

The Ketogenic Diet

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The current low-fat diet craze, since the mid-1900s, really should have been called a high-carbohydrate (hi-carb) diet. Then no doubt **many fewer people would have been fooled**. The body can metabolize only fat, protein and carbs for energy, but high-protein is not viable, so hi-carb is the only thing left.¹ This leads to insulin resistance, and ultimately to the real problem, **mitochondrial dysfunction**, the production of energy in the cells. People have always eaten plenty of starches and sugars,² but in the past they were unrefined, containing all 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.³ To add insult to injury it is then bleached, destroying most of the few remaining nutrients, typically using

bromate.⁴ 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.⁵ 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.

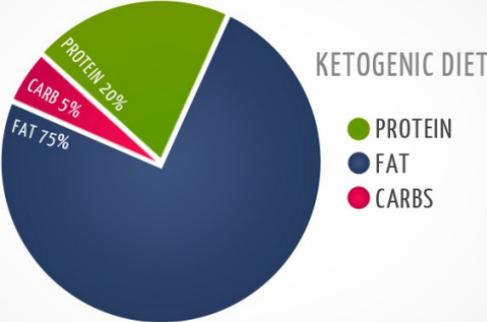
Since about 1995, genetically modified food (GMO) has been gradually introduced into the food supply, mainly for the purpose of making plants resistant to the herbicide glyphosate.⁶ Though not noticeably toxic over the short term, it is much more toxic formulated as Roundup.⁷ Other crops, such as wheat, oats and beans,⁸ are also sprayed with it as a desiccator. It 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 disrupt-

tive to detoxification, etc., sometimes severely.⁹ It can be largely avoided by eating organic. The recent epidemic of **degenerative diseases** matches glyphosate’s use, so it seems to be a new very aggravating factor.¹⁰

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 **healthy** protein, and high in **healthy** fats.¹¹ Since the body prefers 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 appetite** (you eat less), **effortless weight loss, generally better health**, etc.

A strategy for getting started is **intermittent fasting**.¹² 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. A reason for limiting protein is that the liver can convert excess protein to glucose. For many, 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%, and the rest healthy fats.¹³ This can be quite an effort, necessitating measuring blood ketones, glucose and insulin, but the rewards would be worth it for some. 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 or religion: *“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)
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