<https://kelseyjkenney.substack.com/>

Beth Martens website

Her work and links to King Hero's Journey interviews

Beth Martens website

<https://www.bethmartens.com/>

Eat Beautiful recipes by Megan Stevens

Original recipes, her biography, and dietary articles. Guide adaptations link to their original recipes.

Eat Beautiful recipes by Megan Stevens

<https://eatbeautiful.net/>

Megan Stevens with Dr. Garrett Smith

Love Your Liver Live 222. Her personal experience, gerbil project, and Eat Beautiful recipes.

Megan Stevens with Dr. Garrett Smith

<https://www.youtube.com/watch?v=w2D3twFq090>

Megan Stevens on YouTube

Her own videos and animal-project updates.

Megan Stevens on YouTube

https://www.youtube.com/@MeganStevens_EatBeautiful

Megan's gerbil experiment

Her introductory October 2025 video. Her profile also links the June 2026 one-year update.

Megan's gerbil experiment

<https://www.youtube.com/watch?v=ZZNDJNg7f9M>

Grant Genereux's blog

Ideas, Concepts, and Observations

Grant Genereux's blog

<https://ggenereux.blog/>

Grant's free books

His books and downloadable PDFs

Grant's free books

<https://ggenereux.blog/my-ebooks/>

Grant Genereux on YouTube

His original channel and animal-experiment videos.

Grant Genereux on YouTube

<https://www.youtube.com/@grant4261>

Grant's gerbil experiment

His ten-week video update from February 2017.

Grant's gerbil experiment

<https://www.youtube.com/watch?v=QjpNIS9g9ZA>

Grant Genereux on Substack

Articles and updates from Grant Genereux

Grant Genereux on Substack

<https://ggenereux.substack.com/>

Nutrition Detective Resources

What each current destination is for Verified September 3, 2026. Recheck Linktree for changes.

Nutrition Detective Linktree

linktr.ee/NutritionDetective Current directory of Nutrition Detective destinations. Recheck it before relying on a saved copy.

Nutrition Detective Website

nutritiondetective.com Main site for educational material, consultations, testing information, the supplement shop, and membership access.

Nutrition Detective newsletter and free course

For ongoing Nutrition Detective news and updates, sign up for the [Nutrition Detective newsletter](#). The signup also includes the free Madness of Modern Nutrition course.

Love Your Liver Program

members.nutritiondetective.com Membership community with the Love Your Liver course, member discussions, learning resources, and Q&A opportunities. Verify current terms.

Direct Consultations

nutritiondetective.com/collections/schedule-a-consultation Official scheduling page for current consultation options. Confirm the practitioner, scope, price, and terms before booking.

Amazon Product List

amazon.com/hz/wishlist/l/1YEIW7E29C3AA Curated Amazon list linked by Nutrition Detective. A listing is not automatic Food Guide approval; recheck the exact product and current label.

YouTube

youtube.com/nutritiondetective Nutrition Detective videos and Love Your Liver livestreams with research discussions and viewer questions.

Rumble

rumble.com/user/NutritionDetective Alternate video channel for Nutrition Detective uploads and livestream content.

Source links

linktr.ee/NutritionDetective

<https://linktr.ee/NutritionDetective>

nutritiondetective.com

<https://nutritiondetective.com/>

Nutrition Detective newsletter and free course

<https://nutritiondetective.com/pages/madness-of-modern-nutrition-course>

members.nutritiondetective.com

<https://members.nutritiondetective.com/>

nutritiondetective.com/collections/schedule-a-consultation

<https://nutritiondetective.com/collections/schedule-a-consultation>

[amazon.com/hz/wishlist/ls/1YEIW7E29C3AA](https://www.amazon.com/hz/wishlist/ls/1YEIW7E29C3AA)
<https://www.amazon.com/hz/wishlist/ls/1YEIW7E29C3AA>
[youtube.com/nutritiondetective](https://www.youtube.com/nutritiondetective)
<https://www.youtube.com/nutritiondetective>
rumble.com/user/NutritionDetective
<https://rumble.com/user/NutritionDetective>

Nutrition Detective Resources, Continued

Podcasts, earlier writings, social accounts, and testimonials

Apple Podcasts

podcasts.apple.com/us/podcast/nutrition-detective-podcast/id1681129279 Apple audio feed for the Nutrition Detective Podcast and audio editions of livestream material.

