



BANTING

A Biblical view on the low-carb high-fat diet



—by Johan Jacobs

Today, people are so confused regarding diet and lifestyle selection. One can drown in all the modern diet options available. We all know something is terribly wrong because the ‘dis-ease’ statistics confirm that there are serious problems. The Banting diet has received a lot of attention over the past four years. Before we start debating it, let us look at the ten key principles of the Banting Diet:

1. It is a high fat, medium protein and low carb diet.
2. Choose real foods and prepare them from scratch.
3. Fat is not the enemy, enjoy it!
4. Eat only when you are hungry.
5. Stop eating when you are no longer hungry.
6. Stop snacking.
7. No sugar, it is an addiction.
8. No grains of any kind.
9. None or very little fruit.
10. Embrace eggs.

The dividing factor – no grains

For me the biggest problem with the banting diet is the philosophical and ideological rationale behind it. Most banting advocates back their findings with the evolution theory. They proclaim that our human ancestors always consumed ample quantities of fat and animal protein and that mankind’s health problems started approximately 60 000 years

Refined products are highly addictive and destructive to human health.

ago when he started farming and consuming grain products. As a believer, this is not acceptable. These banting advocates are essentially implying that our Creator made a mistake when He designed grains for us to eat, even worse they also implying that our Saviour made a mistake and harmed His fol-

lowers when He fed the five thousand with bread. In essence, they are blaspheming God and His creation. I also do not think they are fair, logical, and objective in their judgement as they do not compare apples with apples. One cannot compare refined white flour with fresh, stone milled, whole grain flour that still contains all the potent nutrients: wheat germ oil (an essential fatty acid), amino acids (protein), enzymes, fibre, minerals and vitamins.

Inadvertent addiction

I do not regard white flour as food; it is a substrate, like sugar or alcohol. If you consume it, I regard it as inadvertent addiction. God did not design white flour, He designed the whole grain seed, and that is how we should enjoy it, in its whole and freshest form. On the other hand, white flour and sugar products are both highly refined and grossly devoid of nutrients. These white products are highly addictive and destructive to human health, rendering the masses in an addicted and malnourished state.

Nut and seed flour under the spotlight

No matter what flour you are using, always remember that flour is dead matter, with a much bigger surface area that is exposed to oxygen, and therefore in a state of decay. Nuts and seeds contain even more oils and amino acids that can quickly spoil and turn rancid when milled, rendering the flour toxic and carcinogenic. I see that this is one of the big risk factors in the banting diet as they advise the use of nut and seed flour. All flour should always be milled just before you use it.

Feedback on the other basic principles of the banting diet:

1. High fat, medium protein, and low carbs
I fully support the concept of enough saturated fat in your diet, fat is indeed good for your health. Fat is not the enemy. Good fat is not the artery blocker, as I explain in my book under the section *THE CHOLESTEROL MYTH, CHOOSE YOUR DIET* and *THE BIBLICAL DIET*. I am glad that the banting advocates also proved that fat in your diet is indeed healthy for lots of reasons.

2. Choose real foods and cook them from scratch

I fully support this, but Go Natural takes it one step further and recommends starting all meals with living ingredients.

3. Fat is not the enemy

I support this, but believe that one should not obtain your energy exclusively from fat. We need to differentiate between good and bad fats. I also agree that seed cooking oils and margarine should never be used. Read more

about this in my book.

4. Eat only when you are hungry

5. Stop eating when you are no longer hungry

6. Stop snacking

I agree, these are all common sense and you are exercising self-control when you apply these three principles. A wise man once said, “Success is not an event, it is a habit.” Besides that, one should chew your food until it is almost a milky liquid before swallowing. This will ensure maximal utilisation of the nutrients in your food. If you wolf your food down, you will not digest and absorb the nutrients; you

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will not only waste your money, it will lead to indigestion. Only eat when you are relaxed and have enough time to chew and enjoy your food.

7. No sugar

I fully agree that sugar is not natural and should be avoided at all costs. Most processed foods are saturated with this addictive substrate that is often in camouflaged form. Eat meals with living ingredients and take control of your health.

8. No grains of any kind

Already discussed under the dividing factor.

9. None or very little fruit

In the past, fruit had pips and seeds. The pip or the seed of the plant is the most nutritious part. You can view it as a small infant plant. You find good fats, oil, antioxidants, protein and minerals in the seeds. However, let us use the modern grapes as an example: it is sterile and without pips, with much less nutrients in it as was enjoyed by our ancestors. Attempt to grow, source and enjoy all fruits with the seeds in it, just as it was created by our Creator. I agree with the Banting advocates: modern fruits contain too much sugar. Do not drink fruit juices.

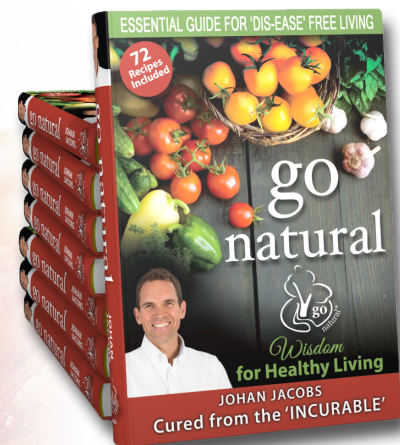
10. Embrace eggs

Yes, this is one of the most complete and nutrient dense foods use it in abundance.

In summary

The banting diet is not a bad diet option, but:

1. It is as very restrictive and monotonous diet.
2. It does not tell the whole truth and treats the symptom without addressing the root cause.
3. One unnecessarily deprives yourself of whole grain foods that has been enjoyed for millennia, and that is indeed good for you if it is prepared with living ingredients and wisdom as explained in my book.
4. Pork, my last concern. The banting advocates promote ample pork meat and fat consumption in their diet, but from a toxicological point of view as explained in my book, from respected health authorities, I can not recommend the consumption of any pork. ■



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