
Strange Yellow Skin Deposits Found in Man on Carnivore Diet

Description

A diet characterized by its excessive consumption of hamburgers, cheese, and butter sticks has culminated in a peculiar medical phenomenon, wherein a gentleman from Florida presented with notable yellowish cholesterol deposits adorning various areas of his physiology, according to a recently published medical report.

Details surrounding the case remain sparse; however, it has been reported that this individual, in his forties, had been experiencing "asymptomatic yellowish nodules on his palms, soles, and elbows" for a duration of three weeks prior to his medical consultation.

This condition arose following an eight-month adherence to the [carnivore diet](#), which is strictly limited to animal-derived products such as meat, poultry, eggs, and seafood, alongside some dairy and water. This restrictive regimen excludes all forms of fruits, vegetables, grains, legumes, seeds, and nuts.

Yellow hands or type unknown

Cholesterol deposits on the patient's hands. (Marmagkiolis et al., *JAMA Cardiology*, 2025)

While the popularity of the carnivore diet—a variant of the low-carbohydrate [keto diet](#)—has surged in recent years, scientific consensus indicates that such a diet can precipitate nutritional deficiencies, depriving the body of vital vitamins, minerals, and dietary fiber, while concurrently elevating susceptibility to various diseases, including cancer.

Allegedly, this individual was ingesting an astounding four kilograms (nine pounds) of fatty substances daily, even augmenting his hamburgers with additional fats. His cholesterol levels reached an alarming 1,000 mg/dL—over five times the [recommended healthy limit](#) for adults.

Such dietary habits and the resultant hypercholesterolemia engendered the yellowish skin lesions, as excessive cholesterol inundated his bloodstream. In certain regions, cholesterol accumulation became so pronounced that it began to penetrate the skin.

Medical professionals ultimately diagnosed him with an extreme manifestation of [xanthelasma](#), which leads to visible, yellowish cholesterol deposits beneath the epidermis. While commonly observed around the ocular region, these deposits can emerge on various bodily areas.

Yellow hands

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Image not found or type unknown

A closer view of the cholesterol deposits. (Marmagkiolis et al., *JAMA Cardiology*, 2025)

[Prior investigations](#) have illuminated potential associations between xanthelasma and other health conditions, such as diabetes and thyroid dysfunctions. This condition is also closely correlated with hyperlipidemia or elevated cholesterol levels, as evidenced in this particular dietary regimen.

Although the lesions do not elicit discomfort, their removal necessitates specialized surgical intervention, irrespective of any dietary or cholesterol level normalization. Options for removal include laser surgery or cryotherapy involving liquid nitrogen.

The condition serves not only as a superficial symptom but also as a harbinger of more grave underlying health concerns: elevated cholesterol levels are intrinsically linked to a plethora of serious medical conditions, including cardiovascular disease, cerebrovascular accidents, and renal impairment.

Extant evidence attests that the manner in which elevated cholesterol obstructs vascular pathways can foster malignancy development and potentially elevate Alzheimer's risk, alongside obstructing essential



physiological pathways.

It is to be hoped that the individual in this case has heeded the counsel of healthcare professionals and undertaken necessary adjustments to his dietary habits—despite initially reporting benefits such as weight reduction, increased vitality, and enhanced cognitive clarity attributed to the carnivore diet.

This case study is documented in [JAMA Cardiology](#).

Vocabulary List:

1. **Hypercholesterolemia** /,haɪ.pə.r.koʊ.lɛs.tə.rə'li:.mi.ə/ (noun): A condition characterized by excessively high levels of cholesterol in the blood.
2. **Xanthelasma** /,zæn.θə'læz.mə/ (noun): A type of fat deposition that appears as yellowish lesions usually on the eyelids or other areas.
3. **Adherence** /əd'hɪə.rəns/ (noun): The act of sticking to a plan or diet.
4. **Augmenting** /ɔ:g'mentɪŋ/ (verb): Making something greater by adding to it.
5. **Regimen** /'rɛdʒ.i.mən/ (noun): A prescribed course of medical treatment or diet.
6. **Susceptibility** /sə,sɛp.tə'bɪl.i.ti/ (noun): The likelihood of being affected by a particular condition or disease.

Comprehension Questions

Multiple Choice

1. What type of diet did the individual follow that led to the yellowish cholesterol deposits?
Option: Vegan diet
Option: Carnivore diet
Option: Mediterranean diet
Option: Vegetarian diet
2. What bodily areas were affected by the yellowish cholesterol deposits in the individual?
Option: Face and neck
Option: Palms, soles, and elbows
Option: Back and shoulders
Option: Legs and feet
3. What is the medical term for the condition where visible cholesterol deposits occur beneath the



epidermis?

