

## Post: Dangerous food trend: meat high



Created by [Brittany Bunk](#) on 19-Jun-2021

 Article

 [Health & Nutrition](#)

  
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### Content

**People are eating fermented meat to get high. Here's why that's dangerous.**

"High meat is raw meat that has been left out for fermentation, a process that [uses organisms to bring a chemical change](#) to food. And while there's a difference between controlled fermentation versus leaving meat to rot, [Men's Health reports](#), it can be a hard process to get right.

Although those like Tufano take viewers through a thorough step-by-step tutorial on how to ferment meat, the risk of botulism and other [hazardous, sometimes deadly foodborne illnesses](#) is there. According to the CDC, there were about 350 cases of botulism from 1950-2017 in Alaska due to [fermented foods that](#) are commonly eaten in the state."

Read more at: <https://www.cnet.com/health/nutrition/people-are-eating-fermented-meat-to-get-high-heres-why-thats-dangerous/>

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