

## The Ketogenic Diet

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Normal cells can metabolize both glucose and ketones for fuel.<sup>1</sup> But the low-fat craze has lulled most people to consume a high-carb diet (sugars and starches) instead. This diet has been shown to be a major contributor to obesity, diabetes, metabolic syndrome, epilepsy, heart disease, stroke, cancer, arthritis, Alzheimers, etc.<sup>2</sup>

In contrast, a ketogenic diet is low-carb, moderate protein and high healthy fat, which usually causes ketones to be produced in quantity by the liver.<sup>3</sup> To achieve this, most people must limit their daily carb intake to about three teaspoons of sugar or equivalent. Initially, this will take some effort, but the rewards are less hunger, little need for snacking, and more even energy.

For more information, watch the videos on this page<sup>4</sup> or do an Internet search on *ketogenic diets*.

It is certainly important to care for your health. But most important of all, the salvation of your eternal soul is a personal

matter between you and God and does not depend on rites, traditions, human effort, or belonging to any church, religion or organization: “*For by grace you have been saved through faith; and that not of yourselves, it is the gift of God; not as a result of works...*” [Ephesians 2:8-9](#) No matter what kind of person you are or what you have done: “*If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.*” [1 John 1:9](#) Pray today to put your faith in Jesus Christ alone: “*For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.*” [John 3:16](#) Then study the Bible to live pleasing to God: “*...if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.*” [2 Corinthians 5:17](#)

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1 [en.wikipedia.org/wiki/Low-carbohydrate\\_diet](http://en.wikipedia.org/wiki/Low-carbohydrate_diet)

2 [authoritynutrition.com/6-graphs-the-war-on-fat-was-a-mistake](http://authoritynutrition.com/6-graphs-the-war-on-fat-was-a-mistake)

3 [authoritynutrition.com/ketogenic-diet-101](http://authoritynutrition.com/ketogenic-diet-101)

4 [lowcarbinlowlands.nl/our-story](http://lowcarbinlowlands.nl/our-story)