

The Ketogenic Diet

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The current low-fat diet craze, since the mid-1900s, is really a synonym for a high-carbohydrate (hi-carb) diet. This is because your body can metabolize only fats, protein and carbs for energy, and high-protein is not viable because it has been demonized, rightly or wrongly. Therefore, hi-carb is the only thing left,¹ leading to **insulin resistance**. This leads ultimately to the real underlying problem, namely **mitochondrial dysfunction**. The mitochondria in cells are the energy producers. People have always eaten plenty of starches and sugars (from grains), but in generations past they were unrefined, containing the natural nutrients for good health.

But sometime in the early 1900s technological advances made possible the refining of flour to remove the germ and bran, mostly leaving only the starch, significantly increasing shelf life.² To add insult to injury it is then

bleached, destroying most of the few remaining nutrients, typically using bromate.³ This competes with iodine causing thyroid problems and promoting obesity. At first vitamin deficiency diseases became common, so they added synthetic vitamins to reduce the obvious symptoms. No longer is white bread the “staff of life.”

Polyunsaturated vegetable oils, which are touted as heart healthy, are another contributing factor.⁴ Because the natural antioxidants have been removed by refining, they oxidize and overwhelm the body with free radicals. These oils became popular in the early 1900s.

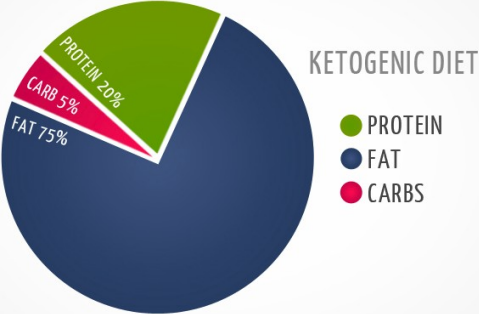
Since about 1995, genetically modified food (GMO) has been gradually introduced into the food supply, mainly for the purpose of making plants resistant to the herbicide glyphosate.⁵ It turns out that glyphosate alone is not noticeably toxic over the short term, but is much more toxic formulated as Roundup.⁶ Other crops, such as wheat, oats and beans,⁷ are also sprayed with Roundup as a desiccator. In all cases, glyphosate spreads throughout the

plant and cannot be washed off, so food is typically contaminated with it. Since glyphosate is a metal chelator, it is highly disruptive to enzymes, etc., impairing detoxification and other processes, sometimes severely.⁸ This can be largely avoided by eating organic.

All these factors have combined to cause the current epidemic of degenerative diseases such as obesity, metabolic syndrome, diabetes, heart disease, arthritis, cancer, epilepsy, Alzheimer’s, etc. Ironically, eating fat will not make you fat, but a hi-carb diet will.

The **ketogenic diet** is the opposite of the low-fat diet, being low in carbs, moderate in protein, and high in **healthy fats**.⁹ Since the body prefers to burn carbs for fuel, it may take some effort to achieve it. But once adapted, the rewards should make it worthwhile, such as more sustained energy, less compulsive hunger, less appetite (so you eat less), effortless weight loss, generally better health, etc.

A strategy for getting started is **intermittent fasting**.¹⁰ This generally



means limiting your eating to about 8 hours per day, and fasting the rest. So, if your last meal of the day is at 6 PM, and your next meal is at 12 noon (no breakfast), and you reduce your carb intake significantly while consuming only a moderate amount of protein, this would achieve it. The average adult needs about 2500 calories per day, so if you limit carbs to 5%, protein to 20% and fats to 75%, your body would be forced to burn fat (as ketones), resulting in a ketogenic diet. The reason for limiting your protein is that the liver can convert excess protein to glucose. For many persons, the rewards of intermittent fasting alone may be sufficient.

To go on a full ketogenic diet, you

need to limit your carbs to about 50 calories per day, your protein to 10% to 15% of your diet, and the rest healthy fats.¹¹ This can be quite an effort, necessitating measuring blood ketones, glucose and insulin, but the rewards would be worth it for many people. There is plenty of information about it on the Internet.

If you are now suffering from a degenerative disease, switching to a ketogenic diet would certainly be helpful, and may be enough to cure it.

It is certainly worthwhile to take care of 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, traditions, good works, 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](#)

- [1 healthline.com/nutrition/23-studies-on-low-carb-and-low-fat-diets#section2](http://healthline.com/nutrition/23-studies-on-low-carb-and-low-fat-diets#section2)
- [2 naturalnews.com/000885.html](http://naturalnews.com/000885.html)
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