- Option: Xanthelasma
- Option: Dermatitis
- Option: Eczema
- Option: Psoriasis

4. What is a potential association of xanthelasma with other health conditions?

- Option: Hypertension
- Option: Diabetes
- Option: Allergies
- Option: Obesity

5. How were the yellowish skin lesions removed from the individual?

- Option: No treatment required
- Option: Laser surgery
- Option: Oral medication
- Option: Physical therapy

6. What is a serious medical condition linked to elevated cholesterol levels according to the text?

- Option: Common cold
- Option: Cardiovascular disease
- Option: Headache
- Option: Acne

True-False

- 7. The carnivore diet includes a variety of fruits and vegetables.
- 8. Xanthelasma is a condition commonly found in adolescents.
- 9. Cholesterol levels reaching 1,000 mg/dL is below the recommended healthy limit.
- 10. Xanthelasma can only occur around the ocular region.
- 11. Elevated cholesterol levels are not associated with any serious medical conditions.
- 12. The removal of the yellowish skin lesions may require laser surgery.



Gap-Fill

13. The individual was ingesting an astounding _____ of fatty substances daily.
14. The individual had been experiencing "asymptomatic yellowish nodules on his palms, soles, and elbows" for a duration of _____ weeks before medical consultation.
15. The carnivore diet excludes all forms of _____ and nuts.
16. Xanthelasma leads to visible, yellowish cholesterol deposits beneath the _____.
17. Options for removal of the skin lesions include laser surgery or _____ involving liquid nitrogen.
18. Elevated cholesterol obstructs vascular pathways and can potentially elevate _____ risk.

Answer

Multiple Choice: 1. Carnivore diet 2. Palms, soles, and elbows 3. Xanthelasma 4. Diabetes 5. Laser surgery 6. Cardiovascular disease

True-False: 7. False 8. False 9. False 10. False 11. False 12. True

Gap-Fill: 13. four kilograms 14. three 15. fruits 16. epidermis 17. cryotherapy 18. Alzheimer's

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which process involves the removal of oxygen from a substance?

Option: Photosynthesis

Option: Deoxygenation

Option: Respiration

Option: Transpiration

2. What term refers to the possible effects or consequences of an action or decision?



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- Option: Proliferation
Option: Corollary
Option: Implications
Option: Susceptibility
3. Which condition is characterized by high levels of cholesterol in the blood?
Option: Xanthelasma
Option: Adherence
Option: Hypercholesterolemia
Option: Augmenting
4. What term refers to the mental processes of acquiring knowledge and understanding?
Option: Symbiotic
Option: Cognition
Option: Formidable
Option: Elucidates
5. What word describes a prescribed course of medical treatment diet or exercise?
Option: Intricate
Option: Regimen
Option: Meticulously
Option: Artifacts
6. What term describes differences or inequalities especially in treatment or opportunities?
Option: Perplexing
Option: Disparities
Option: Tantalizing
Option: Anomalous
7. What process involves making small changes to improve or correct the functioning of something?
Option: Recalibrating
Option: Susceptibility
Option: Correlations
Option: Perplexing
8. Which term describes the quality of being bright or giving off light?
Option: Luminosity
Option: Disparities
Option: Tantalizing
Option: Anomalous
9. What term means to draw out a response answer or information from someone?
Option: Regimen



- Option: Elicited
- Option: Hypercholesterolemia
- Option: Adherence

10. Which word describes something with many complex interrelated parts or details?

- Option: Intricate
- Option: Meticulously
- Option: Artifacts
- Option: Cognition

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. The biosphere is the global sum of all ecosystems and forms the _____ where life exists.

12. The company is considering _____ its production capacity to meet increasing demand.

13. The team faced a _____ opponent in the final match but they emerged victorious.

14. The discovery of new evidence led to a shift in the _____ of scientific thought on the subject.

15. The study aimed to analyze the _____ between students' academic performance and their extracurricular activities.

16. In a _____ relationship both organisms benefit from the association.

17. The company is considering _____ its production capacity to meet increasing demand.

18. Successful treatment outcomes often depend on patients' _____ to the prescribed medication regimen.

19. The artist _____ planned every stroke and detail of the painting to achieve



perfection.

20. Archaeologists uncovered ancient _____ that shed light on the civilization's daily life.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The rapid of social media platforms has changed the way people communicate globally.
22. Certain individuals may have a genetic to developing allergies.
23. The results of the experiment were considered because they did not align with previous findings.
24. The movie trailer offered a glimpse of the plot leaving viewers eager to see more.
25. The research study found strong between stress levels and cardiovascular health.
26. The professor's explanation the complex concept for the students.
27. There are significant economic between urban and rural communities in terms of access to resources.
28. The scientist found the results of the study to be and in need of further investigation.
29. The decision to cut funding for the program has wide-ranging for the local community.
30. The team is considering their lineup with experienced players for the upcoming season.

Answer

Multiple Choice: 1. Deoxygenation 2. Implications 3. Hypercholesterolemia 4. Cognition 5. Regimen
6. Disparities 7. Recalibrating 8. Luminosity 9. Elicited 10. Intricate

Gap-Fill: 11. layer 12. augmenting 13. formidable 14. paradigm 15. correlations 16. symbiotic 17.
augmenting 18. adherence 19. meticulously 20. artifacts

Matching sentence: 1. proliferation 2. susceptibility 3. anomalous 4. tantalizing 5. correlations 6. elucidates
7. disparities 8. perplexing 9. implications 10. augmenting

CATEGORY

- 1. Health - LEVEL6

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Author

aimeeyoung99