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# THE BEGINNER'S GUIDE TO ORGAN MEATS

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Organ meats, often referred to as "offal," have long been a staple in diets worldwide, celebrated for their rich nutrient profiles and unique flavors.

As a beginner, the idea of incorporating organ meats into your diet might seem daunting, but with the right approach, you'll uncover life-changing superfoods you actually enjoy.

In this beginner's guide, we'll explore the benefits of consuming organ meats, potential drawbacks, where to source organ meats from, and more!



# WHAT ARE ORGAN MEATS?

Organ meats refer to the internal organs of animals that are typically consumed as part of the diet. These organs are rich in essential nutrients and have been valued as a source of nourishment for centuries

## TYPES OF ORGAN MEATS

- **Liver:** Liver is perhaps the most well-known and widely consumed organ meat. It's often celebrated for its rich, unique flavor and is packed with essential nutrients such as iron, vitamin A, B vitamins, and copper.
- **Heart:** Heart is the richest source of naturally occurring coenzyme Q10 (CoQ10). CoQ10 supports heart health and blood pressure health.
- **Kidney:** Kidney is a potent bio-available source of naturally occurring selenium and B12. It supports kidney health, aids in detoxification, and helps promote immune health.
- **Pancreas:** Pancreas provides an unparalleled source of enzymes for optimal digestion.
- **Spleen:** Spleen is the most concentrated source of heme iron for robust immune and allergy health.
- **Thymus:** Thymus extracts have been shown to normalize, modulate, and balance the ratio of T-helper cells to suppressor cells.
- **Lung:** The lung tissue of ruminant animals has historically been used by those with respiratory conditions.
- **Intestines:** Intestines are a profound source of gut-specific building blocks like collagen, glutamine, and some organ-derived probiotics, which are key for stabilizing, repairing, and building a healthy gut.

# BENEFITS OF EATING ORGAN MEATS

Traditional peoples, Native Americans, and early ancestral healers knew that eating the organs from a healthy animal would strengthen and support the health of the corresponding organ of the individual. For instance, the traditional way of treating a person with a weak heart was to feed the person the heart of a healthy animal.

Similarly, eating the kidneys of a healthy animal was believed to support urinary ailments and overall kidney health... Pancreas was fed to people with digestive problems... and spleen was fed to people with immune and blood deficiencies.

Organs were a staple of our early ancestors' diets as the ultimate superfood, for good reason. It turns out, this nourishing tradition is backed by science...

"Radioisotope labeling studies in animals have shown conclusively that, when eaten, organs and glands selectively travel to the corresponding organs and glands in high concentrations. This research, done at the University of Scotland in Edinburgh, lends credence to the ancient practice of eating animal organs to help ensure health in one's corresponding organs..." - Dr. Ron Schmid, ND

Our early ancestors knew this, which is why their traditional diets included the frequent and nourishing consumption of nose-to-tail organs.

## WHAT'S THE HEALTHIEST ORGAN MEAT TO EAT?

Liver is often hailed as the king of organ meats due to its unparalleled nutritional value. Packed with essential nutrients, liver is a concentrated source of vitamins, minerals, and other important compounds.

- **Iron:** Liver is a rich source of heme iron, which is highly absorbable by the human body and crucial for preventing anemia.
- **Vitamin A:** Liver is a powerhouse of vitamin A, vital for healthy vision, immune function, and skin health.
- **B Vitamins:** Liver is abundant in B vitamins, including B12, B6, niacin, and folate, which are essential for metabolism, energy production, and brain health.
- **Copper:** This mineral plays a role in maintaining strong bones and a healthy immune system.
- **Folate:** Liver contains folate, which is essential for DNA synthesis and repair, and is especially important during pregnancy.

# THE DOWNSIDE OF EATING ORGAN MEATS

High-quality liver from pasture-raised, grass-fed cows is considered safe to consume. There's a common misconception about the liver being a storage depot for toxins, which couldn't be further from fact. One of the many roles of liver is to filter toxins and send them to be expelled — usually in the urine via the kidney. In other words, the liver does not hold on to toxins, it expels them. The liver does act as a storage depot for vitamins, minerals, and glycogen. Rest assured, liver from healthy animals is safe, nutritious, and time-tested.