Spotify

podcasters.spotify.com/pod/show/nutritiondetective Spotify audio feed for the Nutrition Detective Podcast and Love Your Liver livestream episodes.

Past Writings and Research Forum

nutritionrestored.com/blog-forum Archive of Dr. Garrett Smith's earlier research posts, FAQs, evidence collections, and topic discussions.

Facebook

facebook.com/nutritiondetective Nutrition Detective social updates and shared content.

X, formerly Twitter

twitter.com/NutriDetect Short-form updates and commentary from the @NutriDetect account.

Instagram

instagram.com/nutritiondetectiveworldwide Nutrition Detective posts, short videos, and account updates.

Nutrition Detective Testimonials Playlist

youtube.com/playlist?list=PLx5BYxQwfeoCGklqTDFHYVGsw9Uwr1Apw Personal experiences shared by Nutrition Detective viewers. These anecdotal reports do not establish cause and effect or typical results.

Source links

podcasts.apple.com/us/podcast/nutrition-detective-podcast/id1681129279
<https://podcasts.apple.com/us/podcast/nutrition-detective-podcast/id1681129279>
podcasters.spotify.com/pod/show/nutritiondetective
<https://podcasters.spotify.com/pod/show/nutritiondetective>
nutritionrestored.com/blog-forum
<https://nutritionrestored.com/blog-forum/>
facebook.com/nutritiondetective
<https://www.facebook.com/nutritiondetective>
twitter.com/NutriDetect
<https://twitter.com/NutriDetect>
instagram.com/nutritiondetectiveworldwide
<https://www.instagram.com/nutritiondetectiveworldwide/>
youtube.com/playlist?list=PLx5BYxQwfeoCGklqTDFHYVGsw9Uwr1Apw
<https://www.youtube.com/playlist?list=PLx5BYxQwfeoCGklqTDFHYVGsw9Uwr1Apw>
<https://nutritiondetective.com/>

USE THE WEBSITE AND KITCHEN MEASURES

Keep the printed recipe nearby. Use the website when you want to explore or adjust a batch.

OPEN THE INTERACTIVE GUIDE

<https://jarrods-food-guide.vocal-emu-8459.chatgpt.site> All eleven current PDFs are under About. Access follows the website's sharing settings.

SEARCH, SCALE, AND SHOP

Search: Find recipes by name, ingredient, or code. The shopping search also finds categories, buying notes, and items for a recipe. Filtering keeps checked items saved in that browser. Adjust a batch: Use the recipe's minus/plus buttons to change the number of servings by one. Ingredients and whole-recipe nutrition update; the per-serving estimate stays the same. Reset restores the original yield. What stays the same: Serving changes do not alter the five-meal chart, original shopping list, or PDFs. The bun is already included in the burger. Butter in the farina breakfast is optional; it is not included in the sample-day base estimate.

Familiar US kitchen equivalents

US kitchen measure	Equivalent
3 teaspoons (tsp)	1 tablespoon (tbsp)
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
16 tablespoons	1 cup
2 cups	1 US pint
4 cups	1 US quart

Measure the right kind: A fluid ounce measures volume; an ounce or gram measures weight. There is no single cups-to-grams conversion for every ingredient. Keep the recipe's stated metric amounts and approximate equivalents. Scaling by hand: Multiply each ingredient by desired servings / original yield. Do not multiply cooking times or temperatures. Allow suitable pan space and follow the original doneness and food-safety instructions.

Source links

<https://jarrods-food-guide.vocal-emu-8459.chatgpt.site>