

Eating Fat Won't Make you Fat, but Eating Carbs Will.

The current low-fat diet craze, since the mid-1900s, really should have been called a **high-carbohydrate diet** (hi-carb). 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 the basic problem, **mitochondrial dysfunction**, which is low production of energy in the cells. People have always eaten plenty of starches and sugars, but in the past they were unrefined, containing all the natural nutrients for good health.²

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 It is then usually bleached, destroying most of the few remaining nutrients. Typically, bromate is used,

which 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. So, white flour is very deficient nutritionally.⁴

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 has been gradually introduced, mainly for the purpose of making plants resistant to the herbicide glyphosate.⁶ Though not so toxic alone, it is much more toxic formulated as commercial products. Other crops, such as wheat, oats and beans,⁷ are also sprayed with it as a desiccant. The glyphosate spreads throughout the plant and cannot be washed off, so food is typically contaminated with it.

As a metal chelator, it is highly disruptive to enzymes and detoxification, sometimes severely.⁸ It can be largely avoided by eating organic.

Glyphosate⁹ and all these factors have combined to cause the recent epidemic of degenerative diseases such as **obesity, metabolic syndrome, diabetes, heart disease, arthritis, cancer, epilepsy, Alzheimer's**, etc. Ironically, eating fat is not fattening, but a hi-carb diet is.

The **ketogenic diet** seems to be the most popular low-carb diet, but most low-carb diets should be beneficial. The ketogenic diet is opposite to a low-fat diet and is low-carb, moderate in **healthy** protein and high in **healthy** fats.¹⁰ 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 **inter-**

5% Carbs
20% Proteins
75% Fats

Intermittent fasting.¹¹ This generally means limiting your eating to about 8 hours per day, and fasting the rest. The average adult needs about 2500 calories per day, and for example if your first meal were at noon and the last one at 6 PM, and your consumption were proportional as illustrated, it would force you 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.

A full ketogenic diet can be quite an effort, 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 ke-

togenic 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 soul** is personal between you and God and does not depend on rites, clerics, traditions, good works, or belonging to any church or religion: *“For it is by grace you have been saved, through faith, and this is not from yourselves, it is the gift of God, not by works...”* [Eph 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 just and will forgive us our sins and purify 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 one and only 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, the new creation has come: The old has gone, the new is here!”* [2 Cor 5:17](#)

Please pray like this with all sincerity: "Dear Lord Jesus, I confess I am a sinner, and I ask for your forgiveness. I believe you died to forgive my sins and rose from the dead. I trust and follow you as my Lord and Savior. Please guide my life and help me to do your will. In the name of my Lord Jesus Christ, Amen."

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