

The Ketogenic Diet¹

You can read all articles here:

HarbingersOfTheApocalypse.com/p

Please read this and share it.

A low-fat diet is recommended by the government and most food industry authorities as if it were the only healthy diet. The human body can metabolize only carbohydrates, protein and fat for energy. Since high-protein has been demonized, a high-carb diet is the only thing left. This is so widely accepted that there are very many low-fat foods on the market.

The low-fat, high-carb diet promotes *insulin resistance*,² which is now known to be a major contributor to degenerative disease such as obesity, dia-

betes, metabolic syndrome, epilepsy, heart disease, stroke, cancer, arthritis, Alzheimers, etc.³ It is no doubt a deception crafted by the food and pharmaceutical industries to maximize revenue, since people tend to eat more, high-carb foods are highly profitable, and unhealthy persons consume many drugs. It is also responsible for the “eat a hearty breakfast” mantra, because per gram, fat has more than twice the calories of carbohydrates, which are used up quickly.

Diametrically opposite to the low-fat, high-carb diet is the ketogenic diet, which is low-carb, moderate protein and high healthy fat.⁴ When carbs are scarce, the liver produces ketones in quantity from fat, a cleaner-burning fuel.⁵ To achieve this most people need to eliminate bread, pastries, sugar, flour, rice, etc., limiting their daily carb intake to the equivalent of about three teaspoons of sugar. This is usually easier said than done, since the body prefers carbohydrates for fuel.

But the rewards should make it well worth the effort. You can eat all you



want, resulting in more sustained energy, tendency to eat less, less compulsive hunger, less tendency for disease, natural weight loss, and better general health. One strategy for transitioning is *intermittent fasting*,⁶ which typically is limiting your eating to 8 hours a day and fasting the other 16. At first you may feel hungry, but once you adapt, your cravings for carbs should diminish very much. If you are not old, this should be achievable in about 30 days. But, if chronic disease has been developing for many years, don't expect instant success.

For more information, see the references⁷ or 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, clerics, tradition, 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 mat-

ter 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](#)

-
- [1 articles.mercola.com/ketogenic-diet.aspx](http://articles.mercola.com/ketogenic-diet.aspx)
 - [2 articles.mercola.com/sites/articles/archive/2017/04/30/insulin-resistance-high-carb-low-fat-connection.aspx](http://articles.mercola.com/sites/articles/archive/2017/04/30/insulin-resistance-high-carb-low-fat-connection.aspx)
 - [3 authoritynutrition.com/6-graphs-the-war-on-fat-was-a-mistake](http://authoritynutrition.com/6-graphs-the-war-on-fat-was-a-mistake)
 - [4 articles.mercola.com/sites/articles/archive/2011/12/28/what-you-dont-know-about-fats.aspx](http://articles.mercola.com/sites/articles/archive/2011/12/28/what-you-dont-know-about-fats.aspx)
 - [5 authoritynutrition.com/ketogenic-diet-101](http://authoritynutrition.com/ketogenic-diet-101)
 - [6 jamesclear.com/the-beginners-guide-to-intermittent-fasting](http://jamesclear.com/the-beginners-guide-to-intermittent-fasting)
 - [7 lowcarbinlowlands.nl/our-story](http://lowcarbinlowlands.nl/our-story) (see videos) 1706