While there isn't truth to the toxicity concern, there are other considerations to keep in mind when consuming organ meats.

## ORGAN MEATS AND GOUT

Many credible sources claim that eating organ meats when you have gout requires careful consideration, as gout is a type of arthritis characterized by the buildup of uric acid in the joints. Uric acid is a natural waste product in the body, and sources claim that certain foods, including some organ meats, could lead to elevated levels of uric acid, [potentially triggering gout attacks](#).

But did you know that only one third of uric acid in the body comes from dietary purines? The other two-thirds is produced by the body itself... In other words, no matter how many purines you eat or don't eat, the majority of uric acid is coming from somewhere else anyway. The question is: Why? What's causing it?

One of the most prominent dietary contributors to gout is sugar. Excess dietary protein with insufficient dietary fat may also raise your risk for gout. This is why lean meats should not be consumed without adding a healthful fat, and the leaner organ meats (such as the heart and liver) are no exception. The one nutrient which is most effective in preventing gout is vitamin A, because it helps protect your kidneys. Healthy kidneys prevent the buildup of uric acid by excreting it in your urine. Therefore, organ meats may actually help defend you from gout, rather than cause it.

However, gout management should always be personalized. We recommend consulting a healthcare professional, such as a rheumatologist or a registered dietitian. They can help you create a dietary plan that aligns with your specific needs and the severity of your gout.

# ORGAN MEATS AND PREGNANCY

Eating organ meats during pregnancy can be a healthy and nutritious choice, but it's important to pay attention to the consumption of vitamin A, as excessive intake can have [adverse effects](#) on the developing fetus.

Organ meats, particularly liver, are highly regarded for their nutritional value. They are rich in essential nutrients such as iron, folate, vitamin B12, and various minerals. These nutrients are important during pregnancy for the proper development of the baby and the well-being of the expectant mother. However, liver, in particular, is also known for its exceptionally high vitamin A content.

Liver, especially from certain animals, is one of the richest sources of preformed vitamin A, also known as retinol. While vitamin A is vital for fetal growth and development, excessive intake of preformed vitamin A during pregnancy can lead to a condition known as hypervitaminosis A. This condition can have harmful effects on the baby, potentially causing birth defects.

Now, it's nearly impossible to get too much vitamin A from eating whole foods. If you're a pregnant woman taking a prenatal vitamin with large amounts of A, you might want to consider consuming smaller amounts of liver — or not taking a synthetic vitamin A supplement. Consult with your doctor to find out what's best for your health.

# WHERE TO SOURCE ORGAN MEAT

Okay, you're convinced! You're going to start incorporating beef organs in your routine, because you understand just as our early ancestors did that they provide superlative health benefits that are missing in our modern diets. The next step is sourcing it. It's important that you source the highest quality, because not all organs are created equal. Consider the source, and consider the following:

- Organ meats should come from an unpolluted geographical region — isolated, healthy, pristine Lands
- Should come from pasture-raised cows
- Should come from grass-fed & grass-finished cows
- Should come from cows that are hormone-, pesticide-, and GMO-free

# ORGAN MEAT SUPPLEMENTS

Grass fed beef organs are especially rich in preformed vitamin A, vitamin B12, coenzyme Q10, bio-available heme iron, selenium and enzymes. The health and happiness effects of consuming beef organs are far reaching. Beef organs (i.e. liver, heart, kidney, pancreas, spleen) strengthen and support the corresponding organ of the individual for improved immune function, robust collagen, improved energy — to name a few.

But not all organs are the same. Look for a high-quality beef organs that comes from pasture-raised, grass-fed cows that are hormone-, pesticide-, and GMO-free. If you don't want to prepare organ meats or you don't enjoy the taste, consider a supplement. Any organ meat supplement you choose should be ultra pure (without binders, fillers, or flow agents). Also be sure to look for the freeze dried variety, as these have been shown to optimally preserve nutritional factors and co-factors.

Our Ancestral Supplements organ meat products check all of these boxes. To get started on your organ meat journey, try the [Grass Fed Beef Liver Supplement](#) and [Grass Fed Beef Organs Supplement](#).

If you have any questions about ancestral living, supplements, or the journey back to health and vitality, [reach out to Tribe Support](#) for absolutely free one-on-one consulting. You're part of the Tribe, and we're here to help.

